



PACIFIC COAST PILATES ACADEMY

INTERMEDIATE EMBODIMENT PROGRAM

The Intermediate 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: \$3,950 plus gst

Enrollment Requirements

Experience with the Pilates repertoire.

Completion Requirements – 250 hours

New Student Orientation– 1 hour

Lecture Units – 36 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

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

Anatomy Units – 4 hours

Unit 1 – Basic Body Anatomy – 2 hours

Unit 2 – Basic Muscles – 2 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 – 158 hours

Personal Practice – 100 hours
Lessons - 50 hours
Miscellaneous – 8 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 th	1:00-4:00pm - New Student Orientation
Saturday Sept 27 th	10:00am-4:30pm – Lecture Unit #1
Sunday Sept 28 th	10:00am-4:30pm – Lecture Unit #1
Friday Oct 17 th	1:00-4:00pm – Pilates Clinic
Saturday Oct 25 th	10:00am-4:30pm – Lecture Unit #2
Sunday Oct 26 th	10:00am-4:30pm – Lecture Unit #2
Friday Nov 14 th	10:00am-12:00pm – Anatomy Unit #1
Saturday Nov 22 nd	10:00am-4:30pm – Lecture Unit #3
Sunday Nov 23 rd	10:00am-4:30pm – Lecture Unit #3
Friday Dec 12 th	10:00-12:00pm – Anatomy Unit #2 1:00-4:00pm – Pilates Clinic
Friday Feb 13 th	1:00-4:00pm – Pilates Clinic
Sunday Feb 22 nd	10:00am-4:30pm – Movement Education Lab Breathing and Pilates
Friday March 13 th	11:00am – ANATOMY EXAM (optional) 1:00-4:00pm – MID PROGRAM PERFORMANCE (optional)
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
Saturday June 13 th	10:00am-4:30pm – Movement Education Lab
Sunday June 14 th	10:00am-4:30pm - Bone Rhythms of the Body
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
Friday Oct 16 th	1:00-4:00pm – Pilates Clinic
Saturday Oct 24 th	FINAL PERFORMANCE EXAM (optional)