

ABOUT

The Body Precision Mat Training Program is the foundational module in a fully comprehensive training in classical Pilates. It was developed in 1998 by owner Beth Downey and currently boasts over 100 graduates. Beth has been teaching since 1996 and completed both The Comprehensive Training Program and the Masters Program at the renowned [Pilates Center of Boulder](#).

[Body Precision](#) is nationally recognized and listed on the [Pilates Method Alliance's Registry of Schools](#). Individual modules may be eligible for ACE continuing ed credits.

FACILITATOR

Weekend Modules will be lead by [Deb Nehlig](#). A graduate of the Comprehensive Teacher Training at Body Precision in 2007 and Pilates Center of Boulders' Masters Training, Deb has been teaching Pilates Mat in Lancaster or over 15 years and brings a strong foundation in the Pilates Classical work.

LOCATION

[Move It Studio](#), 1180 Erbs Quarry Road, Lititz, PA

PRE-REQUISITES

Pilates Mat experience through level II (Beginner/Intermediate) as well as a brief meeting with facilitator Deb Nehlig debnehl@gmail.com or 717-471-6868.

WEEKEND MODULES

- Foundation: Sat. 2/01/20 10:30am-5:30pm
- Mat Level I: Sun. 2/02/20 10:30am-5:30pm
- Mat Level II: Sat. 2/29/20 10:30am-5:30pm
- Mat Level III: Sun. 3/01/20 10:30am-5:30pm
- Anatomy: TBD

ADDITIONAL REQUIREMENTS (required for certification and consideration for employment at Move It Studio)

- Completion of above workshops.
- 50 practice teaching hours
- 40 observation hours
- 25 lessons (10 privates/15 classes)
- 5 miscellaneous hours
- 2 written tests (Level I - III and Anatomy)
- 1 teaching test (Level II, private client)
- 1 performance test (Level III)

INVESTMENT

Teacher Training should be completed in a 6-month period. In order to complete the required hours trainees should plan to commit to 5 hours a week.

FULL PROGRAM

- \$1500*

Includes:

- Workshop hours: 30
- 5 privates sessions, Mat classes at Move It for 3 months
- 15% discount off of all other sessions
- Advisor for support and apprenticeship supervision
- Training Manual
- Anatomy test

WEEKEND MODULES ONLY (FOR CONTINUING ED)

- \$550 per weekend

OR

- \$300 per session

ADDITIONAL INVESTMENT (NOT INCLUDED IN COST ABOVE)

- Private Teaching Test: \$55
- Performance Test: \$55
- 1 Written Test: \$55
- 5 additional privates

*payment plans available, a \$200 deposit is required to hold your spot, the remaining balance or remainder of the first payment is due January 31