Pilates Teacher Training
Paragon Pilates & Physical Therapy
2026-2027

New Student Information

Contact Information

Balanced Body

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

The Balanced Body Pilates teacher training at Paragon Pilates & Physical Therapy 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 entry point is the Movement Principles course. he Pilates teacher training is offered comprehensively as well as ala cart.

In addition to the Pilates training program, we offer the Anatomy in Three Dimensions™ Learning System. Anatomy in Three Dimensions is the most interactive format in which to learn anatomy and it is engaging and fun.

For those who have already completed a Pilates teacher training program, Balanced Body offers a Bridge Program to finish your training with Balanced Body. Please call the studio for more information on the Balanced Body Bridge program.

About Balanced Body

Balanced Body has produced the finest Pilates equipment available for over 40 years. In 2004, we launched Balanced Body Education with our celebrated continuing education conferences - Pilates on Tour. Like Balanced Body, Balanced Body Education stands for quality and diversity in the Pilates community.

Today, Balanced Body is one of the leading Pilates education companies. Balanced Body has over 365 instructors and offers Pilates Instructor training at over 96 locations worldwide. The Balanced Body Faculty are the best in the business, many with 15 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 Three Dimensions™ Learning System, CoreAlign®, MOTR™, Bodhi Suspension System™, Orbit, Podcasts and our 'On the Road' equipment and education Road shows.

Philosophy at Paragon Pilates & Physical Therapy

Our main objective is to conduct a training program that offers the finest education in an inviting and supportive atmosphere. We teach and encourage critical thinking skills, as well as historical perspectives within the work so that students are prepared to handle any client who walks in the door. We cover indications & contraindications to each exercise so that the new teacher is prepared to handle those with injury in addition to healthy clients.

Prerequisites

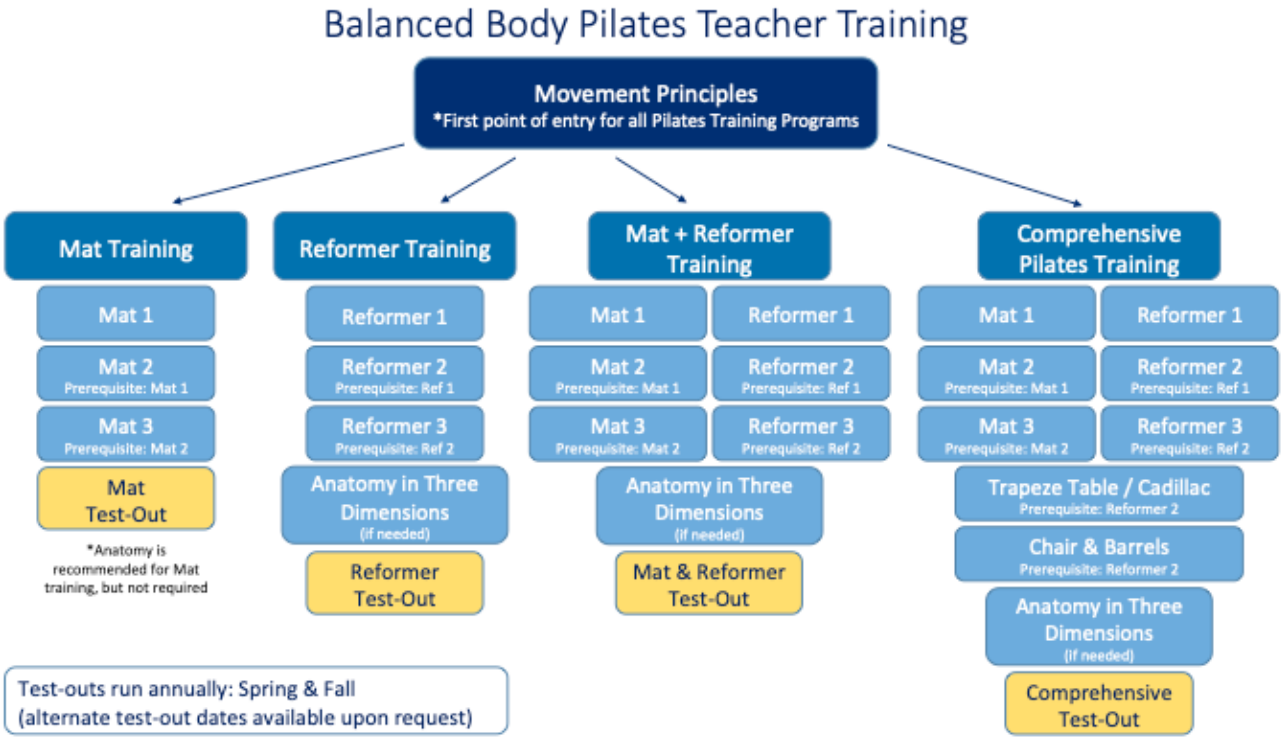
Certain aspects of the course are physically demanding, and require that students be in good physical condition in order to benefit fully from the instruction. Therefore, we request that the following be observed:

