



PACIFIC COAST PILATES ACADEMY

ADVANCED EMBODIMENT PROGRAM

The Advanced Embodiment Program

The Embodiment program is designed for Pilates enthusiasts that are looking to hone their craft without focusing on becoming an instructor. The focus in this program is to skillfully and deliberately develop and refine your Pilates practice on all pieces of equipment over time through dedicated practice and effort.

Cost: \$3,450 plus gst

Enrollment Requirements

Experience with the Pilates repertoire and feel comfortable with the advanced work.

Completion Requirements – 240 hours

New Student Orientation– 1 hour

Lecture Units – 24 hours

Unit 4 – Level 4 Pilates Exercises + Miscellaneous - 12 hours

Unit 5 – Level 5 Pilates Exercises + Miscellaneous - 12 hours

Movement Education – 36 hours

The Fundamentals of Pilates – The Ground Work – 6 hours

The Fundamentals of Pilates – The Work within the Work – 12 hours

The Link System – 6 hours

Baby Chair to Fine Tune your Reformer Work – 6 hours

Bone Rhythms of the Pelvis, Spine and Shoulder Girdle – 6 hours

Anatomy Units – 3 hours

Unit 3 – Advanced Body Anatomy – 3 hours

OR Basic Body Anatomy from the intermediate program (4 hours)



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Open Forum – 15 hours (5 of the following)

The Nine Lines of Movement
Taking Root
Teaching Roadblocks
Getting to Know your Psoas
Oppositional Energy

Modifications and Bridge Exercises
Ball Rolling for Pilates
Synchronization of the Girdles
The Stretch & Strength in Pilates
Spotting and Partnering

Internship – 160 hours

Personal Practice – 100 hours
Lessons - 50 hours
Miscellaneous – 10 hours

Exams (optional and extra) – 4.5 hours

Anatomy Exam – 2 hours - \$50 plus gst
Mid Program Performance – 1 hour - \$100 plus gst
Final Performance Exam – 1.5 hours - \$150 plus gst



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ADVANCED EMBODIMENT PROGRAM SCHEDULE 2026/2027

Saturday March 21 st	5:00-7:00pm – Advanced Student Orientation
Saturday March 28 th	10:00am-4:30pm – Leccture Unit # 4
Sunday March 29 th	10:00am-4:30pm – Lecture Unit # 4
Friday April 17 th	1:00-4:00pm – Pilates Clinic
Saturday April 25 th	10:00am-4:30pm – Movement Education Lab
Sunday April 26 th	10:00am-4:30pm – The Fundamentals
Friday May 8 th	9:30am-12:30pm –Anatomy Unit # 3
Saturday May 30 th	10:00-4:30pm – Lecture Unit # 5
Sunday May 31 st	10:00-4:30pm – Lecture Unit # 5
Saturday June 13 th	10:00am-4:30pm – Movement Education Lab
Sunday June 14 th	10:00am-4:30pm – Bone Rhythms
Friday June 19 th	1:00-4:00pm – Pilates Clinic
Friday Aug 21 st	1:00-4:00pm – Pilates Clinic
Saturday Sept 12 th	10:00am-4:30pm – Movement Education Lab Baby Chair
Sunday Sept 13 th	10:00am-4:30pm – Movement Education Lab The Link System
Friday Sept 18 th	10:00am – ANATOMY EXAM (optional) 1:00-4:00pm – MID PROGRAM PERFORMANCE (optional)
Friday Oct 16 th	1:00-4:00pm – Pilates Clinic
Friday Dec 11 th	1:00-4:00pm – Pilates Clinic
Friday Feb 12 th	1:00-4:00pm – Pilates Clinic
Friday April 16 th	1:00-4:00pm – Pilates Clinic
Saturday April 24 th	FINAL PERFORMANCE EXAM (optional)