phone: 804-340-1203



## CERTIFICATION APPLICATION

mail your application to: Balance: Pilates Training Centre, 2123 Staples Mill Road, Richmond, VA, 23230

CONTACT INFORMATION	ON			
name		company name (if applicable)		
address				
city	state/province	zip/postal code	country	
phone (day)		(evening)		
fax		e-mail address		
COURSE REGISTRATIO	N			
		posit of 20% of the course fee. Space is limited ceipt of all application materials and depo		
fees are due 2 weeks before	re course start date. Deposits and co	es and workshops do not include required course fees are non-refundable. Deposits are tpilates.com/education/cancelpolicy.html		
COMPREHENSIVE PROGRA	AM			
CMR Mat & Reformer – 90 hours + 60 hrs apprenticeship		CCCB Cadillac, Chair and Barr	CCCB Cadillac, Chair and Barrels – 50 hours + 40 hrs apprenticeship	
ISP Injuries & Special Populations – 24 hours		AM, AR, ACCB Advanced Rep	pertoire – 36 hours	
		FULL [CMR, CCCB, ISP, AMP, AR, A	CCB] – 7 month program + 100 hrs apprenticeship	
INTENSIVE PROGRAM				
IMP Mat-Plus – 40 hours	5	AM Advanced Matwork Repe	rtoire – 6 hours	
IR Reformer – 50 hours		AR Advanced Reformer Reper	AR Advanced Reformer Repertoire – 18 hours	
ICCB Cadillac, Chair and	Barrels – 50 hours	ACCB Advanced CC&B Repert	oire – 12 hours	
ISP Injuries & Special Po	pulations – 24 hours			
REHABILITATION PROGRA	М			
RMR1 Lumbar & Should	ler Girdle Stabilization on Mat & Reforme	r – 24 hours RCCB1 Lumbar & Shoulder St.	abilization on Cadillac, Chair & Barrels – 24 hours	
RMR2 Peripheral Joint F	Rehabilitation on Mat & Reformer – 24 ho	urs RCCB2 Peripheral Joint Rehab	oilitation on Cadillac, Chair & Barrels – 24 hours	
START <b>DATE(S)</b> REQUE	STED see attached fee and course sched	ule		
PAYMENT METHOD				
deposit only	full payment Mass	erCard VISA AMEX	cheque money order	
#	exp	name on card		
signature				
CHARACTER REFERENCE	CES			
This application must be according	mpanied by two letters of references. Lett	ers should reflect course prerequisites, your teach	ing abilities and character.	

RELEVANT <b>EDUCATION</b> PAGE <b>2</b> OF 2
please list related degrees, diplomas, post secondary or certificate courses and workshops
describe anatomy education (muskuloskeletal / biomechanics)
(include number of hours, when/where you studied)
list related certification (eg. ACE, AFAA etc. please specify)
RELEVANT EXPERIENCE
outline your teaching experience (describe subject taught / years teaching)
describe your personal experience in dance, fitness or other body work (how many years / how recently)
outline your pilates experience (describe when & where, STOTT PILATES or other) none 1-10 hours 10-30 hours 30+ hours
PERSONAL INFORMATION
have you any injuries, conditions (including current / recent pregnancy) or postural issues that may affect your performance during the course? (medical clearance may be required)
how did you hear about STOTT PILATES / STOTT EDUCATION?
why are you interested in becoming a STOTT PILATES certified instructor?
how do you plan to use your certification (how will you be applying your knowledge)?
are you using this course to fulfill continuing education credits?