20 hours of previous Pilates experience in the form of group classes, private instruction or equipment classes, prior to participating in the program. We **strongly recommend that a minimum of 4 private sessions be taken with a member of our education staff (2 prior to the first lecture).**

Registered students will be offered a discounted price for privates and classes 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 teach a mat class, equipment class and private sessions.
3. Safely prepare equipment and teach 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 and meet their goals.
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 for teaching at all levels and for all body types.



1) Balanced Body Pilates Teacher (Comprehensive)

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

<table>
<tr><th>Course of Study</th><th>Pre-requisite Requirements</th><th colspan="4">Required Modules</th><th colspan="4">Test Out Requirements</th></tr>
<tr><td rowspan="6">Comprehensive Pilates Teacher</td><td rowspan="6">20 hours of previous Pilates experience

Minimum 4 sessions with Education Staff – 2 prior to first course (strongly recommended)

1-year work experience in related field recommended

Anatomy required prior to test out</td><td rowspan="6">Movement Principles (16 hr)

Trapeze (18 hr)

Chair & Barrels (20 hr)</td><td rowspan="6">Mat 1 (16 hr)

Ref 1 (16 hr)</td><td rowspan="6">Mat 2 (16 hr)

Ref 2 (16 hr)</td><td rowspan="6">Mat 3 (16 hr)

Ref 3 (16 hr)</td><td colspan="4">Successful completion of Movement Principles, Mat, Reformer, Trapeze, Chair and Barrels modules.

Completion of practice hours:</td></tr>
<tr><td></td><td>Personal sessions</td><td>Observation hours</td><td>Student teaching hours</td></tr>
<tr><td>Mat</td><td>25
or
20</td><td>-
or
15</td><td>45
or
35</td></tr>
<tr><td>Reformer</td><td>50
or
30</td><td>-
or
30</td><td>100
or
90</td></tr>
<tr><td>Apparatus</td><td>45
or
35</td><td>-
or
20</td><td>105
or
95</td></tr>
<tr><td colspan="4">Anatomy course or approved equivalent (Anatomy in 3D - 16 hr)

Total hours: 520 (536 including Anatomy)

Test out 12-18 months after completion of modules.</td></tr>
</table>

Upon completion of all requirements, a certificate of completion as a Balanced Body Pilates Teacher will be issued. After graduation, students are eligible for the PMA Pilates Certification Exam.

The Pilates comprehensive certificate of completion is required in order to sit for the PMA exam. Individuals who pass the exam earn the PMA Certified Pilates Teacher designation, and are then permitted to use PMA-CPT after their name. See more at www.pilatesmethodalliance.org. (*The PMA is the only body eligible to certify Pilates professionals, thereby setting an industry-wide standard of competency, safety and professionalism in the field.*)

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. 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 bridge application details and approval.

