

AUTHENTIC PILATES™ BODY CONDITIONING

*The New York Pilates Studio®
Teacher Certification Program 2008-2010*



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About Authentic™ Pilates

“Physical fitness is the first requisite of happiness. Our interpretation of physical fitness is the attainment and maintenance of a uniformly developed body with a sound mind fully capable of naturally, easily, and satisfactorily performing our many and varied daily tasks with spontaneous zest and pleasure.”

- Joseph Pilates, Return to Life (1945)

"To live on this earth, it helps to have a healthy body. Here is the way. The Pilates way. It is wonderful for your body, wonderful for your muscles -- particularly those of the stomach and back. I have used the Pilates Method - I still do and my dancers use it, and it works."

- George Balanchine, Choreographer

Introduction

Welcome to The New York Pilates Studio™ Teaching Certification Program. This information will help you make an informed decision about becoming a certified Authentic Pilates™ instructor. The importance of quality instruction and high quality training and good credentials cannot be ignored in today's competitive Pilates fitness world.

Balance and harmony lead to health, just as imbalance and discord lead to disease. Understanding of this basic tenant of Authentic Pilates™ enables certified instructors to teach clients how to keep their bodies in harmony with the natural developmental and structural laws of the body. A skilled teacher is one who knows how to keep the body in tune, preventing injury. He or she knows how to balance the musculoskeletal system allowing for efficiency and harmony in daily activities. Proper training and understanding of the system and methodology developed by Joseph Pilates ensures a teacher's ability to observe and locate the origin of movement dysfunction. This original system of exercise is based on 50 years of observation, application, and results from tens of thousands of individuals, making it applicable in most physical conditions. Clients benefit from the method by restoring the normal physical condition related to their specific anatomy and body type. If they continue to maintain the level of body conditioning consistently, they can remain physically healthy for a lifetime.

One of the goals of The New York Pilates Studio™ teacher certification program, apart from providing quality education, is the standardization of teaching. Once you are certified, you will be ready to begin independent instruction at a safe and primary level. You will also be ready to begin the journey towards becoming an experienced teacher of Authentic Pilates™.

Joseph Pilates began to develop his extensive exercise method at the turn of the 20th century. During his lifetime, he created more than five hundred exercises, inventing an original system and unique pieces of apparatus. Dissatisfied with existing approaches to physical training, Joseph Pilates studied both Eastern and Western exercise disciplines. Eastern methods such as yoga emphasize mental relaxation, breathing, and suppleness. The Western methods generally seek to maximize competitive strength and endurance. In creating the Pilates method, he combined the best qualities of both to form an ideal physical training and body-conditioning program. This combination of exercising both the body and mind initially attracted dancers and athletes and for many years he was a training secret limited to a small minority. Currently, this body conditioning program has experienced a renaissance as an alternative or complement to other exercise regimes, treatment modalities, and athletic activities.

The ultimate goals of Authentic Pilates™ are an extremely high degree of abdominal strength, full body control, greater flexibility, integration of the spine and the limbs, and most significantly, the combined power of the body and mind. By performing many different exercises for a low number of repetitions, the muscles are strengthened, elongated, and toned without creating bulk. Total concentration on the body during each exercise emphasizes movement quality, coordination, and breath.

Overview

There are two avenues of certification: The Bridging Program and the Teacher Certification Program.

The Bridging Program is described in Appendix A. All provisions of this Application not modified by the terms of the Bridging Program shall apply to applicants of the Bridging Program as well as applicants to the Teacher Certification Program.

The Teacher Certification Program is comprised of two parts, which are:

1. Three 3 day system workshops, or when available a 10/12 day intensive seminar, and
2. Apprenticeship.

The Apprenticeship is divided into three phases, each entailing approximately 200 hours:

- 1- Observation
- 2- Assisted student teaching
- 3- Independent student teaching

Exams are administered upon completion of each phase. Certification is issued once the apprentice has attended all of the system workshops, and completed all phases and exams successfully. Apprentices are expected to continue training their own bodies by working out with a Pilates Guild™ certified instructor or USPA certified instructor.

Application Process

Beyond an active interest in becoming a certified instructor, applicants must fulfill several requirements. A strong background in Authentic Pilates™ is required before applying to the program and admittance is granted only after an extensive application process. It should be noted that Certification Centers are independently operated, accordingly there may be slight variations in office policy between Centers. Check with your center for specific policies.

To apply, applicants must first fulfill all of the following pre requisites:

1. 35 private sessions inclusive of up to 10 mat classes given by an Instructor certified through the New York Pilates Studio® Teacher Certification Program ("Certified Instructor") are prerequisite to applying to the Program. 75 private sessions, inclusive of the prerequisite 35 total classes, as referenced above, are required during the apprenticeship prior to graduation. At least 35 private sessions must be taken at the Certification Center of origin.
2. Written application including (see pages 22-26):
 - Student Bio (Also required for Bridge Program) See Appendix B
 - Enrollment Agreement (Also required for Bridge Program)) See Appendix C
 - Medical History Form (required for Bridge Program) See Appendix D
 - Non Compete & Confidentiality/Non Disclosure Agreement (Also required for Bridge Program) See Appendix E
3. 1 personal & 1 professional letter of recommendation (Also required for Bridge Program)
4. Personal interview & practical assessment at the Certification Center of origin with Center Director or Teacher Trainer. (Also required for Bridge Program)

General Content Description

The following content is taught in courses at The New York Pilates Studio®. Beginner through Advanced exercises are taught along with the necessary modifications and purpose of each exercise. Courses are comprised of lecture and practice of exercises by students.

