



Are you ready to deepen your practice and share the power of Pilates with others?

The Core Pilates Method Mat Certification is your gateway to transforming both your own body and the lives of those you teach.

This is more than just a course — it's an immersive experience. You'll gain the skills, knowledge, and confidence to teach safe, effective, and inspiring classes. Our training is interactive, hands-on, and designed to bring out the very best in you.

Whether you're brand new to teaching or already have experience in fitness and movement, we'll meet you where you are. If you're newer to anatomy or Pilates principles, we'll guide you in building a strong foundation and encourage extra study time to help you thrive.

Injuries or physical limitations don't exclude you — in fact, learning how to adapt exercises for yourself and others will make you a stronger, more empathetic teacher.

Throughout the program, you'll practice observing, teaching, and receiving feedback in a supportive environment. By the end, you'll not only master the exercises but also discover your own unique teaching voice.

What's Included in the Course:

- The **Core Pilates Method Manual** covering everything you need to master Mat Levels 1 & 2
- Over **34 hours of in-person training** with program founder *Rhona Parsons*
- **12 live Pilates group sessions** via Zoom for continued practice and support
- **Lifetime access** to the Core Pilates video library

Course Completion Requirements:

To receive certification in *The Core Pilates Method*, the following components must be completed:

- **Full Attendance**
Attend all scheduled classes. If a class is missed, a make-up session is required.
- **Active Participation**
Regular review and practice of material between sessions to support learning and integration.

- **Written Assignments**

Complete all written coursework as assigned throughout the training.

- **Practical Hours**

Accumulate the following hours as part of your training:

- 20 hours of **observation**
 - 16 hours of **self-practice**
 - 12 hours of **student teaching**
 - 3 hours of **assisted teaching**
 - 12 **Mat Pilates private or group sessions** (live or virtual)
 - 1 hour of **teaching observation** (someone observing you teach)
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Certification Requirements:

To be fully certified in *The Core Pilates Method*, students must:

- **Successfully complete** all coursework and required training hours
- **Pass both** the written and practical final exams

Course Fee: \$2195 plus GST - a payment plan is available.

💡 *Your passion for movement has already brought you this far. Now is the time to take the next step — to grow your knowledge, strengthen your practice, and inspire others through teaching.*

The Core Pilates Method is more than a certification; it's a journey of transformation. We'd love for you to join us.

Apply today and begin your path to becoming a Core Pilates Method Instructor.