2) Balanced Body Pilates Mat + Reformer Teacher

To become a fully qualified Balanced Body Mat + Reformer Teacher, students must complete the following:

<table>
<tr><th>Course of Study</th><th>Pre-requisite Requirements</th><th colspan="4">Required Modules</th><th colspan="4">Test Out Requirements</th></tr>
<tr><td rowspan="4">Mat + Reformer Pilates Teacher</td><td rowspan="4">20 hours of previous Pilates experience

Minimum 4 sessions with Education Staff – 2 prior to first course (strongly recommended)

1-year work experience in related field recommended

Anatomy required prior to test out</td><td rowspan="4">Movement Principles (16 hr)</td><td rowspan="4">Mat 1 (16 hr)

Ref 1 (16 hr)</td><td rowspan="4">Mat 2 (16 hr)

Ref 2 (16 hr)</td><td rowspan="4">Mat 3 (16 hr)

Ref 3 (16 hr)</td><td colspan="4">Successful completion of Movement Principles, Mat, and Reformer modules.

Completion of practice hours:</td></tr>
<tr><td></td><td>Personal sessions</td><td>Observation hours</td><td>Student teaching hours</td></tr>
<tr><td>Mat</td><td>25
or
20</td><td>-
or
15</td><td>45
or
35</td></tr>
<tr><td>Reformer</td><td>50
or
30</td><td>-
or
30</td><td>100
or
90</td></tr>
<tr><td colspan="4">Anatomy course or approved equivalent (Anatomy in 3D - 16 hr)

Total hours: 332 (348 including Anatomy)

Test out 6-12 months after completion of modules.</td></tr>
</table>

Upon completion of all requirements, a certificate of completion as a Balanced Body Mat + Reformer Teacher 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. 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 bridge application details and approval.

3) Balanced Body Pilates Reformer Teacher

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

<table>
<tr><th>Course of Study</th><th>Pre-requisite Requirements</th><th colspan="4">Required Modules</th><th colspan="4">Test Out Requirements</th></tr>
<tr><td rowspan="4">Reformer Pilates Teacher</td><td rowspan="4">20 hours of previous Pilates experience

Minimum 4 sessions with Education Staff – 2 prior to first course (strongly recommended)

1-year work experience in related field recommended

Anatomy required prior to test out</td><td rowspan="4">Movement Principles (16 hr)</td><td rowspan="4">Ref 1 (16 hr)</td><td rowspan="4">Ref 2 (16 hr)</td><td rowspan="4">Ref 3 (16 hr)</td><td colspan="4">Successful completion of Movement Principles and Reformer 1, 2 and 3 modules.

Completion of practice hours:</td></tr>
<tr><td></td><td>Personal sessions</td><td>Observation hours</td><td>Student teaching hours</td></tr>
<tr><td>Reformer</td><td>50
or
30</td><td>-
or
30</td><td>100
or
90</td></tr>
<tr><td colspan="4">Anatomy course or approved equivalent (Anatomy in 3D - 16 hr)

Total hours: 214 (230 including Anatomy)

Test out 6-12 months after completion of modules.</td></tr>
</table>

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

4) Balanced Body Pilates Mat Teacher

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

<table>
<tr><th>Course of Study</th><th>Pre-requisite Requirements</th><th colspan="4">Required Modules</th><th colspan="4">Test Out Requirements</th></tr>
<tr><td rowspan="4">Mat Pilates Teacher</td><td rowspan="4">10 hours of previous Pilates experience

Minimum 4 sessions with Education Staff – 2 prior to first course (strongly recommended)

6-months work experience in related field recommended

Anatomy recommended prior to test out</td><td rowspan="4">Movement Principles (16 hr)</td><td rowspan="4">Mat 1 (16 hr)</td><td rowspan="4">Mat 2 (16 hr)</td><td rowspan="4">Mat 3 (16 hr)</td><td colspan="4">Successful completion of Movement Principles and Mat 1, 2 and 3 modules.