Joseph Pilates gradually evolved the **Mat** exercises into Authentic Pilates™ and first led him to create the apparatus used in his method. Focus will be given to the six main principles at work throughout the method: proper control, correct breathing, muscular precision, movement quality, and concentration.

Topics for the **Universal Reformer** includes the role of spring resistance and gravity in exercises, increased freedom and diversity of movement, and body positioning during exercises.

Performance and teaching of the **Cadillac / Trap Table** exercises. These exercises represent some of the most therapeutic and complex exercises in Authentic Pilates™.

The **High and Low chairs**: Using the Chairs to increase the difficulty of the mat exercises. The Chairs as a tool for the rehabilitation of knee injuries, and its application for hamstring strengthening. Students will learn to further integrate the powerhouse in conjunction with the lower body.

The Ladder Barrel, Spine Corrector and Small Barrel- Topics include using the Barrels for strengthening of the torso and the abdomen, helping to reverse the abnormal thoracic curve of the spine found in many people, and for increased stretching suitable for dancers and athletes.

A brief but intensive review of the uses of the **Pole System** for upper extremity strengthening and stretching, the **Foot Corrector**. The **Magic Circle** as an aid to Mat work will also be discussed.

Course Formats and Descriptions

Systems Workshops

The workshops covering all the apparatus and mat work are broken down into three segments, 3 days each, of beginner, intermediate, and advanced systems and must be taken in sequential order. Required Reading books will be reviewed and Apprentice will be tested on these books.

Part 1: Beginner System:

Beginner system focuses on technical and teaching aspects including the necessary exercises from each piece of apparatus as well as the appropriate applications except the pedi pull. Attention will also be given to correct sequence, and to issues surrounding the progression of clients through the mat program toward an apparatus program. Modifications for physical limitations are taught.

Part 2: Intermediate System:

Intermediate System focuses on all the necessary exercises to accomplish such level including but not limited to the use of the Mat exercises, Reformer, Cadillac, Chairs, Barrels, the weights and Magic Circle. Intermediate system follows the teaching progression to this level, and outlines the appropriate evolution of the client. Modifications for physical limitations are taught

Part 3: Advanced System:

Advanced System focuses on customizing, use, and applications for clients with specific needs. Discussion regarding customizing Pilates to the client will focus on identifying weakness or injuries and determining the uses of Authentic Pilates™ for their particular limitations. The use of advanced and some Archival exercises will be an integral part of the advanced training.

10-12 Day Intensive Course

The intensive combines all of the material from all three systems, beginner through advanced, into one module of 10-12 consecutive days. Application is limited to students who have extensive Pilates experience, and who are in excellent physical condition. Approval is subject to audition/interview as conducted by The New York Pilates Studio® teacher of teachers.

Applicant Evaluation

After completing 35 prerequisite sessions applicants submit the application and arrange for an evaluation at the Certification Center. A practical evaluation to apply to the teacher certification program can be compared to an audition. Candidates are evaluated on the following:

- Applicants are asked to perform their workout, which should be, at a minimum, an intermediate level system on the mat and reformer.

- Exercises on the Cadillac, Chairs and Barrels that they have been taught specifically for their individual body. The applicant will be asked to perform a traditional ending. The evaluation should take no more than one hour.

- Applicant is expected to move with a minimum of motion transitions between exercises and display rhythm and dynamics.

- Applicant is expected to perform the above without coaching, and will therefore need to know how to set- up all equipment properly and safely.

- Applicant is expected to understand the general purpose of each exercise, as well as the six principles of Authentic Pilates™ (control, centering, concentration, breath, precision, and flow) both mentally and physically.

Applicants are notified via the Center as to whether they have been accepted. Applicants who are not accepted may be asked to take additional private classes in order to be reevaluated for a later training series. It is strongly recommended that applicants take these sessions at a Certification Center, or study with two different teachers in their area.

Tuition & Enrollment

Tuition for the Certification Program at the New York Pilates Studio® is **\$4,000.00 U.S. dollars. In addition, the cost of 15 private sessions is required** (at a Certifying Center).

Tuition does not include:

- Pre requisite interview & practical assessment (\$100.00)
- Cost of mandatory private sessions taken prior to and during the Program
- Cost of liability insurance (required of each apprentice including the Bridge Program))
- Cost of traveling if required to Workshops/Intensive/Anatomy Seminar
- Testing per every 200 hours, and re tests, where necessary

As follows:

(200 hours) practical, oral Q & A, \$ 75.00

(400 hours) practical & written, oral Q & A \$75.00

(600 hours) practical, written, oral Q & A, \$125.00

- Anatomy seminar, \$275.00 (required to be taken during the apprenticeship)

Tuition Payment:

\$500.00 deposit with application

\$1500.00 upon acceptance to the Program

\$2000.00 balance 1 week prior to beginning of first system workshop

Cancellations prior to official Program acceptance will result in a \$50 application processing fee, which will be deducted from the \$500.00 deposit and the balance will be refunded to the applicant.

