



# PACIFIC COAST PILATES ACADEMY

## COMPLETE EMBODIMENT PROGRAM

### **The Complete Embodiment Program**

The Complete Embodiment Program is designed for body enthusiasts who want to explore the full depth of the Pilates Method – without the path of certification. Spanning Levels 1 thru 5, this program offers a comprehensive, unhurried journey through all pieces of equipment, from foundationsl principles to advanced repertoire. The focus is on skillfully and deliverately developing and refining your Pilates practice over time through dedicate practice and sustained effort. Whether you're deepening a long-standing practice or ready to immerse yourself fully in the work, the Complete Embodiment Program meets you where you are and takes you further than imagined.

**Cost: \$5,150 plus gst**

### **Enrollment Requirements**

Experience with the Pilates repertoire.

### **Completion Requirements – 300 hours**

**New Student Orientation– 1 hour**

### **Lecture Units – 60 hours**

Unit 1 – Level 1 Pilates Exercises + Miscellaneous - 12 hours

Unit 2 – Level 2 Pilates Exercises + Miscellaneous - 12 hours

Unit 3 – Level 3 Pilates Exercises + Miscellaneous - 12 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

Breathing and The Pilates Method – 6 hours

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

Baby Chair to Fine Tune your Reformer Work – 6 hours

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



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## **Anatomy Units – 7 hours**

Unit 1 – Basic Body Anatomy – 2 hours

Unit 2 – Basic Muscles – 2 hours

Unit 3 – Advanced Body Anatomy – 3 hours

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

## **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 – 205 hours**

Personal Practice – 100 hours

Lessons - 80 hours

Miscellaneous – 25 hours

## **Exams (optional and extra) – 3.5 hours**

Anatomy Exam – 1 hour - \$50 plus gst

Mid Program Performance – 1 hour - \$100 plus gst

Final Performance Exam – 1.5 hours - \$150 plus gst



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## INTERMEDIATE EMBODIMENT PROGRAM SCHEDULE 2025/2026

Saturday Sept 20 <sup>th</sup>	1:00-4:00pm - New Student Orientation
Saturday Sept 27 <sup>th</sup>	10:00am-4:30pm – Lecture Unit #1
Sunday Sept 28 <sup>th</sup>	10:00am-4:30pm – Lecture Unit #1
Friday Oct 17 <sup>th</sup>	1:00-4:00pm – Pilates Clinic
Saturday Oct 25 <sup>th</sup>	10:00am-4:30pm – Lecture Unit #2
Sunday Oct 26 <sup>th</sup>	10:00am-4:30pm – Lecture Unit #2
Friday Nov 14 <sup>th</sup>	10:00am-12:00pm – Anatomy Unit #1
Saturday Nov 22 <sup>nd</sup>	10:00am-4:30pm – Lecture Unit #3
Sunday Nov 23 <sup>rd</sup>	10:00am-4:30pm – Lecture Unit #3
Friday Dec 12 <sup>th</sup>	10:00-12:00pm – Anatomy Unit #2 1:00-4:00pm – Pilates Clinic
Friday Feb 13 <sup>th</sup>	1:00-4:00pm – Pilates Clinic
Sunday Feb 22 <sup>nd</sup>	10:00am-4:30pm – Movement Education Lab Breathing and Pilates
Friday March 13 <sup>th</sup>	11:00am – ANATOMY EXAM (optional) 1:00-4:00pm – MID PROGRAM PERFORMANCE (optional)
Friday April 17 <sup>th</sup>	1:00-4:00pm – Pilates Clinic
Saturday April 25 <sup>th</sup>	10:00am-4:30pm – Movement Education Lab
Sunday April 26 <sup>th</sup>	10:00am-4:30pm – The Fundamentals
Saturday June 13 <sup>th</sup>	10:00am-4:30pm – Movement Education Lab
Sunday June 14 <sup>th</sup>	10:00am-4:30pm - Bone Rhythms of the Body
Friday June 19 <sup>th</sup>	1:00-4:00pm – Pilates Clinic
Friday Aug 21 <sup>st</sup>	1:00-4:00pm – Pilates Clinic
Saturday Sept 12 <sup>th</sup>	10:00am-4:30pm – Movement Education Lab Baby Chair
Friday Oct 16 <sup>th</sup>	1:00-4:00pm – Pilates Clinic
Saturday Oct 24 <sup>th</sup>	FINAL PERFORMANCE EXAM (optional)