



**RELEVANT EDUCATION**

please list related degrees, diplomas, post secondary or certificate courses and workshops

describe anatomy education (muskuloskeletal / biomechanics)

college / university course

workshop / other

(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?

yes

no

mail your application to: Balance: Yoga & Pilates  
2123 Staples Mill Road, Richmond, VA, 23230  
email: virginia@stottpilates.com phone: 804-340-1203