ALL payments made subsequent to Program acceptance are NON REFUNDABLE.

Upon receipt of a fully completed application, candidates will be contacted by the Certification Center to schedule their interview, and practical evaluation.

Application via Video

This is possible only with written permission from the Certification Center Director. Applicants must reside further than 100 miles from the Certification Center and must arrange for a telephone interview with the Center Director or Supervising Instructor. In person assessments and interviews are the preferred method of application.

Videos must be one hour in length; VHS format or DVD format and include the following:

Performance of an intermediate system (for applicants body) on Mat and Reformer, a few exercises on the Cadillac, Chairs, Barrels and a traditional ending. Video should be filmed at the studio and under the supervision of the Guild certified instructor where the prerequisite sessions were completed. The workout must be performed without any coaching from the instructor. Applicant must state the format of the seminars applying for, name of each exercise, proper position, apparatus spring setting/setup while exercising. Voiceovers will not be accepted. The video should reflect the applicants' knowledge of the exercises, rhythm, timing and dynamics of movement. In addition, include a brief synopsis as to why they wish to become a certified instructor.

Videos should be sent at least 90 days in advance with the application and prior session documentation. The Supervising Instructor and / or Director of the Certification Center will review them in order of receipt. Responses will be given one month before the start of the first seminar via telephone as to whether or not applicant is accepted. Any videos received after 90 days before the start of the seminar will be held and reviewed for the next available training. Videos will not be returned.

Apprenticeship Requirements

The apprenticeship consists of 600 hours logged with a Certified Instructor at a recognized Certification Center or other training center recognized in writing as an Authentic Pilates™ center by the U.S.P.A.™ (The last 200 hours must be logged at the Certification Center of origin). The apprentice must also attend periodic apprentice meetings at the certification centers of origin.

60 hours of documented practice per month are necessary for active apprentice status, along with monthly attendance at apprentice meetings at the center of origin. Centers reserve the right to terminate apprentices who do not adequately satisfy all requirements.

Apprentice logs will be issued by the Certifying Center, and must be signed by the supervising instructor regularly (every 50 hours). Every 100 hours the logs must be turned in to the Certification Center of origin.

Apprenticeship must be completed within one year of entry into the Program. Program extensions for extenuating circumstances are granted at the sole and absolute discretion of the U.S.P.A.™, Apprentice must submit to the U.S.P.A.™ a written request setting forth in detail the extenuating circumstances at least one month prior to the end of the apprenticeship year.

Apprentices will not teach clients outside of the Certification Center of Origin until they have graduated from the Program. Apprentices in violation of this policy will be expelled from the Program without refund. See exceptions for Bridge Program.

During the apprentice program (including the Bridge Program) the Apprentice shall be required to teach at the Certifying Center, of origin and the Apprentice will receive compensation at the minimum hourly rate permitted by law. (see exceptions for Bridge Programs)

Exceptions and modification to apprenticeship requirements may be granted in the U.S.P.A.™'s sole and absolute discretion.

Phases of Apprenticeship

FIRST PHASE:

0-200 Hrs:

“Observation, Practice, Assisting” 200 hours completed in the combination of study, practice of the exercises with fellow apprentices and some minor assisting of teachers. Hours are documented and signed by the Centers' Supervising Instructor and submitted to the Certification Center. **Exam at 200 hours:** 1. Teach for the testing instructor a basic Mat and basic Reformer 2. Perform selected exercises of a basic system. 3. Knowledge & application of the six essential principles. All log sheets must be received by the Center before testing. Testing procedures are determined by each Center.

SECOND PHASE:

200-400 Hrs:

"Observation, Practice and Assisting" 200hours completed as an assistant teacher to the Supervising Instructor as well as mutual practice teaching of fellow apprentices and friends in the Certification Center. Friends who are taught by apprentices must sign a waiver. Consult your Center about a “floor fee” pertaining to teaching friends. Hours are documented and signed by a Supervising Instructor and submitted to the Certification Center. **Exam at 400 hours:** 1. Teaching for the testing instructor an intermediate Mat and an Intermediate Reformer. 2. Teaching two to three selected intermediate level exercises on the Chairs, Barrels, Cadillac, and Pedipull. 3. One written essay. All log sheets must be received by the Center before testing. Testing procedures are determined by each Center.

THIRD PHASE:

400-600 Hrs

"Observation, Practice and Assisting"

200 hours completed by solo teaching under supervision, continued at a Certification Center. As skills develop and apprentices become more capable of teaching, the student earns an hourly wage determined by the directors of the Center. Hours are documented and signed by a Supervising Instructor and submitted to the Certification Center. **Exam at 600 hours:** 1. Written essay exam 2. Oral exam with a Senior Teacher of Teacher, (includes teaching a system to a designated person and/or answering oral questions). All log sheets must be received by the Center before testing. Testing procedures are determined by each Center.

