

Balanced Body Pilates Instructor Training  
Paragon Pilates & Physical Therapy  
2010-2011



## **Contact Information**

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## **Balanced Body Pilates Teacher Training Program at Paragon Pilates & Physical Therapy**

The Balanced Body curriculum is designed to provide a solid grounding in both classical and contemporary Pilates repertoire while creating Pilates programming that is accessible and appropriate for clients of all kinds. The training program is offered comprehensively as well as ala cart. As the kickoff to the program, we are offering Anatomy in Clay™ Learning System. Anatomy in Clay is the most interactive format in which to learn anatomy, as well as being engaging and fun! For those who have already completed a program, Balanced Body offers a Bridge Program if you would like to finish your training with Balanced Body (more information on the Balanced Body website in that regard).

### **About Balanced Body**

For over 30 years, Balanced Body has produced the finest Pilates equipment available. In 2004, we launched Balanced Body (Balanced Body INSTRUCTOR TRAINING) with our celebrated continuing education conferences - Pilates on Tour. Like Balanced Body, Balanced Body stands for quality and diversity in the Pilates community.

Today, Balanced Body is one of the leading Pilates education companies. Balanced Body has over 160 instructors and offers Pilates Instructor training at over 80 locations worldwide. The Balanced Body instructors are the best in the business, many with 10 or more years of experience.

In addition to our Pilates training program, Balanced Body offers a number of new and exciting education programs including our Partner Program, featuring the Best in Movement Education, Balanced Body Workshops, Anatomy in Clay™ Learning System, Job Board, Podcasts and our 'On the Road' equipment and education Road shows.

### **Philosophy**

Our main objective is to conduct a training program that offers the finest instruction in an inviting atmosphere. We teach and encourage critical thinking skills, and historical perspectives within the work so that students are prepared to handle any client who walks in the door.

### **Prerequisites**

Certain aspects of the course are physically demanding, and require that students be in good physical condition in order to benefit fully from the instruction. Therefore, we request that the following be observed:

30 hours of previous Pilates experience in the form of group classes, private instruction or equipment classes, prior to participating in the program. We insist that a minimum of 4 private sessions be taken with Cari or Roger (2 prior to the first lecture). Students will be

offered a discounted price per private Pilates session throughout the lecture series. \*\*This remains in effect until **3 months** after the student's final training weekend.

## Course Objectives

1. Develop an understanding of the fundamentals and principles of the Pilates method.
2. Learn the tools to instruct a mat class, equipment class and private sessions.
3. Safely prepare equipment and instruct clients of varying levels of fitness in a Pilates workout on the Mat, Reformer, Trapeze Table, Wunda Chair, High Barrel and Low Barrel.
4. Perform a postural assessment and make appropriate exercise selections to enhance a client's fitness experience.
5. Identify the relationships between various musculoskeletal structures of the body.
6. Learn the purpose, muscular focus, specific body alignment, and sequencing of each exercise including modifications and variations.
7. In depth instruction in teaching at all levels and for all body types.

## Training Options

### 1) Balanced Body Pilates Instructor (Comprehensive)

To become a fully qualified Balanced Body Pilates Instructor, students must complete the following:

- Anatomy Course (or approved equivalent)
- Balanced Body Mat Instructor Training (or approved equivalent)
- Balanced Body Reformer Training (or approved equivalent)
- Balanced Body Cadillac/Tower - Course work, written and practical test (19 hours)
- Balanced Body Chair and Barrels - Course work, written and practical test (19 hours)
- In addition to the above requirements:
  - 45 personal session hours and 105 teaching hours or
  - 35 Reformer personal session hours, 20 observation hours and 95 teaching hours
- Practical Test

Total hours for completion of Other Apparatus Program = 186 (not including anatomy)

Total hours for completion of full program = 486 hours

Upon completion of all requirements, a certificate of completion as a Balanced Body Pilates Instructor will be issued.

Students who have completed their Mat or Reformer Training through other organizations can take the Balanced Body curriculum and receive a certificate of completion from Balanced Body INSTRUCTOR TRAINING. Students will need to provide proof of completion of a comparable Mat or Reformer program before being accepted into Balanced Body . Please contact Balanced Body directly for details.

