4-WEEK IMMERSIVE PILATES TEACHER TRAINING

Functional Anatomy and Foundational Movements
Beginner to Advanced Mat
Beginner to Advanced Reformer

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BASIC INFORMATION

Sunset Pilates Bali's 4-Week Immersive Mat and Reformer Pilates Teacher Training is an established professional education program led by Master Instructor Saria Bartholomew. Saria has led 20+ Pilates teacher training programs across the United States and Bali, preparing instructors with the knowledge, practical experience, and teaching skills required to teach Pilates safely, confidently, and professionally.

This 518-hour program combines intensive in-class education with structured observation, self-practice, and practice teaching. Students develop a strong understanding of functional anatomy, biomechanics, movement analysis, Pilates repertoire, programming, cueing, and professional teaching practices while receiving individualized feedback throughout the course.

The curriculum integrates contemporary movement science with the principles and repertoire of Classical Pilates, emphasizing critical thinking, movement quality, and the ability to adapt exercises to meet the needs of individual clients.

Class sizes are limited to 10 participants to provide individualized instruction, personalized feedback, and close mentorship throughout the program. The course is taught in **English** at Sunset Pilates Bali and may also be delivered at other approved training locations.

EDUCATIONAL PHILOSOPHY

This program is founded on the belief that effective Pilates instruction extends beyond memorizing exercises and choreography. Competent instructors understand *why* movement is performed, *how* the body responds to movement, and *when* exercises should be modified to meet the needs of each individual client.

Throughout the program, emphasis is placed on movement quality over choreography, critical thinking over memorization, and developing strong observation skills. Students learn to recognize movement patterns, identify common compensations, and make informed teaching decisions based on the individual in front of them rather than relying on a one-size-fits-all approach.

The goal of this program is not simply to teach Pilates exercises, but to develop knowledgeable, adaptable, and confident instructors who can deliver safe, effective, and client-centered instruction across a variety of settings.

MASTER INSTRUCTOR

Saria Bartholomew is a Master Pilates Instructor and teacher educator with over a decade of experience teaching Pilates and training instructors. She has led more than 20 Pilates teacher training programs across the United States and Bali. More than 150 participants have completed one of her teacher training programs, with graduates now teaching in more than 35 countries around the world.

Her teaching philosophy combines the foundations of Classical Pilates with contemporary, evidence-informed movement science, emphasizing functional anatomy, movement quality, critical thinking, and individualized instruction to prepare confident, knowledgeable, and adaptable Pilates instructors.

PROGRAM OVERVIEW

This program is designed primarily for individuals who aspire to teach Pilates professionally, although dedicated practitioners wishing to deepen their understanding of the method are also welcome.

Students progress through a structured curriculum that develops both movement competency and teaching proficiency. Throughout the program, they learn to analyze movement, communicate effectively, design purposeful sessions, and adapt exercises to meet the needs of a wide variety of clients. The anatomy curriculum has been independently reviewed by a licensed Doctor of Physical Therapy (DPT) to support scientific accuracy and alignment with current clinical understanding.

Instruction combines contemporary, evidence-informed teaching principles with significant exposure to the Classical Pilates repertoire, providing students with a broad understanding of the Pilates method while developing the practical skills required for professional instruction.

Learning does not end upon completion of the immersive program. Graduates are encouraged to remain connected with Master Instructor Saria Bartholomew for continued mentorship, professional guidance, and ongoing skill development. Individual mentorship opportunities are available upon request.

Graduates who successfully complete all program requirements receive a certificate documenting successful completion of a 518-hour professional education program in May and Reformer Pilates instruction.

NPCP COMPETENCY ALIGNMENT

The National Pilates Certification Program (NPCP) is the Pilates industry's leading independent third-party certification organization in the United States. The curriculum has been designed in alignment with the competency domains recognized by the NPCP.

Competency domains include:

- Applied Functional Anatomy and Biomechanics
- Motor Control and Movement Science
- Pilates Repertoire (Mat and Reformer)
- Program Design and Class Planning
- Special Populations and Safety Considerations
- Professional Ethics and Scope of Practice

PROGRAM OBJECTIVES

Movement Competency

- Demonstrate understanding of Pilates principles, philosophy, and history.
- Apply functional anatomy and biomechanics to movement analysis.
- Perform Classical Pilates repertoire with proficiency.
- Execute contemporary exercise variations safely.
- Explain the purpose and intent of Pilates exercises.

Teaching Skills

- Deliver clear verbal, tactile, and demonstration cueing.
- Design structured lessons for private and group sessions.
- Teach mixed-level classes using appropriate modifications.
- Apply regressions and progressions appropriately.
- Integrate props effectively into instruction.