EXAMS

At the end of each phase of apprenticeship there is an exam, (oral and / or written). It is preferred to schedule the written exam before the practical. Exams are graded as PASS or FAIL. Apprentices must pass both the written and practical exams before proceeding to the next phase of apprenticeship. Exams are scheduled through and completed at the Certification Center. All exams are prepaid to the Center Director at the time of scheduling. At no time are apprentices allowed to observe other apprentices testing. Apprentices must successfully pass each exam to be eligible for certification.

If an apprentice wants to schedule an exam at a Certification Center other than their own, testing fees are paid directly to the testing Center. In order to schedule apprentices must speak to their own Center Director who will arrange this exam for them. Fees are subject to increase at any time without notice.

Levels of Exams:

200 hours-practical

400 hours-practical & written

600 hours-practical & written

Exam fees:

\$60.00 for a 200 or 400 practical or written

\$75.00 for a 600 level practical with a Senior Teacher of Teacher

\$100.00 for a 600 level written exam

Failure to pass an exam:

Students pay out of pocket to retest. Fees as above.

- 1.) First failure requires an additional 50 hours before retesting and continuing onto the next level of apprenticeship.
- 2.) Second failure requires an additional 100 hours before retesting and going onto the next level.
- 3.) Third failure requires retaking workshops where student is found deficient.
- 4.) A fourth failure is grounds for dismissal from the program.

FINAL STAGES

Students who successfully complete all program requirements receive a diploma of completion from The Pilates Studio™ certifying them as an Authentic Pilates™ exercise instructor. In order to maintain their certification teachers must join The Pilates Guild™ and complete one continuing education course through Pilates Inc. The Pilates Guild™ is the professional membership, not for Profit Corporation dedicated to the preservation of Authentic Pilates™. While The Pilates Studio™ cannot guarantee employment after certification, all of our studios are currently seeking Guild certified teachers. Some options after graduation are: working as an independent contractor, opening a studio, teaching at one of our nationwide studios or centers, or entering into a partnership with The Pilates Studio™ to open a Certification Center in a geographic location not presently represented. Membership benefits of the Pilates Guild™ are outlined on page 14.

The New York Pilates Studio® strictly prohibits the following:

1. Publish, photocopy or reproduce in any manner the materials and content of the seminars. All intellectual property rights related to this material belong to The New York Pilates Studio®.
2. Apprentice teaching outside of the Certification Center.
3. Teach/host a seminar for teachers or apprentices.
4. It is prohibited to certify other individuals.

Once certified, the following is prohibited unless written permission is obtained from The New York Pilates Studio®

1. Publish, photocopy or reproduce in any manner the materials and content of the seminars.
2. Develop, reproduce, manufacture or distribute products or otherwise use the The New York Pilates Studio™ mark except as provided for in the Pilates Guild™ membership agreement.
3. Host a training program to teach the content of the.

MEMBERSHIP IN THE PILATES GUILD™

The Pilates Guild™, is a professional membership, not for Profit Corporation. Membership indicates to the public that you have received the gold standard in training, both to become an instructor and to maintain that status. The Pilates Guild™ features an international Advisory Board of certified teachers. The Advisory Board and Guild members help educate the public that the Pilates Guild™ is the premier professional governing body for Authentic Pilates™ exercises, as originally advocated by Joseph and Clara Pilates, handed down to Romana Kryzanowska and continued, professionalized and enhanced by Pilates, Inc. Together with Pilates, Inc., The Pilates Guild™ provides our certified members with support in areas of education, counsel and public promotion. Upon graduation from Pilates, Inc. instructors have the option to join the Guild, if they wish to obtain Guild Certification.

Annual membership requirements: 1. Successfully complete one continuing education course in Authentic Pilates™ Courses are offered through The Pilates Studio™ continuing education program and at the Annual Pilates Guild™ Conference. 2. Payment of annual membership fee 3. Signed membership agreement. 4. Adherence to the Code of Ethics and Standards of Practice. Within the first year of obtaining certification, the Pilates Guild does not require continuing education™. However, if the need for review arises, newly certified teachers can pay and attend a certification seminar, if space permits. One must contact the certification center to enroll. If you arrive without having been granted permission or paid, the Center reserves the right to deny your admission. Every year following, continuing education is required by the Pilates Guild™ to remain a Guild certified instructor. Continuing education courses are only offered to certified Pilates Guild™ members.

Membership Benefits:

* Ability to host applicants for 35 prerequisite sessions * Ability to host apprentices for first 200 hours of apprenticeship* Studio and home equipment, may be purchased for own use or for resale to clients at discounted prices. * Participation in International Pilates conference * Discounts on products and services * Attendance of Continuing Education courses offered through Pilates, Inc.* Liability insurance, *Toll free 800 number referral, internet referral and Help Wanted listings on Pilates, Inc.'s website *Access to The Pilates Guild™ website with current events notices* Access to password protected areas of The Pilates Studio™ website, which includes teachers open forum* Access to archival material of Joseph Pilates, * Regional representation. Restrictions: Please refer to www.pilatesguild.com or Guild membership agreement.

Reading & Anatomy Requirements

1. Anatomy of Movement Blandine Calais-Germain, French physiotherapist & dancer. (Eastland press, Vista, Ca) Provides the reader with a good understanding of musculoskeletal anatomy & kinesiology.

