



Pilates Encyclopedia Teacher Training

Comprehensive Program

Information Sheet

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Overview

The Pilates Encyclopedia Pilates Teacher Training Program — home of the ADAPT™ Pilates Method, is all about empowering you to become a knowledgeable, thoughtful, and successful Pilates instructor, following the guidelines set by the National Pilates Certification Program (NPCP).

During our training, you'll not only master the Pilates movements and tailor them to your own body's needs, but you'll also gain the skills to assess and improve your students' movement patterns. Whether your passion lies in rehabilitation, enhancing athletic performance, or simply general wellbeing and fitness, our comprehensive program prepares you to meet the unique needs of each student.

By the end of our training, you'll be fully equipped to teach dynamic group classes and personalized private sessions across all Pilates apparatuses, including (but not limited to) Mat, Reformer, Cadillac, Chair, Ladder Barrel, Spine Corrector, and Magic Circle.

It's not just about learning the exercises; it's about transforming your passion into a rewarding career as a Pilates instructor. Upon completion of the comprehensive training program, you will be eligible to sit for the NCPT (National Certified Pilates Teacher) exam.

Prerequisites

Before diving into our program, we want to ensure you're well-prepared for success. While you don't need to be a Pilates expert, familiarity with fundamental Pilates exercises is key.

[Please refer to this list](#) to ensure you meet the basic requirements. Familiarity (not perfection) of the fundamental Pilates exercises, ensures you're fully equipped to embark on this transformative journey into teaching.

We recommend taking classes or private sessions at the studio where you'll train to familiarize yourself with these exercises beforehand.

Additionally, utilizing the [Pilates Encyclopedia membership](#) can greatly enhance your preparation.

Having this foundational knowledge before starting the program not only optimizes your learning experience but also prevents potential delays and additional costs in training.

How It Works

The Pilates Encyclopedia Teacher Training Program has been designed to seamlessly integrate online coursework with practical, in-studio experience.

Theoretical study and coursework are conducted online, allowing you to learn at your own pace from the comfort of home.

Our curriculum spans 52 weekly lessons, ensuring a comprehensive learning experience. While we suggest completing one lesson per week for consistency, you have the freedom to take breaks as needed and resume where you left off without pressure.

Throughout your online studies, Mara, creator of Pilates Encyclopedia, will personally guide you through anatomy and exercise analysis. Her expertise will help deepen and enrich your Pilates understanding. You'll also be able to engage with her and fellow learners in the PE community for any questions.

In-studio practical hours are supervised by experienced mentors who offer personalized guidance and support. Whether you need clarification on exercises or teaching tips, your mentor will be there every step of the way.

This flexibility caters perfectly to busy schedules, irregular commitments, and diverse responsibilities, making our program accessible to all aspiring Pilates instructors.

Practical Hour Breakdown

During your journey with us, you'll invest **500 hours** in your training. This aligns perfectly with the minimum requirement set by the [National Pilates Certification Program](#). The program components will prepare you to confidently sit for the NCPT exam and earn your certification as a Nationally Certified Pilates Teacher.


Below is a breakdown of the hours you are expected to complete by the end of the Pilates Encyclopedia Pilates Teacher Training Program.

Coursework (150 hours)

These hours consist of lectures, study, and homework assignments designed to deepen your understanding of Pilates principles, human movement and analysis of Pilates exercises, including programming, sequencing and special populations.

Observation (114 hours)

Observe certified teachers as they engage with students in various class settings. Participants can start logging observation hours from the day they enroll. These



hours can be fulfilled by observing classes either in-studio or online. (80 hours must be live in-person or live online. The rest can be pre-recorded.) These hours are crucial for gaining valuable insights and emulating best practices.

Unsupervised Self-Practice (75 hours)

You can fulfill these hours through home or studio practice. You can start logging these hours immediately upon enrollment. It includes dedicated time for physical engagement with the Pilates Method, allowing you to refine your skills independently.

Supervised Self-Practice: Group Classes (25 hours)

Engage in structured group sessions under the guidance of experienced instructors. This allows you to immerse yourself in structured classes, observe various teaching skills, understand group dynamics, and master Pilates principles as a student and practitioner.

Supervised Self-Practice: Private Sessions (25 hours)

Engage in personalized one-on-one sessions under the guidance of experienced instructors. These sessions provide a focused environment to deepen your personal practice, observe effective teaching techniques, and tailor exercises to your individual needs. Receive direct feedback and guidance to enhance both your personal skills and your ability to effectively instruct others in Pilates. These sessions are a great place to master the intermediate and advanced repertoire.


Self-Practice Check-Offs (15 hours)

Demonstrate proficiency in all exercises (except those contraindicated for you, if applicable) and receive constructive feedback from your mentor.

Teaching Practice (50 hours)

Gain practical experience as a Pilates instructor by leading sessions with friends and volunteers. Through hands-on experience, you'll refine your teaching style, gain confidence in cueing and correcting techniques, and create personalized sessions that meet individual needs. In 25 of these hours you must be teaching at least 2 people simultaneously.