Completion of practice hours:</td></tr>
<tr><td></td><td>Personal sessions</td><td>Observation hours</td><td>Student teaching hours</td></tr>
<tr><td>Mat</td><td>25
or
20</td><td>-
or
15</td><td>45
or
35</td></tr>
<tr><td colspan="4">Total hours: 134 (

Test out 6 months after completion of modules.</td></tr>
</table>

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

5) Individual Module Weekends A la Cart
Each individual weekend is offered separately and certificates of completion are given for either the Mat, Reformer, Mat + Reformer, and/or Comprehensive courses. If you are already a Pilates teacher and would like to learn the Trapeze Table or Chair & Barrels alone, you may do so, or if you are a beginner to the world of Pilates you can start with Mat 1 or Reformer 1 after taking Movement Principles. These options are meant to help students tailor their education to fit their individual needs.

Movement Principles:
All students registered for the Movement Principles course are encouraged to watch the DVD or streaming video prior to course dates.

NOTE:
All weekend courses offer continuing education credits (CECs) for the following organizations: ACE, NASM, AFAA.

Training Schedule and Costs

The Balanced Body comprehensive Pilates training course consists of 9-10 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 4 weeks prior to the start of the course. A discount is offered to those who register for either the Mat + Reformer or the full Comprehensive course all at once. Please call the studio to obtain the discount code prior to registering online.

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
2026-2027				****45 minute breaks given Sat/Sun**	
Sept 11-13	Movement Principles Hybrid Course	$499 by Aug 21	$549	F 4-8p Sa 11:30a - 6p Su 9:30a - 4:30p	16 hrs.
Oct 2-4	Mat 1 Hybrid Course	$499 by Sept 11	$549	F 4-8p Sa 11:30am – 6p Su 9:30a - 4:30p	16 hrs.
Nov 6-8	Anatomy for Movement Professionals Hybrid Course****	$499 by Oct 16	$549	F 4-8p Sa 11:30am – 6p Su 9:30a - 4:30p	16 hrs.
Dec 4-6	Reformer 1 Hybrid Course	$499 by Nov 14	$549	F 4-8p Sa 11:30am – 6p Su 9:30a - 4:30p	16 hrs.
Jan 8-10	Mat 2 Hybrid Course	$499 by Dec 18	$549	F 4-8p Sa 11:30am – 6p Su 9:30a – 4:30p	16 hrs.
Feb 5-7	Mat 3	$499 by Jan 15	$549	F 4-8p Sa 11:30am – 6p Su 9:30a - 4:30p	16 hrs.
Mar 5-7	Reformer 2	$499 by Feb 12	$549	F 4-8p Sa 11:30am – 6p Su 9:30a - 4:30p	16 hrs.
Apr 2-4	Reformer 3	$499 by Mar 12	$549	F 4-8p Sa 11:30am – 6p Su 9:30a - 4:30p	16 hrs.
Apr 23-25	Trapeze	$549 by Apr 2	$599	F 4-8p Sa 11:30am – 7p Su 9:30a - 5:30p	18 hrs.
May 14-16	Chair and Barrels	$599 by Apr 23	$649	F 3-8p Sa 11:30am – 7:30p Su 9:30a - 6p	20 hrs.
June 4-6	Anatomy for Movement Professionals Hybrid Course***	$499 by May 14	$549	F 4-8p Sa 11:30am – 6p Su 9:30a – 4:30p	16 hrs
	Total	**$5,140**	$5,640		166 hrs.

	Comprehensive Discount* (obtain code from Paragon)	*($250)*		***a one-time discount to Mat+Reformer ($125) or Comprehensive ($250) students who register for the entire course prior to Sept 1st only**	
	Manuals + Streaming Video + Access to CLARA portal	$775	$775	To be purchased directly through Balanced Body – **allow 10 days for shipping**	
	Comprehensive Total**	**$5,665**	**$6,415**		
	Total w/ out Anatomy in 3D/for Movement Professionals	$5,166	$5,916		150 hrs.