2. The New York Pilates Studio ® Teacher Certification Manual © 1997 Pilates Inc.
3. The Pilates Method of Body Conditioning, by Sean Gallagher, PT. & Romana Kryzanowska (Transatlantic Publication Inc. Philadelphia Pa)
4. The Anatomy Coloring Book, Wynn Kapit/ Lawrence M. Elson (Harper Collins Publisher)

Suggested Reading

ANATOMY/KINESIOLOGY RELATED READING:

The Thinking Body - Mabel E. Todd, c. 1937, Paul B. Hoeber Inc.

Atlas of Human Anatomy - Netter, Flash Anatomy-The Bones, Minding the Body, Mending the Mind, Regional Atlas of the Human Body: Clemente, Therapeutic Approach.

Job's Body - Deane Juhan, c. 1987 Published by Station Hill Press, Inc. Barrytown, NY 12507

Human Movement Potential: Its Ideokinetic Facilitation - Lulu E. Sweigard, Ph.D., c.1974, Harper & Row, Publishers, Inc.

Leave of Absence Policy

The apprenticeship reflects a physically intense learning environment. Students, with extenuating circumstances may request a leave of absence for a reasonable amount of time. Leaves will be granted at the sole and absolute discretion of The U.S.P.A.™ Students who have been medically rendered unable to exercise for 30 days, must obtain a doctors' note for reinstatement.

Transferring between Certification Centers

Special circumstances, for example, relocating for business, moving, etc. may permit a Certification Center transfer by special request. However written request and approval must be obtained from the U.S.P.A.™ with detailed explanation.

National Certifying Centers

The New York Pilates Studio®

311 West 43rd Street #405
New York, New York 10036
Tel: 212.245.8367
Fax: 212-245-7461

www.pilates-studio-ny.com
www.papt.biz

Pilates RI

265 Wickenden Street
Providence, Rhode Island 02906
Tel: 401.273.2639

www.pilatesri.com

The Art of Control

SUNY at Purchase College
735 Anderson Hill Rd.
Purchase, NY 10577
Tel: 914.251.7842

www.artofcontrol.com

Pilates Institute™ of Ft. Lauderdale

3342 NE 32nd Street
Ft. Lauderdale, Florida 33308
Tel: 954.537.2110
Fax: 954.467.6510

www.thepilatesinstitute.net

The Pilates Haus

155 Second Street
Jersey City, New Jersey 07302
Tel: 201.963.0436

www.pilateshaus.com

International Certifying Centers

The New York Pilates Studio[®] of Brazil

Inelia Ester Garcia, Director

R. Cincinato Braga, 520

Bela Vista- Sao Paulo, Brazil

Tel /Fax 011-551-1284-8905

Application checklist

1. Prior sessions logs documenting 35 Pilates lessons (in the case of the Bridge Program an original Certification Certificate and such other documentation as may be required by the U.S.P.A.[™] to ensure prior certification from a reputable training organization).
2. Completed Student Bio & Enrollment Agreement (Also required for Bridge Program)
3. 1 professional, 1 personal reference letter (Also required for Bridge Program)
4. \$500.00 deposit made payable to U.S.P.A.[™]. (Also required for Bridge Program)
5. Medical health history form and letter from physician stating that applicant is physically capable of participating in the Certification Program. (Also required for Bridge Program)
6. Acceptance of the non competition and confidentiality/non disclosure agreement

Upon receipt of the above, an interview and practical assessment with a Teacher Trainer, or other U.S.P.A.[™] appointed instructor must be scheduled. Video assessments are available for applicants residing 100 or more miles away.

Prerequisite Questionnaire

Attach additional sheets if needed.

1. Why do you want to become a certified instructor?

2. How will becoming a certified instructor help you attain your personal goals? How do you plan to use Authentic Pilates™?

3. Describe your movement history (sports, dance, etc.)

4. Explain what experience you have working with and/or teaching people. Enclose two letters of recommendation.

5. List past/present occupations, including outstanding achievements in your career: (Attach resume curriculum vitae)

6. Outline how you will be able to fulfill the apprenticeship requirements. How many hours per day and days per week will you be able to commit to the program?

Appendix A

The New York Pilates Studio® Teacher certification program

The Bridging Program

The United States Pilates Association, LLC™ (“U.S.P.A.™”) and the New York Pilates Studio® Teacher Certification Program (“Program”) welcome people certified through other reputable Pilates organizations who desire certification in Authentic Pilates™.

The U.S.P.A.™ recognizes the value of Pilates education from other reputable institutions. Since every approach is different, and our program is very specific in its proven and honored classical tradition, we will do an individual assessment for each applicant, customizing their unique “bridge” program requirements to meet their individual needs as follows:

1. Initial interview & intake meeting with Teacher of Teachers (can be done by phone, or video), however, a direct meeting is preferred.
2. Practical & Oral Q & A, two phase assessment of teaching and performing exercises through the advanced repertoire: Phase I -mat, reformer, chair Phase II -cadillac, barrels, Pedi pull, magic circle, weights.