## **2) Balanced Body Pilates Mat Instructor**

To become a fully qualified Balanced Body Mat Instructor, students must complete the following:

- Anatomy Course (or approved equivalent)
- Balanced Body Mat 1 – Course work, written and practical test (16 hours)
- Balanced Body Mat 2 – Course work, written and practical test (16 hours)
- 25 Mat personal sessions and 45 student teaching hours or
- 20 Mat personal sessions, 15 observation hours and 35 student teaching hours

Total hours for completion of Mat Program = 102 hours (not including anatomy).

Upon completion of all the requirements, a certificate of completion as a Balanced Body Mat Instructor will be issued.

## **3) Balanced Body Pilates Reformer Instructor**

To become a fully qualified Balanced Body Reformer Instructor, students must complete the following:

- Anatomy Course (or approved equivalent)
- Balanced Body Mat Instructor Training (or approved equivalent)
- Balanced Body Reformer 1 – Course work, written and practical test (18 hours)
- Balanced Body Reformer 2 – Course work, written and practical test (16 hours)
- Balanced Body Reformer 3 - Course work, written and practical test (14 hours)
- 50 Reformer personal session hours and 100 teaching hours or
- 30 Reformer personal session hours, 30 observation hours and 90 teaching hours
- Practical Test

Total hours for completion of Reformer Program = 198 (not including anatomy)

Total hours for completion of Mat and Reformer Programs = 300 hours

Upon completion of all requirements, a certificate of completion as a Balanced Body Reformer Instructor will be issued.

## **4) Individual Module Weekends A la Cart**

Each individual weekend is offered separately and certifications are given for either the Mat, Reformer, and/or Comprehensive courses. If you are already an instructor and would like to learn the Trapeze Table alone, you may do so or if you are a beginner to the world of Pilates you can start with just the Mat or Reformer. These options are meant to help students tailor their education to fit their individual needs.

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### **Personal Sessions**

Developing and committing to a personal Pilates practice is an essential part of becoming an effective and inspiring Pilates instructor. 50% of your hours must be done at Paragon, or at an approved facility if coming to the studio is not possible (facility validation forms available upon request). Students can count any classes or Pilates personal training sessions they have already taken in the last three months.

\*\*A 24-hour cancellation policy applies to all scheduled sessions.

#### **Student Discounts**

Mat Classes – \$10

Privates - \$50 with Paragon Staff - \$65 with Paragon Education Staff  
Semi-Privates - \$25  
Reformer Classes - \$20

**\* rates are good 3 months after final training weekend**

**Tutoring Fee/Makeup Sessions:** \$75/hour (with Education Staff only)

This is when you miss a weekend or part of a weekend and want to make it up with us privately.

**Auditing Fee:** \$75/day

Once you have completed the Balanced Body program you are allowed to audit/observe any of the upcoming training program modules that you have attended previously for \$75/day.

### **Observation Hours**

Observation hours include watching experienced instructors teach group or private sessions. Observation is a great way to understand verbal and manual cueing, program sequencing and to hone your teaching skills. 50% of your hours must be done at Paragon, or at an approved facility (facility validation forms available upon request).

### **Teaching Hours**

Teaching hours include any Pilates teaching either as an employee at a fitness center or studio or teaching family and friends on your own time. Paragon is open for your teaching use but sessions need to be scheduled in advance. During prime business hours session times may not always be available.

We strongly encourage you to work with your classmates. This is a safe way for you to practice your cueing and teaching skills. If this is not possible, you may bring in family and friends to the studio as long as you provide proof of liability insurance with Paragon listed as additional insured. Liability insurance can be obtained through the PMA (pilatesmethodalliance.org), Fitness and Wellness, Inc. (fitnessandwellness.com), or another insurance provider. Paragon must be listed as additional insured. There are **no exceptions** to this policy.