*Discount for comprehensive course = $250; discount for Mat + Reformer course = $125. Must register for entire course of choice prior to September 1st.

**These prices for Balanced Body courses include the course and materials fee only. To obtain your practice hours, Paragon charges $5/hr for observation, self-practice and practice teaching, see below for additional training costs and information. You may also choose to pay for classes (Mat, Reformer, Mixed Apparatus, etc.) 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.

***Anatomy for Movement Professional is only required to be taken once.

For any online participation, students must have access to all equipment own their own.

2026-2027 Continuing Education Workshops:

Different workshops are offered throughout the year. Check www.pilates.com and www.paragonpilatespt.com for up to date course offerings.
*Pricing does not include the cost of manuals.

Dates	Module	**Early Pricing**	**Regular Pricing**	**Course Times**	**Hours**
TBD					

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 can 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.

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.

Additional Training Costs and Information

Personal Sessions and Self-Practice: $5/hr or class/private rate
Developing and committing to a personal Pilates practice is an essential part of becoming an effective and inspiring Pilates instructor. To gain personal practice hours at the studio, students may either take discounted classes or reserve space in the studio at $5/hour for self-practice or practice with a classmate. 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 classes and sessions.

Student Discounts
Mat Classes - $15
Reformer/Apparatus Classes - $25
Privates - $65 with Paragon Staff - $75 with Paragon Education Staff
Duets - $35 with Paragon Staff - $45 with Paragon Education Staff
*** rates are good for 3 months after final training weekend**

Observation: $5/hr
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.

Practice Teaching: $5/hr
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 Pilates & Physical Therapy is open for your teaching use at $5/hr, 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 fee based for the Pilates student, however there is no additional charge to the student you are teaching.*

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 program you can 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.

Testing Procedures

STEP 1 - Student completes all practice hours and applies for test out approval (application on Balanced Body website)

1) Notify Paragon of your intent to test out.
2) Student completes application form and submits it to Balanced Body along with the following completed documentation:
    a. Logged personal practice, observation and student teaching hours.
    b. Proof of completion of the anatomy requirement.
    c. Proof of completion of any additional certificates such as Mat or Reformer if they weren't completed through Balanced Body Teacher Training.
3) 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 Paragon of application status by email.

STEP 3 - Register for group Test Out date
* Test out dates are scheduled at the studio every spring and fall and are scheduled as a group.

1) Once approved for testing, Paragon will send student a link to register. Student is responsible for registration and payment on the Balanced Body website.
2) Once registered with Balanced Body, email Paragon to confirm date and of time of test.

STEP 4 - Test out day
* Paragon will inform student of final schedule.

1) Student completes written test (approximately 1 hour)
2) Student completes practical test (approximately 1 hour)

STEP 5 - Post-test out, individual follow-up

1) Instructor grades written test
2) Instructor gives feedback on practical & reviews teaching evaluation in person (approximately 20 minutes)
3) Student may view copy of written test
4) Paragon sends test, copy of evaluation and status to Balanced Body
5) If a student does not pass, instructor will communicate with student regarding next steps

STEP 6 - Certificates processed after final test is passed

1) Certificate of completion for student's given course of study is processed and mailed out within 2-4 weeks of receipt of final test paperwork from instructor

Group Test Out Fees and Dates

Test outs are scheduled 2x/year annually as a group (spring and fall). Students will sit for a written exam in a classroom environment (approximately 1 hour) then will complete their practical exam (55-60 minutes) in the studio. Students will receive feedback during a follow-up appointment after the exam date.

Mat Only: $350, recommend test out approximately 6 months after last course
Reformer Only: $350, recommend test out approximately 6-12 months after last course
Mat + Reformer: $350, recommend test out approximately 6-12 months after last course
Comprehensive: $350, recommend test out approximately 12-18 months after last course

Group Test Out Dates: Spring and Fall, see website for dates www.paragonpilatespt.com
Alternate test-out date may be requested for an additional fee, please contact the studio.