Teaching Check-Offs (15 hours)



Demonstrate mastery in guiding students through all exercises and receive constructive feedback from your mentor to refine your skills.

Assistant Teaching (20 hours)

Shadow and support an experienced instructor during group classes or open studio. You'll assist in adjusting equipment, demonstrating proper form, and practice hands-on cueing. This experience offers a valuable chance to learn teaching techniques and refine cues. You'll be asked to assist non-verbally, as speaking over or next to your instructor can be confusing and interrupt your client's focus.

Exam Prep Mentorship (5 hours)

Prepare thoroughly for your certification exam with dedicated one-on-one mentorship. During these sessions, you'll receive personalized guidance on exam content, test-taking strategies, and practical application of Pilates principles. Your mentor will help identify areas for improvement, provide practice scenarios, and ensure you feel confident and ready to excel in your exam. This focused mentorship requirement is designed to maximize your success and solidify your knowledge as you pursue certification as a Pilates instructor.

Exam (6 hours)

- 3 hours for an online written exam online in the form of a multiple choice test
- 3 hours for teaching demonstrations

Logbook


Upon enrollment you'll receive a logbook to print out in which you'll record all of these hours. We recommend taking it with you anytime you're headed to the Pilates studio. The completed logbook must be presented at the time of scheduling your written exam.

The Final Exam

When you've completed your journey through our training program, it's time to showcase what you've learned with our final exam. Here's how it works:

Exam Structure

The final exam consists of two parts:



Multiple Choice Test: This part is conducted online and assesses your knowledge across a range of Pilates principles, anatomy, and teaching methodologies.

Teaching Demonstrations: You'll demonstrate your teaching prowess with three sessions, which you will upload as an unlisted video to YouTube and submit to us at teachertraining@pilatesencyclopedia.com:

- One mat class
- One equipment-based group class (e.g., reformer, chair, spine corrector)
- One private session

Our Grading Policy

To ensure objectivity, your mentor will not grade your exam. Instead, either Mara or a trained member of the Pilates Encyclopedia team will assess your results.

This ensures that your assessment is solely based on your skills and knowledge, free from any conflicts of interest. Your certification depends on demonstrating your readiness to teach confidently.

Our Retesting Policy

We understand that sometimes even the best-prepared individuals might need another shot. If you need to retake any part of the exam, there's a retesting fee of USD \$50 for each of the four components. You'll need to pass each part to successfully complete the certification process.

Bridge Program

Already certified in mat and/or reformer? You can fast-track your journey to becoming a certified Pilates Encyclopedia instructor through our Bridge Program. Here's how it works:

Qualification and Process

If you hold a current mat and/or reformer certification, simply submit your certificates to us for verification. Once confirmed, you qualify for our Bridge Program.

In the Bridge Program, we recognize the training hours you've already completed. We'll deduct those hours from our total 500-hour training requirement.

You will be asked to demonstrate your technique and teaching proficiency by completing the check-offs for the apparatus you've already been trained on (maximum of 6 hours). You'll then focus on mastering any remaining curriculum to ensure you're fully aligned with Pilates Encyclopedia's teaching standards.



You will be required to complete all 52 weekly lessons of the online coursework.

Certificate of Completion

Upon successfully completing the Bridge Program, you'll receive a certificate of completion from Pilates Encyclopedia, validating your expertise and readiness to teach according to our comprehensive curriculum. You'll also be eligible to take the NCPT comprehensive exam.

Application Process

To apply for our Bridge Program, please first [pay a USD \\$100 application fee](#). This fee is non-refundable but can be applied to your training portal payment upon acceptance into the program. It covers the cost to look over all the documentation of your prior training experience and determine a unique package for you to complete your training through us.

Then, submit your certification proof to teachertraining@pilatesencyclopedia.com. We'll guide you through the next steps to get started on your accelerated path to becoming a certified Pilates Encyclopedia instructor.

Refund Policies

At Pilates Encyclopedia, we believe in ensuring your satisfaction every step of the way. Here's how our refund policy works:

Coursework Refund

You can request a full refund within 30 days of signing up for our coursework.


Studio Training Refund

If you've started your training at your host studio, you're eligible for a refund within 30 days from your first qualifying class or practice session. We'll refund the training fee, deducting any fees for classes or sessions you've already attended, along with a cancellation fee of \$500.

Cost and Support

Training costs vary slightly depending on your location. Each of our partner studios sets their own fees, but all adhere to the same hourly requirements for certification completion.

For specific pricing information, please [contact a partner studio near you](#).



In addition to fees covering in-studio classes and training, Pilates Encyclopedia charges for coursework and ongoing support:

- **Cost:** \$450 for the first year and \$250 annually thereafter until you complete your training.
- **Support:** Access to guidance is always available. You can consult your local mentor, ask questions within the course platform, or engage with fellow trainees in the community forum.

Your success is our priority. We're here to support you every step of the way.

Application

To apply, please [contact one of our partner studios](#) directly.

If you need help finding a partner studio in your area, please email us at teachertraining@pilatesencyclopedia.com and we'll gladly assist you in your search.