*\*\*Practice teaching private lessons at the studio is free of charge and therefore, there is no charge to the student you are teaching.*

## Training Schedule and Costs

The Balanced Body comprehensive Pilates training course consists of 7 lecture weekends. Any weekend can be purchased separately. You may register online at <http://Balanced Body Instructor Training.pilates.com>. Spaces are limited and fill up quickly, so we encourage you to register early. **Please allow 2 weeks for registration and time to receive manuals. This applies to each weekend you register for --- don't wait to the last minute to do this!**

Dates	Module	Pricing	Course Times	Hours
2010-2011			<b>**45 minute breaks given Sat/Sun</b>	
Sept 10th	Orientation	NA	F 3-4:30	1.5 hrs.
Sept 10-12	Mat 1	\$449	F 3-9pm, S 12-7pm, S 9:30-6pm	16 hrs.
Oct 15-17	Reformer 1	\$499	F 4-8pm, S 12-7pm, S 9:30-6:30pm	18 hrs.
Nov 12-14	Mat 2	\$449	F 4-8pm, S 12-6pm, S 9:30-6pm	16 hrs.
Dec 3-5	Reformer 2	\$449	F 4-8pm, S 12-6pm, S 9:30-5:30pm	16 hrs.
Jan 14-16	Trapeze Table	\$499	F 4-8pm, S 12-7pm, S 9:30-6pm	18 hrs.
Feb 4-6	Reformer 3	\$449	S 12-7pm, S 9:30-6pm	14 hrs.
March 4-6	Chair & Barrels	\$499	F 4-8pm, S 12-7pm, S 9:30-6pm	18 hrs.
Oct 5, Oct 19, Nov 2, Nov 16	Anatomy in Clay™	\$500	Oct 5, Oct 19 & Nov 2, Nov 16 Tuesdays – 5-9pm	16 hrs.
	<b>Total</b>	<b>\$3,793</b>		134 hrs.
	<b>Comprehensive Discount</b> (obtain code from Paragon)	(\$250)	<b>**a one-time discount to Comprehensive students only</b>	
	Manuals (8@\$50 each) (AIC is additional)	\$400	To be purchased directly through Balanced Body – <b>allow 10 days for shipping</b>	
	<b>Comprehensive Total</b>	<b>\$3,943</b>		
	Total w/ out Anatomy in Clay™	\$3,443		

\*\*These prices for Balanced Body courses include the course fee only. To obtain your practice hours, you may either practice with your fellow students at no additional fee, or choose to pay for classes (mat, Reformer, etc.) at your discretion. Any costs associated with completing said hours are not included in the cost of the training program and are the responsibility of the student.

\*\*Please note that for the Anatomy in Clay™ Learning System, you will need to purchase Trail Guide to the Body and Trail Guide to the Body Workbook for the course. You may purchase these from Balanced Body online, or Amazon.com or at any bookstore.

\*\*Please note that because the Chair & Barrels are taught together, it is required that you purchase both manuals (\$100) from Balanced Body upon registering for the training.



## **Scheduling/Attendance**

We have set the hours and dates well ahead of time to plan and prepare however we realize things may come up that require you to miss some of the training. It is strongly advised to not miss any of the training weekends or no more than the equivalent of one weekend. If you miss a full weekend, you are allowed to retake that same weekend during our next training session at no additional charge or you make up the time with a tutoring session at \$75/hour.

Throughout the training course we expect you to arrive on time and be ready to work. When participants are late, it throws the whole group off schedule.

## **Cancellation Policy**

Please contact Balanced Body directly if you need to cancel a course.

## **Testing Procedures**

**STEP 1** - Student applies for test out approval (application on Balanced Body website)

1) Student completes application form and submits to Balanced Body along with the following completed documentation:

- Personal practice, observation and student teaching hours.
- Proof of completion of the anatomy requirement.
- Proof of completion of any additional certificates such as Mat or Reformer if they weren't completed through Balanced Body INSTRUCTOR TRAINING.

2) Balanced Body must receive this **FOUR WEEKS** before the test out.

**STEP 2** - Review of records and approval for test out

- 1) Balanced Body reviews the completed application that student has sent in.
- 2) Upon approval, Balanced Body notifies student and instructor/host site of application status by email along with test out procedures

**STEP 3** - Test Out Date Scheduled at studio (please call Paragon directly)

1) It is the responsibility of the instructor and student to schedule a test out date and time.

2) The instructor/host site notifies Balanced Body of test out date and time

3) Balanced Body posts the test out online and opens registration

4) Student is responsible for registration and payment on the Balanced Body website

5) Test out dates are scheduled at the studio every 3-4 months and are always on a Monday. Written test is at noon, and practical exams to follow at 1pm, 2:15pm, and 3:30pm.

