

Shelates®

Pilates & Yoga

Teacher Training



Women's Pilates & Yoga Teacher Training Program

Program Length: 250 hours (12–16 weeks, depending on delivery pace)

Delivery: In-person (North York SHE studio) with hybrid online learning options

Credential Awarded: Certificate – Women's Pilates & Yoga Teacher Training



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1. Program Objectives

This program is designed to train students to become certified instructors in Pilates, Yoga, and the Shelates® method with a specialized focus on the female body and mind. Graduates will:

- Develop the knowledge and skills to lead safe, effective classes that improve balance, strength, flexibility, cardiovascular endurance, posture, and relaxation.
- Understand the unique anatomical, hormonal, and psychological considerations of the female body, including pelvic floor health, thyroid regulation, bone density, and stress resilience.
- Learn evidence-based techniques to support women at different life stages (menstruation, pregnancy, postpartum, menopause, and aging).
- Gain the ability to design empowering, women-centered wellness programs that connect mind and body, reduce stress, and foster community.
- Apply professional ethics, communication skills, and class management strategies to work confidently in studios, clinics, community centers, and private practice.



2. Admission Requirements

- Minimum age 18
- High school diploma or equivalent (mature students considered after interview)
- Basic English proficiency (written and spoken)
- Demonstrated interest in health, wellness, or fitness (resume, short essay, or interview)



3. Program Structure

The Shelates® Pilates & Yoga Teacher Training Program is a 250-hour certificate program divided into seven modules. Each module builds progressively on the previous one, combining theory, practice, and applied teaching skills.



Module 1: Anatomy & Physiology of the Female Body (40 hours)

This module provides a foundation in human anatomy and physiology, with a specialized focus on the female body. Students study pelvic floor function, thyroid health, hormonal cycles, bone density, posture, and breathing. Learning includes anatomy labs and applied movement analysis to prepare for safe and effective instruction.

Module 2: Foundations of Pilates (50 hours)

Students are introduced to the core Pilates repertoire, principles of alignment, sequencing, and the role of breathwork. Emphasis is placed on modifications and applications that address women's specific needs, such as pelvic floor engagement, posture correction, and bone density support.

Module 3: Foundations of Yoga (50 hours)

This module covers essential yoga practices, including asanas, pranayama, mindfulness, and restorative techniques. Students learn how to adapt practices for female health considerations such as menstruation, pregnancy, and menopause. The module emphasizes mind-body integration, stress management, and balancing the nervous system.



Module 4: The Shelates® Method (50 hours)

Students receive training in Shelates®'s proprietary method that blends Pilates, Yoga, cardio, balance, flexibility, and mindful movement. Designed specifically with women's bodies in mind, this module teaches class structure, flow, safe modifications, and the use of empowering and inclusive teaching language.

Module 5: Teaching Methodology & Class Design (30 hours)

This module provides practical tools for becoming a confident instructor, including cueing, voice projection, sequencing, and music use. Students learn to create safe class environments and practice inclusive language. Special attention is given to women-only group facilitation and community-building strategies.

Module 6: Professional Practice & Business Skills (10 hours)

Students explore the professional and entrepreneurial side of wellness instruction. Topics include ethics, liability, client communication, and strategies for building women-focused wellness businesses.

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Module 7: Practicum & Assessment (20 hours)

In the final module, students put their skills into practice through supervised teaching sessions, peer-to-peer instruction, and class design projects. Evaluation includes both written and practical assessments to ensure readiness for professional teaching roles.

Total Program Hours: 250



4. Evaluation Methods

- Written exams & quizzes (25%) – anatomy, theory, methodology
- Practical teaching assessments (40%) – leading classes in Pilates, Yoga, and Shelates®
- Class design project (25%) – creating a women-focused wellness class plan
- Professionalism & participation (10%) – attendance, engagement, collaboration



5. Instructor Qualifications

- Lead instructors hold advanced certifications in Pilates (e.g., STOTT, Balanced Body) and Yoga (minimum RYT-200) plus specialized training in Shelates®.
- All instructors have 5+ years of teaching experience and demonstrated expertise in female anatomy, movement therapy, and mind-body practices.



Meditation



Yoga



Pilates

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Who We Are

SHE Studio, a women-only space, combines strength, flexibility, balance, and cardio into a seamless practice, creating the most effective workout to transform both body and mind.

It is a sanctuary created for women, by women!

We are proud to offer a safe, welcoming space exclusively for women to grow, heal, and thrive. Our mission is to support women on their journey to achieving optimal mental and physical health through mindful movement, balance, and empowerment. By joining SHE, you become part of a supportive family dedicated to uplifting one another and making the best investment possible—in your health and well-being. We invite you to step into this transformative space and discover the power of prioritizing yourself.

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Join Us Our Shelates® Pilates & Yoga Teacher Training Program

The Shelates® Pilates & Yoga Teacher Training Program is more than a certificate; It is a transformational journey. Our program empowers future instructors to gain the knowledge, skills, and confidence to guide others in building strength, balance, flexibility, and resilience, while honoring the unique needs of the female body and mind.

We invite you to take the next step toward becoming a certified instructor and part of a supportive community dedicated to women's health and wellness.

Ready to begin?

Contact us today to register or learn more about program details, schedules, and admission requirements.

☎ Phone: 437-918-9455

✉ Email: studio@shepilatesandyoga.com

🌐 Website: <https://shepilatesandyoga.com/>

📍 Location: SHE Pilates & Yoga Studio, North York, Ontario

3910 Bathurst Street, North York, Ontario M3H 5Z3, Canada

We are located on the 4th Floor, #405

Spaces are limited to ensure personalized training and mentorship. Secure your spot and start your journey with Shelates® today!

