



TEACHER TRAINING

COMMITMENT GUIDE



Welcome Friend!

I'M LAUREN

The School of Pilates was built on the belief that movement should be taught with depth, precision, and care.

This training is designed to help you develop real teaching skill through practice, mentorship, and experience—not just memorization.

I'm honored you're considering taking this next step with us.

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PROGRAM OVERVIEW

*Train to become a Pilates instructor
through a structured, comprehensive
training in under a year*

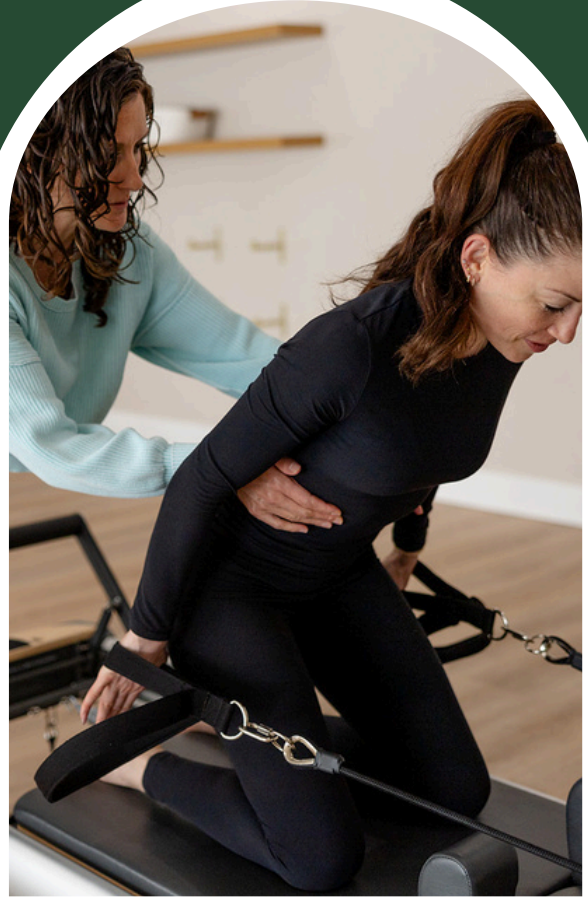
This is a 500-hour comprehensive teacher training designed to prepare you to teach Pilates with clarity, confidence, and skill. The program combines structured in-person training, guided practice, mentorship, and real client teaching experience so that you are not only learning the material, but learning how to apply it. Most trainees complete all required hours within approximately one year.

PROGRAM SNAPSHOT

- 3-day monthly training weekends for 9 months
- 500-hour comprehensive certification
- Continued support throughout completion of required hours
- \$450 Non-refundable Commitment Deposit
- \$550 per month for 9 months (\$4,950 total)

THIS TRAINING IS BUILT DIFFERENTLY

Most programs focus on exercises. This program teaches you how to teach. You'll learn to assess movement, understand what you're seeing, and respond with clarity in real time. You'll study anatomy and movement in a way that directly supports your teaching—not as separate material to memorize.



TEACH REAL CLIENTS DURING THE PROGRAM

- Learn to evaluate movement, not just demonstrate it
- Build teaching skill from the beginning
- Develop decision-making, not choreography
- Progress through a structured system
- Receive direct feedback throughout

A TRAINING ENVIRONMENT THAT SUPPORTS YOU

Completing required hours is often one of the most difficult parts of teacher training.

Here, that structure is already in place.

- Clients are provided for your practice teaching
- Teaching opportunities are built into the program
- Mentorship and feedback are ongoing

Your role is to show up prepared and engaged. The structure, clients, and feedback are already built in.



WHO THIS IS FOR

This program is designed for individuals who are serious about learning how to teach.

- You want to become a Pilates instructor, not just deepen your own practice
- You are looking for structure, depth, and a clear learning process
- You value feedback and are willing to be coached
- You are prepared to commit to learning a skill over time

This may not be the right fit if you are looking for a quick certification or a highly flexible, self-paced experience.

A DIFFERENT KIND OF TRAINING

This is not designed to move quickly. It is designed to build a level of understanding that holds up over time.

HOW THIS PROGRAM WORKS

The training runs over nine months, with one three-day training weekend each month.

DURING TRAINING WEEKENDS

Each weekend includes:

- Classical exercise breakdown per apparatus
- Guided mat practice
- Lecture and applied learning
- Anatomy integrated into instruction
- Teaching practice and feedback



BETWEEN MODULES

You'll complete a structured mix of:

- Observation
- Personal practice
- Co-teaching
- Teaching real clients



AS THE PROGRAM PROGRESSES

You'll take on more independent teaching with ongoing feedback to refine your skill.

BY THE END OF THE MODULES

You'll be working within a regular teaching rhythm while completing remaining hours.

The focus is on applying what you learn—not completing hours.

What You'll **WALK AWAY WITH**

- Teach both private and group Pilates sessions with confidence
- Assess movement and respond appropriately in real time
- Design structured, progressive programs
- Work across mat and all major apparatus
- Continue developing as an instructor with a clear foundation
- Be prepared for the National Pilates Certification Program (NPCP) exam



AREAS OF STUDY

The training progresses through a series of modules that build on one another.