**STEP 4** - Test out day - Instructor/Host site will inform student of final schedule

- 1) Student completes written test (approximately 1 hour)
- 2) Student completes practical test (approximately 1 hour)
- 3) Instructor gives feedback (approximately 20 minutes)
- 4) Student receives copy of teaching evaluation
- 5) Instructor sends test, copy of evaluation and status to Balanced Body

**STEP 5** - Certificates processed

- 1) Certificates are processed and mailed out within 2-4 weeks of receipt of final test paperwork from instructor.
- 2) If a student does not pass, Balanced Body will communicate with instructor and student regarding next steps.

**Test Out Fees:**

	<b>Mat</b>	<b>Reformer</b>	<b>Comprehensive</b>
Host site:			
Individual:	\$200 per student	\$250 per student	\$275 per student
Group (2 or more):	\$150 per student	\$200 per student	\$225 per student

**What Previous Students Have Said**

'Cari is an amazing Master Pilates instructor. She can teach beginning or advanced students with ease. Her classes are challenging, informative, and fun! I would highly recommend taking this or any of her other classes- she's an absolute gem!

Roger Gonzalez has an encyclopedic knowledge about the history of Pilates. He is a wonderful instructor for students at all levels and his classes are always fantastic!

What a great team!!!'

'Roger and Cari are great! They make it look easy, even when it's not. Their teaching styles are very different, but complement each other very well.'

'Cari and Roger have wonderful teaching styles to help all people taking the class really understand the material, break the exercises down, and modify as needed. Wonderful feedback regarding HOW to teach the exercises and piece them together for clients.'

'Core Conditioning has an amazing group of teachers!'

'The background information on Joseph Pilates was a great addition for the first session of Anatomy. The material was presented well & liked having the visual slides as well as the audio. I appreciate the take home packet including the slides, as that will help me to remember & assist me in studying what we learned.'

'I very much enjoyed Roger's instruction and knowledge. He is very inspiring and I look forward to taking more modules with Balanced Body !'

'Cari is an incredible teacher and I'm happy to have the chance to learn with her. '

'This was my first training. I loved our instructor, the class itself and walked away with a much broader view of Pilates. I have had nothing but positive experiences with Balanced Body and I recommend this class to anyone looking towards Pilates training. I can't wait until my next class.'

'Our presenter Roger Gonzalez Hibner was very thorough. Thanks, Roger!!

'Cari, my workshop instructor, is an incredible teacher. She makes learning interesting, easy and fun. I feel that I've gained more by taking the workshops from her because of her ability to get the information to me in such a way that it makes me want to hear what she has to say and to learn and know more.'

'Roger is a great instructor. He always makes sure that I understood the exercise before moving on to the next one. Core Conditioning studio was a nice and clean studio and the staff was very helpful with any questions I had. Roger ROCKS!! teaching Pilates. When I take Reformer 3, I will have Roger teach me again.'

'Instructions from Cari Riis Stemmler were clear concise and very thorough. Thanks to her superb instructions I came away with a much better understanding of the Pilates principles. Thank you Cari.'

'Roger Gonzalez Hibner is a consummate teacher - one of the best I've encountered. He is skilled; extraordinarily well trained and embodies what "inspirational teaching" is all about. I have an anxiety disorder and suffer from depression so am more sensitive to pressure situations such as intensive training and all the scrutiny that brings. He made me feel welcome, comfortable and most importantly, ABLE to succeed. Thanks for the great learning opportunity.'

'I just LOVE Cari Riis Stemmler. A great asset to the Pilates community. And I can't tell you how much I appreciate the whole atmosphere and attitude of those I have encountered through the Balanced Body INSTRUCTOR TRAINING. I appreciate that my past experience is welcomed and that I am encouraged to use it along with my new education. It was Ellie Herman who helped me to fall in love with Pilates again and it is Cari Riis Stemmler who is now providing the nurturing environment with which to grow that love.'

'The (Mastering the Art of Pilates Program Design) course was exceptionally good because it clarified the progression of exercise families from the very beginning to the most difficult and then took us (the students) on a journey of discovery, putting all the pieces of a good Pilates session into place.'

'I was very impressed with the knowledge, skill, and professionalism of our instructor Cari. She kept us interested and engaged throughout the entire weekend. The program is

an excellent one on its own, but with instructors like the one we had, the course content becomes invaluable.'

