



# PACIFIC COAST PILATES ACADEMY

## MENTORSHIP PROGRAM

### The Mentorship Program

This program is designed for Instructors eager to elevate their teaching skills to the heights of becoming a Teacher Trainer. You will work closely with both Matilda and Veronica throughout the year by participating in lectures, open forums and exclusive workshops in order to deepen your understanding of the work.

**Enrollment is limited to 2 Instructors per year**

**Cost: \$2,750 plus gst**

### Enrollment Requirements

Have graduated from the Pacific Coast Pilates Academy Capstone Program, or from an approved Advanced Classical Teacher Training Program, and have been teaching the Classical Pilates repertoire for a minimum of 6 years and at least 2000 hours.

### Our Expectations of Mentees

Shadow both Matilda and Veronica by attending Lecture Units 1 thru 3, attending the enriched workshops, assisting on the prep and final exam days and sitting in on observed teaches so that by the following year you can teach any of them on your own.

### Completion Requirements – 210 hours

#### 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 + Pilates Clinics (attend and assist) = 30 hours

You can attend all, but a minimum of 30 hours of attendance is required.

#### Movement Education

The Fundamentals of Pilates – 12 hours

Breathing and The Pilates Method – 6 hours

Bone Rhythms of the Pelvis, Spine and Shoulder Girdle – 12 hours

Baby Chair to Fine Tune your Reformer Work – 6 hours

The Link System – 6 hours



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## **Pilates Clinics – each are 3 hours**

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

## **Lecturing – 4 hours**

You will be responsible for teaching parts of lecture units 2 and 3

## **Internship – 115 hours**

Lessons – 50  
Personal Practice – 50  
Teach Trainee Classes – 2 intermediate & 2 advanced classes (mat & refo) – 4 hours  
Assist on Exam Days – 2 exams on Prep & 2 exams on Final exam days – 6 hours  
2<sup>nd</sup> Seat on OT's – 4 hours

## **Final Project – Pilates Clinic – 25 hours**

Presenting a 3 hour Pilates Clinic to the trainees (includes prep time & presenting)  
You will be guided through this process as much or as little as required.