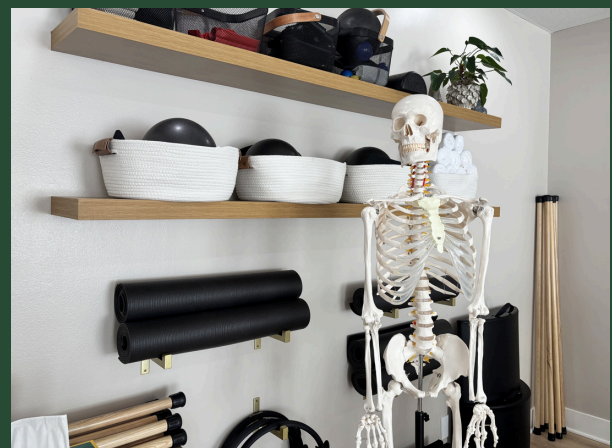
Foundation & Classical Mat Work



Comprehensive Reformer Training



Chair, Cadillac, Barrels & Props



Class Programming, Anatomy, Mechanics & Special Populations

COMPREHENSIVE CURRICULUM

This program is designed in alignment with the National Pilates Certification Program (NPCP) guidelines for comprehensive teacher education.

Training includes:

- Movement analysis, program design, and teaching methodology
- Anatomy, biomechanics, and kinesiology
- Special populations and modification strategies
- Observation of experienced instructors
- Personal practice and skill development
- Practice teaching with real clients
- Ongoing assessment and evaluation
- Professional standards and scope of practice

These elements are integrated throughout the program so that knowledge and application develop together.



REAL TEACHING EXPERIENCE

Practical teaching is built into the program from the beginning.

- 100 hours of practice teaching with real clients
- Co-teaching alongside the teacher trainer
- Observed teaching with direct feedback
- Mentored sessions throughout

This is where knowledge becomes usable and confidence develops.

CERTIFICATION

This program prepares you to sit for the National Pilates Certification Program (NPCP) exam.

This certification is widely recognized across the industry and supports your ability to teach in a range of professional settings.

Frequently Asked QUESTIONS

Q Do I need prior Pilates experience?.

A consistent Pilates practice is recommended. If you're unsure, we can discuss your background.

Q Can I work while completing the program?

Yes. The schedule is designed to fit alongside a work schedule, with one training weekend per month and additional hours completed on your own time.

Q Will I be ready to teach after completion?

You will graduate with real teaching experience and a clear understanding of how to continue developing as an instructor.

Q What if I've never taught before?

You are not expected to come in knowing how to teach. This program is designed to help you build teaching skill over time through practice, feedback, and real experience.

YOU
ARE
MORE
CAPABLE
THAN
YOU
KNOW

Instructions:

1. Move the Gear Bar toward the Foot Bar, simply push the Bar into place, and lock toward the Head End exposing the Gear Block.
2. Lock upward as far as possible and slide to the location commensurate with the Foot Bar. The Gear Block will automatically engage when properly positioned. Springs, as required.

To Convert Reformer to Mat Instruction

1. Place both the Gear Bar and the Gear Block on the Foot Bar.
2. Place both the Gear Bar and the Gear Block on the Foot Bar.
3. Unfold Carriage and Gear Block on the Foot Bar.
4. Disengage Foot Bar from the Gear Block.
5. Keeping the Foot Bar in the Gear Block, push the Gear Block toward the Head End.
6. Keeping the Foot Bar in the Gear Block, push the Gear Block toward the Head End.

Selected Client TESTIMONIALS



SARAH

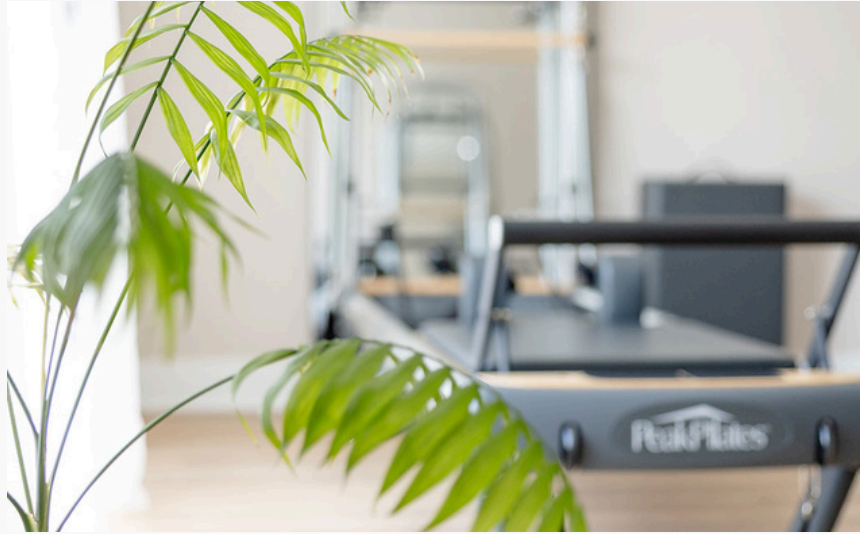
Lauren's investment in her clients is evident in every cue, every correction, every progression. Her teaching makes the work land.



SAM

You're in good hands here. Lauren helped shape the woman I am today - mind, body, and spirit. I'll carry what she's taught me forever.





What's next?

READY TO GET STARTED?

Every skilled instructor starts by choosing to begin.

The next step is a conversation about your goals, your background, and whether this training is the right fit for you.

[START THE CONVERSATION](#)