Focus on “traditional” endings for beginner, intermediate, and advanced routines will be highlighted. Knowledge of which exercises are beginner, intermediate and advanced will be required. Modifications of the exercises to accommodate physical limitations shall also be highlighted. This phase shall require a payment of \$100.00 to the U.S.P.A.™

3. Upon acceptance into the bridge program, an Apprentice Program will be outlined for each applicant by a U.S.P.A.™ Teacher of Teachers/Center Director, emphasizing additional knowledge and review in areas deemed necessary by the U.S.P.A.™. Tuition

The assessment will determine tuition. Where the assessment determines the candidate requires more than 300 apprenticeship hours, they will need to apply for full certification. 200 -300 hours, tuition \$2500.00 (plus up to 50 private lessons with the Center Director.) 1 -200 hours, tuition \$2,000.00 (plus up to 25 private lessons with the Center Director.) The hours will be divided up by the Center Director into observation, training and teaching). Tuition payments shall be payable upon acceptance into the Program.

Private lessons are not included in the cost of tuition. At least two practical exams will be administered at times determined by the Center Director, and there will be a final oral, practical, and written exam once all hours have been completed. The U.S.P.A.™ may also request that the candidate attend one or more system workshops (each 3 days) for a \$250 fee per seminar. Apprentices in the Program must also attend apprentice meetings at the

Certification Center at least once a month. All exams must be passed to achieve certification. Retests shall be given at a cost of \$75.00 per retest; provided that if the final exam is not passed, up to 25 hours of apprenticeship shall be required before the exam is retaken. Apprentices in the Bridge Program will be required to teach at the Center and be observed by the Center Director.

Bridge applicants will be free to continue to teach outside of the Certification Center; however, they may not in any way refer to themselves as certified by the Program or use the term Authentic Pilates™ in any manner.

Bridge applicants must complete one continuing education seminar per year as offered by the U.S.P.A™, to maintain certification, in the Program.
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Appendix B

The New York Pilates Studio® Teacher Certification Program

Student Bio

2008-2010

Name: _____

Address: _____

Phone (day) _____ Evening _____ Cell: _____ Email: _____

Certification Center: _____ Prior Pilates Experience

Instructor's name: _____ phone: _____

Email: _____ Address: _____

Number of Sessions: _____ Name of Studio: _____

How frequently do you work out? Please summarize, and define the activities.

Have you any prior movement related background? If so explain.

Which pilates apparatus do you have experience with?

Total number of sessions in the past 6 months?

Appendix C

The New York Pilates Studio® Teacher Certification Program

Enrollment Agreement

Check one: _____ I am enrolling for the 600 hour Apprentice Program

1. By signing this agreement, I the student, acknowledges that he/she has read and understand all of the requirements and guidelines of the Application for the New York Pilates Studio® Teacher Certification Program, including without limitation the Bridge Program (collectively “Program”), and that I agree to all of its terms, conditions and regulations.
2. The student agrees to participate in the Program at his/her own risk and hereby releases the United States Pilates Association™ LLC (“U.S.P.A.™”), and the Program and their respective principals, officers, directors, employees, representatives, and their successors and assigns from any and all liability resulting from his/her involvement in the Program.
3. State laws may vary with regard to the uses or application of the lessons and/or procedures taught in the Program. The U.S.P.A.™ makes no representation or warranties concerning the uses and application of the lessons and/or procedures taught in the Program other than the Program is fully accredited by United States Pilates Association™ LLC.

_____ I am enrolling for the Bridge Program

4. The U.S.P.A.™ reserves the right to terminate any student from the Program for conduct which violates U.S.P.A.™ policies or the policies of any Certification or Training Center involved in the Program, or which conduct qualifies as unprofessional conduct deemed inappropriate as determined by the U.S.P.A.™ in its sole and absolute discretion. Students must be able to physically exercise in seminars and apprenticeship to be eligible for certification. The U.S.P.A.™ reserves the right to suspend students who cannot participate fully in the Program.
5. Refund Policy: No refunds are given once the student is accepted into the Program.
6. I agree I will not use the following marks either alone or in combination with any other wording without the express written permission of the U.S.P.A.™: The New York Pilates Studio®, Authentic Pilates™, Pilates Guild®, United States Pilates Association™, and the U.S.P.A.™. I further agree that I will not record or duplicate through any means any seminars, workshops or written, audio or video materials distributed in connection with the Program (including without limitation the Teacher Certification Manual) whether distributed by the U.S.P.A.™ or any Certification Center or any person who conducts a seminar, workshop or anything similar thereto. without prior written permission from the U.S.P.A.™, which may be withheld in its sole and absolute discretion. I understand that if I am expelled or drop out of the Program, I must return any written, audio or video materials (in any format), which I have received in the course of the Program. I understand that (except for the Bridging Program) teaching outside of the Certification Center of origin while an apprentice is cause for termination without refund.
7. I acknowledge that I may not assign my rights or delegate my duties or obligations

under this agreement.

