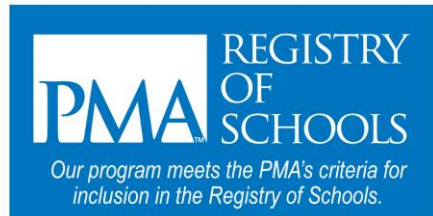




CoreAlign® Teacher Training
Paragon Pilates & Physical Therapy
2019



Contact Information

Balanced Body

5909 88th Street
Sacramento, CA 95828
(877) Pilates (745-2837)
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Paragon Pilates & Physical Therapy

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Balanced Body CoreAlign Teacher Training Program at Paragon Pilates & Physical Therapy

The Balanced Body CoreAlign training at Paragon Pilates & Physical Therapy is designed to bring the mind-body, rehabilitation and fitness worlds together in one unique apparatus, which puts the fun in functional!

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. It is strongly recommended that individuals interested in CoreAlign training have a good background in movement, such as Pilates instructors, personal trainers and physical therapists or have other previous training as a movement educator.

Course Objectives

1. Develop an understanding of the fundamentals and principles of the CoreAlign.
2. Learn the tools to teach a CoreAlign class and private/duo sessions.
3. Safely prepare equipment and teach clients of varying levels of fitness.
4. Perform a postural assessment and make appropriate exercise selections to enhance a client's fitness experience and meet their goals.
5. Identify the relationships between various musculoskeletal structures of the body, and learn to correct standing and moving alignment.
6. Learn the purpose, muscular focus, specific body alignment, and sequencing of each exercise including modifications and variations.
7. In depth instruction for teaching at all levels and for all body types.

Training Details

Fully Qualified CoreAlign Instructor

To become a fully qualified CoreAlign Instructor, students must complete the following:

- Successful completion of CoreAlign 1 and CoreAlign 2 (32 hours)
- Anatomy Course or approved equivalent (Ai3D=14 hours)
- 30 personal session hours
- 10 CoreAlign observation hours
- 100 CoreAlign student teaching hours prior to the final test out
- Final test out, consisting of both a written and practical exam

Total hours for completion of program = 172 hours (186 with anatomy)

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

Full Training Schedule and Costs

The Balanced Body CoreAlign training course consists of 2-3 lecture weekends. Any weekend can be purchased separately. You may register online at <http://www.pilates.com>. Spaces are limited and fill up quickly, so we encourage you to register at least 3-4 weeks prior to the start of the course.

Please allow 3-4 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	Early Pricing	Regular Pricing	Course Times	Hours
2019					
May 3-5	CoreAlign 1: Foundations	\$425 by Apr 11	\$475	F 4-8p, Sa 11:30a-6p, Su 9:30a-4:30p	16 hrs.
May 18-20	Anatomy in Three Dimensions	\$499 by Apr 26	\$549	F 3-7p, Sa 11a-4:30p, Su 11a-4:30p	14 hrs.
May 31 – June 2	CoreAlign 2: Progressions	\$425 by May 9	\$475	F 4-8p, Sa 11:30a-6p, Su 9:30a-4:30p	16 hrs.
Total		\$1,349	\$1,499		46 hrs.
	Manuals + DVD (2@\$80 each) ----- (Ai3D requires TrailGuide to the Body – purchased separately . Available at BB or any bookstore- appx. \$58.95)	\$160	\$160	To be purchased directly through Balanced Body – <u>allow 10 days for shipping</u>	
Total		\$1,509	\$1,659		
Total w/ out Anatomy in Three Dimensions		\$1,010	\$1,110		

*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 private sessions with your student discount 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 Three Dimensions™ Learning System, you will need to purchase Trail Guide to the Body for the course as required material. You may purchase this book from Balanced Body online, Amazon.com or at any bookstore.**

Cancellation Policy

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

9.9 Refund Policy

If your application is rejected, you will receive a full refund of all tuition, fees, and other charges. If your program is 40 hours or less and you withdrew from your program, your refund will be pro-rated by the number of hours attended and the length of the program. To receive a full refund of tuition, fees, and other charges, you must withdraw from your program before the scheduled start day of the program. You will receive written notice acknowledging your withdraw request within 10 business days after receipt of the notice and you will receive a refund of any tuition, fees, and other charges within 30 business days of receipt of your withdrawal. Written notice is effective of the date of the postmark if sent by mail or the day it has been hand delivered to the institution. Phone and email notices are accepted as well and are effective the date of the email or date the phone call is received.

NOTE: Instructor Training Manuals and Videos are non-returnable.

To cancel your registration please contact us at: Balanced Body, 5909 88th Street, Sacramento, CA 95828 or (877) PILATES or via e-mail at education@pilates.com.

Program Changes

Balanced Body makes every effort to hold classes at the dates, times and locations, and with the instructors and classes specified on our web site and brochures. We reserve the right to cancel and/or change event dates, times, instructors and locations although this happens very rarely. In the very unlikely event that we must postpone or cancel a class, you will be refunded your registration fee in full or offered a transfer to another Balanced Body class of your choice.

Personal Sessions

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

Student Discounts

Privates - \$50 with Paragon Staff - \$65 with Paragon Education Staff

Duets - \$25 with Paragon Staff - \$35 with Paragon Education Staff

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

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

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 Paragon's Education Staff privately.