What Previous Students Have Said

'I could not be happier with my entire Pilates Instructor Training experience at Paragon Pilates & Physical Therapy. Both Cari and Roger taught with such a love and passion for Pilates that it would be impossible not to have a wonderful learning experience. At the beginning of the training (Mat Module 1) in September I was worried that due to my limited Pilates experience that I would not do well in the program. Because of both Cari and Roger's thorough & well-presented teaching I quickly felt comfortable in the studio. I am so happy that I decided to do the training at Paragon Pilates & Physical Therapy and Balanced Body!!! Cari is a patient and caring instructor. She is extremely knowledgeable in all areas of Pilates and I know I will use her as a resource for years to come. I feel truly honored to have been taught by her. Roger has a contagious enthusiasm for his work. He knows all about the history of Pilates and is clearly doing what he loves. There is never a dull moment when he is around! I would strongly recommend anyone who is interested in becoming a Pilates instructor to complete their training through Balanced Body, especially with Cari Riis Stemmler & Roger Gonzalez Hibner'.

'The instructor (Matthew) was engaging and presented things in a way that was not intimidating or dry which was very much appreciated when tackling the complex subject of Anatomy. It would have been helpful to have the book that was used as the basis for the slide presentation to better follow along with note taking, especially for content that was not in the BB Manual. Otherwise, it was a fun and interactive class.'

'Excellent master instructors (Cari & Matthew) with a wide depth of knowledge and enthusiasm to teach this very subject-dense course. I highly appreciated that the class size was small so despite being remote, everyone felt included and part of a team- all working towards the goal of infusing the Pilates industry with well-educated new teachers. The trainers were patient and paced the course well..... I appreciated the spacing over four days to allow us time to absorb the material and not get too overwhelmed. I really can't say enough about this team and how impressed I was. They will be a tough act to follow as I attend more courses at different studios.'

'Cari and Roger have done an amazing job over the entire comprehensive course illuminating the simplicity and power which creates Pilates and honors Joseph Pilates' body of work. From their instruction, guidance, and inspiration I am confident I will be able to give my future clients an appropriate and safe Pilates program suited towards their needs and desires.'

'Cari always does a wonderful job and is incredibly knowledgeable. She is a master of the information and teaches it effortlessly. Her teaching style is warm and inspiring. I had a wonderful time and am so excited to move forward into my own Pilates teaching career.'

'Matthew did an excellent job of taking a significant amount of information and making it easy to understand. The information was presented in a practical manner and can easily be applied to Pilates instruction.'

'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!'

'This course was excellent. Easy to understand and broken down in a way that has made it comfortable to revisit after the course. Matthew is also an amazing instructor!'

'Reformer 2 training was excellent! Cari & Roger did an amazing job teaching the exercises, educating us on precautions, and took the time to answer all of our questions. I especially appreciated that Roger started each day with a mat or reformer class so we could be warmed up adequately before we began practicing the exercises.'

'The course was so very thorough and enjoyable. The staff at Paragon is amazing and sooo knowledgeable!'

'Our teachers Roger & Cari did a superb job presenting the material and teaching the advanced exercises. They gave excellent lectures on the low back, working with athletes, and ethics. They are always giving us 100%. I believe that my BB teachers are helping me become a critical thinker in my profession which I am so grateful.'
'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.'

‘Cari is extremely knowledgeable in all aspects of Pilates & movement. Not only is she an expert, she can effortlessly explain things in a way that is easy for everyone to comprehend. Her teaching style is very open & friendly which creates a safe learning environment. I always felt comfortable asking questions. I cannot imagine a better Pilates teacher instructor. Cari is top-notch. I can't wait to learn more from her!’

‘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.’