'Cari is WONDERFUL! Her demeanor is peaceful and sweet. She's very informative, insightful and a true inspiration!'

'I am really enjoying my training through Balanced Body INSTRUCTOR TRAINING. I have learned so much and becoming more passionate about Pilates. I am becoming a better teacher through this program. So happy to have found it!'

'I appreciate the supportive atmosphere that Core Conditioning provides, it is very nurturing and conducive to learning. I go into the studio to practice and the people are open and helpful, so that I am able to work through anything that we go over during the intensives. '

'I like Cari's form of teaching. She is very good at putting pictures into words to describe what muscles she wants you to work on. Thank you.'

'I love how the classes are taught. Teach a section, then get on the reformer and practice and teach each other. The material is presented in a professional manner. I love and appreciated the smaller class size to really learn the material. Cari really makes sure we understand material.'

## **A Final Note**

We believe that the Balanced Body program at Paragon Pilates & Physical Therapy offers diversity of training, teaches critical thinking skills, and offers a balanced view of the Pilates repertoire, including classical and innovative exercises, and information on how to handle clients with special conditions. This program will teach you the Pilates exercises on all pieces of equipment including the Mat, Reformer, Trapeze Table, Wunda Chair, High Barrel and Low Barrel as well as Anatomy in Clay™ Learning System.

We will incorporate the classic methods of Pilates with innovative movements, modifications and variations so you are prepared to work with any client at any level. We will teach postural assessment techniques as well as safety, and how to work with people with injuries.

Our intention is to support you through this intense process to become the most well-rounded teacher you can be. With our integration of anatomy, progressions, special conditions, and postural assessment along with the classical repertoire, we believe you will walk away with a wealth of knowledge to share with your clients.

After the completion of the course, Paragon offers a variety of continuing education courses to continue your depth of knowledge in this work.

We thank you for your interest in our program, and look forward to meeting you soon!

Paragon Education Staff

## Instructor Bios



**Cari Riis Stemmler**

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cell: 323-336-3854

Cari is a Balanced Body Master Teacher; PMA Gold Certified Pilates Instructor; and NASM Certified Fitness Trainer. Cari has returned to her home state of Minnesota after living, dancing and teaching in Los Angeles for 12 years. She has been working with Core Conditioning as Teacher Training Co-Director, Studio General Manager, and Education Coordinator. She is currently teaching comprehensive courses and continuing education workshops with Core Conditioning and Balanced Body INSTRUCTOR TRAINING/Pilates on Tour, around the country. She opened Paragon Pilates & Physical Therapy in 2009.

Cari has been working with the body much of her life; first as a professional dancer, then started teaching Pilates in 1997 in CA, and has been a practitioner of Ashtanga, Hatha and Anusara yoga since 1996. Cari became a Certified Fitness Trainer in 2002 and now brings all of these disciplines together to cultivate a well-rounded approach to fitness and wellness. She has a strong belief in the power of movement as a healing force, one that is capable of making positive changes to promote balance in a person's life. She also holds a B.A. degree in Cross-cultural Communication from the University of Minnesota.



**Roger Gonzalez Hibner**

[roger@coreconditioningpt.com](mailto:roger@coreconditioningpt.com)

cell: 323-365-3644

Roger is currently Co-Director of Teacher Training at Core Conditioning in Studio City, CA and Balanced Body Master Teacher. He began studying Pilates with Romana Kryzanowska in 1995 and continues his studies with Jay Grimes. He received his comprehensive training from the Pilates Studio, NYC, and is PMA Gold certified. He is currently teaching comprehensive and continuing education courses with Core Conditioning as a faculty member for Balanced Body under the tutelage of Nora St. John. Roger has taught master classes at Universities, PMA conferences (in 2005 by invitation) and summer workshops.

His clientele includes physical therapists, professional dancers, Pilates teachers and 'normal' people. You can find him in the original series of Winsor Pilates DVDs. Roger moved to LA in 1991 to work with the Lewitzky Dance Company after having lived in New York and performing with the Solomons Company/Dance and the Milton Myers Dance Company. He graduated Summa Cum Laude with a BFA in Dance from the University of Texas in Austin. Before moving to Texas he lived in Mexico, where he was raised.