8. LIMITATION OF LIABILITY: EXCEPT AS SPECIFICALLY SET FORTH IN THIS AGREEMENT, THE U.S.P.A™. MAKES NO (AND SPECIFICALLY DISCLAIMS) ANY PURPOSE AND IMPLIED WARRANTIES ARISING FROM COURSE OF DEALING OR COURSE OF PERFORMANCE), AND EXCEPT AS EXPRESSLY PROVIDED FOR IN THIS AGREEMENT THE APPLICANT HEREBY SPECIFICALLY DISCLAIMS ANY CLAIM IN TORT (EXCEPT GROSS NEGLIGENCE AND WILFUL MISCONDUCT), IN EACH CASE, REGARDING THE SERVICES PROVIDED UNDER THIS AGREEMENT AND THE DOCUMENTS REFERRED TO IN THIS AGREEMENT. UNDER NO CIRCUMSTANCES SHALL THE U.S.P.A.(TM) BE LIABLE FOR, CONSEQUENTIAL, SPECIAL OR EXEMPLARY DAMAGES (EVEN IF ADVISED OF THE POSSIBILITY OF SUCH DAMAGES), ARISING FROM ANY PROVISION OF THIS AGREEMENT.

9. The rights and obligations of The United States Pilates Association™ LLC. and the undersigned applicant under this agreement, including without limitation, the provisions contained in Paragraph 8, entitled Limitation of Liability shall be binding upon and inure to the benefit of the U.S.P.A.™, the undersigned applicant and their respective licensors (including the U.S.P.A.™ licensor, Richtone Designs, LLC.), employees, officers, directors and successors in interests and assigns.

Signature: _____ Date: _____

Print Name: _____

Print Address: _____

Print Telephone Number: _____

Print Email Address: _____

Social Security Number: _____

Tuition deposit enclosed: \$ Payment Method: _____ Check or Credit Card: __ MC, __ Visa,
Card Number: _____ Expiration Date _____
Code _____

Print Name As It Appears On Card: _____

Billing Address of Card: _____

All Checks payable to: Richtone Design Group, LLC

Appendix D

**The New York Pilates Studio® Teacher Certification Program Applicant
Student Medical History Form
2008-2010**

Name: _____

Address: _____

Date of Birth: _____

Please list medications, if any:

Frequency of exercise, and any additional relevant activity:

Pre-existing conditions, prior injury, or limitations, which may potentially impact participation in the Certification Program:

Hospitalizations or surgeries, and dates:

Please attach a physicians' note if there are 'warnings,' associated with your medications, and/or there are any potential physical/mental/pre existing conditions which could impact or limit participation in the Program.

Appendix E

AGREEMENT NOT TO COMPETE AND NOT TO DISCLOSE CONFIDENTIAL INFORMATION

I, _____, hereby understand and agree, that in consideration of my application as a candidate for certification as an apprentice in the New York Pilates Studio ® Teacher Certification Program (herein called the “Program”) offered by the United States Pilates Association, TM LLC (herein called the “LICENSOR”) at any of its National Certifying Centers (herein referred to as “Centers”), I shall comply with the following material terms and conditions of my training and certification:

1 I understand and agree that all records, whether original, duplicated, computerized, memorized, handwritten, or in any other medium or form, and all information contained therein, including names, addresses, phone numbers, and financial information of any account, customer, client, customer lead or prospect of the LICENSOR or any Center ("Account"), are confidential and are the sole and exclusive property of LICENSOR and/or the Center. This information, whether provided to me by LICENSOR, or by any Center or by any Account, is entrusted to me as an apprentice of the Program. None of such records, nor any part of them is to be removed by me from the premises of LICENSOR or any Center either in original form or in computerized, duplicated, or copied form except with the written permission of the LICENSOR and the Center and then, for the sole purpose of my participation in the Program, and the names, addresses, and other facts in such records are not to be transmitted verbally, in writing, or in computerized form or in any other medium by me except in the ordinary course of my participation in the Program All of said records or any part of them are the sole proprietary information of LICENSOR and/or the Centers and shall be treated by me as confidential information of LICENSOR and the Centers. I agree not to divulge or disclose this information to any third party and under no circumstances will I reveal or permit this information to become known by any competitor of the LICENSOR and/or any Center either during my service or at any time thereafter.

2 I understand and agree that the records and the information therein are extremely valuable to the LICENSOR and the Centers and I agree to take all reasonable measures to maintain its confidentiality and to guard its secrecy. This information is not generally known outside the LICENSOR or the Centers. and this information is confidential and used only a "need to know" basis. This information is developed and acquired by great expenditures of time, effort, and money. This information is unique and cannot be lawfully duplicated or easily acquired. Consequently, I agree that these records and the information contained therein are the property of LICENSOR and/or the Centers and are deserving of trade secret status and protection.

3 If, at any time, I resign from the Program. provoke my termination, am terminated for cause, or cease my association with LICENSOR and/or any Center (through graduation, certification, etc.), I agree THAT FOR A PERIOD OF FIVE YEARS

following my termination for any reason, I will not solicit by mail, by phone, by personal meeting, or by any other means, either directly or indirectly, any Account of the USPA or any Center that I attend during my apprenticeship in the Program. whom I served or whose name became known to me during my apprenticeship in the Program. My agreement "not to solicit" means that I will not, DURING MY APPRENTICESHIP AND FOR A

(a) to transfer from the any Center to me or to my new employer or to any third party whether an individual or other legal entity, or to any studio or place where I am teaching Pilates or any exercise program similar to Pilates, or (b) to open a new account with me or with my new employer or with any third party whether an individual or other legal entity, or with any studio or place where I am teaching Pilates or any exercise program similar to Pilates or (c) to otherwise discontinue its patronage and business relationship with any Center. The intent of this paragraph is to be broad and all encompassing so as to prevent any prejudice to any. PERIOD OF FIVE YEARS thereafter, initiate any contact or communication, of any kind

4. In the event of termination and/or completion of my apprenticeship in the Program at a Center, I shall (i) not solicit, for a period of Five years from the date of termination of my service, any of the clients or prospective clients of any Center whom I served or whose names became known to me while working as an apprentice in the Program at any Center, and (ii) return any original records and purge or destroy any computerized, duplicated, or copied records referred to in paragraph 1 AND 2 which have been removed from the premises of any Center in any form.