‘After several modules, I'm blown away by the quality of Balanced Body education. Everything is absolutely top notch and I couldn't be happier with what- and how- I'm learning. Roger and Cari are phenomenal instructors and I'm humbled and incredibly grateful to have the opportunity to study under them.’

'I've been a PT for 15 yrs. I thought this class was fantastic. Cari and Tiza were amazing instructors. I was given so many useful techniques for my practice. I hope to do more Pilates training in the future. I would highly recommend this class to others. '

‘Great course with amazing instructors. I love how in depth balanced body courses are. It isn't just teaching exercises, but the when, where, why, how, and when not to utilize the exercises to teach the individual.’

‘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. '

‘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. 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 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.’

‘I knew going into this training that I would have much less knowledge and experience than the average student and that I’d be really challenged, physically and mentally. I was not wrong in that assessment- BUT having such fantastic instructors made the course accessible and much less overwhelming than it might have been otherwise. I felt welcome and the environment was supportive; questions were encouraged and answered thoughtfully and thoroughly. I definitely have my work cut out for me in the coming months but having such top-notch instruction will provide an amazing foundation for my Pilates education and work. Every aspect of the training exceeded expectations, from the performance of the instructors to the materials from Balanced Body. I very much look forward to upcoming sessions.’

A Final Note

We believe that the Balanced Body program at Paragon Pilates & Physical Therapy offers high-level diversity of training, teaches critical thinking skills, and offers a balanced view of the Pilates repertoire (including classical and contemporary exercises) and information on how to handle clients with current or past injury. This program will teach you foundational exercises with Movement Principles and 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 Three Dimensions Learning System.

We will incorporate the classical methods of Pilates with contemporary 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 protocols, 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 and physiology, 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 completion of the course, Paragon Pilates & Physical Therapy offers a variety of continuing education courses to continue your depth of knowledge in this work. Please visit the continuing education page on our website for our upcoming workshops, classes and events.

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

Sincerely,

Cari Riis Stemmler
Matthew Hodge-Rice
Amanda Quinlan

Paragon Pilates & Physical Therapy Education Staff



Cari Riis Stemmler
cari@paragonpilatespt.com

Owner, Education Director, Integrated Movement Specialist.

While dancing professionally in Los Angeles, Cari started teaching Pilates in 1997. She has been a practitioner of several yoga styles since 1996, and she 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 rehabilitation. 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. 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 and internationally, in both commercial and company work (Winifred Harris' Between Lines, Ballet of the Dolls, Cirque Productions among others). 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.



Matthew Hodge-Rice
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Matthew Hodge-Rice is a Master Pilates Instructor and Personal Trainer, specializing in Corrective Exercise and Performance Enhancement. He holds certifications through the National Academy of Sports and National Pilates Certification Program. He studied at the Kane School in NYC, the YMCA, Balanced Body at Paragon and in Sacramento.

Matthew graduated from the University of North Carolina School of the Arts and also studied at Otterbein College, majoring in Musical Theater and Dance. He has completed his prerequisite for Physical Therapy school and enjoys the ongoing study of movement science.

Since 2005 he's worked with a variety of ages and skillsets in clients ranging from athletes to clients with special conditions. He is well equipped with modifications for all levels.



Amanda Quinlan
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Amanda's love of dance, movement and fitness led her to Pilates in 2005, and she soon developed a passion for the Pilates method. After several years of study, she wanted to share the benefits of Pilates with others and received her comprehensive instructor certification through Balanced Body in 2011. Whether it is working with an 11 year old dancer coming back from knee surgery, a Marketing executive wanting to build muscle tone or an 82 year old wanting to improve their balance, Amanda enjoys helping her clients achieve their fitness and wellness goals as well as teaching them how to move in new and dynamic ways. Her clients appreciate her enthusiasm, excitement, and ability to create a fun, supportive and physically enriching atmosphere.

Amanda received her B.S. in Business Marketing from the University of Minnesota in 1999, and completed her MBA in Marketing from Capella University in 2001.