Auditing Fee: \$75/day

Once you have **completed** the Balanced Body CoreAlign program you are allowed to audit/observe any of the upcoming training program modules that **you have attended previously** for \$75/day. Students tend to use this as a great option to complete observation hours or refresh their knowledge of the exercises, set-up, sequencing, etc.

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, ideas on steps to take in the moment if there is a physical consideration that arises, and to hone your teaching skills. **50% of your hours must be done at Paragon Pilates & Physical Therapy**, or at an approved facility (facility validation forms available upon request) **if** coming to Paragon is challenging due to distance.

Teaching Hours

Teaching hours include any CoreAlign teaching either as an employee at a fitness center or studio or teaching family and friends on your own time. Paragon Pilates & Physical Therapy is open for your teaching use at no additional charge, and 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 Pilates & Physical Therapy listed as additional insured prior to the first session.

Liability insurance can be obtained through the PMA (pilatesmethodalliance.org), Fitness and Wellness, Inc. (fitnessandwellness.com), or another insurance provider. Paragon Pilates & Physical Therapy 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.*

Testing Procedures

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

- 1) Student completes application form and submits it to Balanced Body along with the following completed documentation:
 - Personal practice, observation and student teaching hours.
 - Proof of completion of the anatomy requirement.
- 2) Balanced Body must receive this **FOUR WEEKS** before the test out is planned.

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 Paragon of application status by email along with test out procedures
- 3) Paragon will email you a link to register and pay

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

Group test-outs are scheduled twice annually, approximately each April and October.

- 1) Balanced Body posts the test out online and opens registration.
- 2) Paragon sends student an email with registration link.
- 3) Student is responsible for registration and payment on the Balanced Body website prior to configuring specific date and time of test.
- 4) Test out dates are scheduled at the studio every 6 months and are scheduled individually. Please call Paragon for details 952-405-9765.

STEP 4 - Test out day - Balanced Body Faculty/Authorized Training Center 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 may view copy of teaching evaluation
- 5) Balanced Body Faculty 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 Fee: \$200

Frequently Asked Questions

Does the CoreAlign have a place in the rehabilitation environment?

Yes! Jonathan Hoffman, the inventor, is a physical therapist who developed the CoreAlign to work on gait mechanics. Throughout its evolution as a rehabilitation tool, Jonathan's patients enjoyed their work on the CoreAlign so much that, when treatment ended, they wanted to continue their work on the CoreAlign. Thus CoreAlign classes were born. This wellness model offers clients a way to train foundational movement and avoid reinjury while providing physical therapy clinics all over the world a way to bring in additional revenue.

A Final Note

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 and physiology, progressions and special conditions, we believe you will walk away with a wealth of knowledge to share with your clients.

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

Sincerely,

Cari Riis Stemmler
Paragon Pilates & Physical Therapy Education Staff

Instructor Bios



Cari Riis Stemmler
cari@paragonpilatespt.com

While dancing professionally in Los Angeles, Cari started teaching Pilates in 1997. She has been a practitioner of several yoga styles since 1996, and became a Certified Fitness Trainer (NASM) in 2002.

She now brings together the disciplines of dance, Pilates, yoga, and functional training to cultivate a well-rounded approach to fitness and wellness. A PMA Gold certified Pilates master teacher, Cari currently teaches comprehensive Pilates education courses & continuing education throughout the country as a faculty member for Balanced Body under the tutelage of Nora St. John. As well, she teaches continuing education courses on integrating Pilates with Physical Therapy and special conditions, CoreAlign, Anatomy in Three Dimensions and the Bodhi Suspension System.

Cari has presented at national Pilates conferences including Pilates on Tour and Pilates Method Alliance and you can see her in the latest round of Balanced Body video podcasts for Athletes. In 2004, she trained in Dance Medicine with the prestigious Harkness Center for Dance (NYC), and has lectured at National Dance Summits in Los Angeles. She also served as a member of Minnesota Dance Medicine from 2010-2018. Cari has performed as a dancer nationally, in both commercial and company work. After dancing and teaching in Los Angeles for 12 years she has returned to her home state, and opened Paragon in 2009. She holds a B.A. degree in Cross-cultural Communication from the U of MN.



Tiza Wynn Riley
nurtureworks@yahoo.com

Tiza Wynn was born and raised in San Jose, CA where she began studying modern dance at the age of 6. She attended California Institute of the Arts where she received her BFA in dance and was first introduced to Pilates Mat and Reformer.

In 2000 Tiza received her comprehensive Pilates certification through Long Beach Dance Conditioning, under the instruction of Marie-José Blom-Lawrence. She currently teaches at Core Conditioning in both Studio City and Burbank, California where she has been an instructor since 2003.

Tiza's fascination with the human body and holistic health led her to receive certification in CranioSacral Therapy, massage therapy, and ActivCore. Tiza has assisted in several instructor training courses at Core Conditioning, and is now a Master Instructor with Balanced Body University.

From rehab patients to the ultra-fit, Tiza enjoys working with clients with a wide range of ability and is looking forward to further sharing her passion and knowledge with others through teaching.