5. Geographic Limitation. During my apprenticeship in the Program, and for a period of five years after the termination of my apprenticeship for any reason whatsoever or completion of my apprenticeship, whichever occurs last, I shall be prohibited from competing in any manner, either directly or indirectly, with the business of any teaching of any Pilates exercise program or program similar to the Pilates exercise program where that exercise program is based directly or indirectly upon the principles of the Pilates methodology, whether or not such exercise program is called Pilates or some other name. I shall be restricted from competing in the following areas:

A seven-mile radius from the location of any of the following National Certifying Centers:
Pilates Institute of Ft. Lauderdale and Pilates RI

A one half mile radius of the Pilates Studio ® of New York and The Pilates Haus

6. I agree that the aforementioned time and geographical limitations on competition are reasonable and that my agreement to them is required in order that I be accepted into the Program. I further understand that I have been told by the LICENSOR that the restrictions contained in this agreement are very important and I have been told to have this restriction as well as the rest of this agreement reviewed by an attorney of my choice prior to my signing the agreement. I understand that the Center (s) business may be severely harmed if I defaulted under any of the provisions of this agreement.

whatsoever, for the purpose of inviting, encouraging or requesting any Account:

7. In the event I breach any of the covenants of any of the preceding paragraphs I agree that the LICENSOR & any Center will be entitled to injunctive relief. I recognize that LICENSOR & any Center will suffer immediate and irreparable harm and that money damages will not alone be adequate to compensate LICENSOR or any Center or to protect and preserve the status quo. Therefore, I CONSENT TO THE ISSUANCE OF A TEMPORARY RESTRAINING ORDER or A PRELIMINARY or PERMANENT INJUNCTION ordering:

(a) that I immediately return to LICENSOR or any Center all records whether original, duplicated, computerized, handwritten, or in any other form whatsoever, and that I be enjoined and restrained from using or disclosing any information contained in such records; and

(b) that I be further enjoined and restrained, for the periods set forth in this agreement, from accepting business from any Account who was solicited in violation of this agreement or whose records and information was used in violation of this agreement

8. For the purposes of paragraph 7, I agree to submit to, and confer exclusive jurisdiction on, the United States District Court or the State Court which has original jurisdiction for judicial district or county in which the Center is located or in which the offices of the LICENSOR are located. This Agreement shall be construed, governed by, and enforced in accordance with the laws of said jurisdiction.

9. I further consent to the issuance of a temporary restraining order or a preliminary injunction to prohibit the breach of any provision of this contract, or to maintain the status quo pending the outcome of any arbitration or judicial proceedings which may be initiated.

10. I agree that should it become necessary for the U.S.P.A or any Center to file suit to enforce the covenants contained herein, and any court of competent jurisdiction awards the LICENSOR or any Center any damages and/or an injunction due to my acts, then the LICENSOR and/or the Center shall be entitled to recover its costs incurred in conducting the suit, including reasonable attorneys' fees and expenses.

11. I understand that I may not assign my rights or obligations hereunder. The rights and obligation of the LICENSOR and the Centers hereunder shall inure to the benefit of and shall be binding upon its successors and assigns as well as its licensors.

12. The provisions of this Agreement shall be deemed severable, and the invalidity or unenforceability of any one or more of the provisions hereof shall not affect the validity and enforceability of the other provisions hereof and any court of competent jurisdiction is hereby given the authority to rewrite those provisions of the agreement which are deemed to be invalid or unenforceable in a manner as to be as closely consistent with the original provision as is legal and enforceable.

13. LICENSOR or any Centers failure by to insist upon strict compliance with any provision hereof shall not be deemed a waiver of such provision or any other provisions hereof.

14. This Agreement may not be modified except by an agreement in writing executed by the parties hereto.

15. This Agreement shall be governed in all respects, including validity, interpretation and effect by the laws of the State of Florida without giving effect to the conflicts of laws principles thereof.

16. For the purposes of this agreement, the term National Certifying Centers shall be deemed to mean any location (s) where the LICENSOR has now or in the future may license the Program to be taught. Currently the Centers are:

The New York Pilates Studio®
311 West 43rd Street, Suite 405
NYC, NY 10036

PilatesRI
265 Wickenden Street
Providence, RI 02906

The Pilates Institute of Fort Lauderdale
3342 NE 32nd Street
Ft. Lauderdale, Florida 333308

The Pilates Haus
155 Second Street
Jersey City, New Jersey 07302

Signed: _____

Print Name: _____

Print Address: _____

Social Security Number: _____