Professional Practice

- Conduct basic client intake and movement assessment.
- Adapt programming for common injuries, conditions, and special populations.
- Practice within professional scope and ethical guidelines.
- Demonstrate professional communication and studio etiquette.
- Identify equipment components and perform basic maintenance.

GRADUATE OUTCOMES

- Teach private Mat and Reformer sessions.
- Teach beginner to advanced group classes.
- Design safe and individualized Pilates programs.
- Modify exercises for clients with varying abilities, goals, and common movement limitations.
- Apply functional anatomy and movement analysis to instruction.
- Pursue independent third-party certification through the NPCP, if desired.

WHAT TO EXPECT DAY-TO-DAY

This immersive training is intentionally intensive. Students spend each day actively learning, practicing, observing, discussing, and teaching under the guidance of the Master Instructor. Considerable time is devoted to movement analysis, exercise breakdown, cueing strategies, and supervised teaching practice to develop both confidence and competency.

PROGRAM SCHEDULE AND LOCATION

WEEK ONE ~ FUNCTIONAL ANATOMY + FOUNDATIONAL MOVEMENTS: 6 DAYS TOTAL

7-8 in-class hours per day
Sunday 9 AM to 5 PM
Monday through Friday 1 PM to 8 PM

WEEK TWO ~ MAT: 5 DAYS TOTAL

7 in-class hours per day
Monday - Friday 1 PM to 8 PM

WEEKS THREE AND FOUR ~ REFORMER: 10 DAYS TOTAL

7 in-class hours per day
Monday - Friday 1 PM to 8 PM

LOCATION: Class meets at the Sunset Pilates Bali Legian location.

PROGRAM TUITION AND FEES

PROGRAM TYPE	TUITION	FINAL EXAM FEE	TEXT BOOKS
FULL COURSE: Anatomy + Foundations, Mat, Reformer	82 million IDR	3 million IDR	Estimated at 500K IDR

1. **A deposit of 18.7 million IDR is required to reserve a spot in the course.** The deposit will be applied to the total tuition. The remaining balance is required to be paid in full by the first day of the course. Please contact pilatesacademy@sunsetpilatesbali.com or WA +62 822 4735 7237 at for a payment link

WHAT'S INCLUDED WITH YOUR TUITION

- 148 hours of supervised in-class instruction
- Digital course materials
- Exercise library and supporting educational resources
- One month of complimentary self-practice at Sunset Pilates Bali following the immersive training
- Complimentary in-studio observation at Sunset Pilates Bali
- 10% discount on up to two group classes at Sunset Pilates Bali
- Discounted studio equipment rental at Sunset Pilates to support your teaching hours
- Welcome gift package
- Complimentary professional photoshoot
- Complimentary opportunity to return and review future teacher training programs (subject to space availability).
- 518-hour Mat and Reformer Pilates Teacher Training Certificate (awarded upon successful completion of all program requirements)

REQUIRED SUPPLIES

1. *Functional Anatomy of the Pilates Core* by Evan Ossar and Marylee Bussard
2. *Pilates 3rd Edition* by Rael Isacowitz
3. A laptop/tablet will be necessary for in-class hours. Most of the course materials will be distributed electronically via Google Docs, Slides, and Sheets

PRACTICAL HOURS

	In-Class Hours	Practice Teaching	Observation	Self Practice	Total Hours
Anatomy + Foundations	43	20	20	20	103
Mat	35	30	30	30	125
Reformer	70	70	70	80	290
Total Hours	148	120	120	130	518

1. Students are required to maintain a detailed log of all practical hours, including dates, duration, activity type, and location. Logs may be reviewed and verified at the discretion of the program instructor
2. As part of the Mat self practice requirements, students are required to submit a video of themselves executing and verbally cueing the Classical Mat series in order from start to finish, with organized transitions. Appropriate modifications and deconstructions are encouraged

FULFILLING PRACTICAL HOURS

Students must complete all required practical hours before becoming eligible to sit for the final examination. Practical hours may be completed at approved training locations or in the student's local area:

1. **Practice Teaching**
   - Practice teaching hours can be completed at Sunset Pilates Bali, at other Pilates studios (with permission, rental fees may apply), or on home equipment
   - Equipment rental fees will apply at Sunset Pilates for private clients (150K IDR per client, per hour)
2. **Observation**
   - Students can observe live classes and private sessions in-studio at Sunset Pilates Bali or at other Pilates studios with permission. At least half of observation hours should be live, in-person
   - Observation hours can also be completed by watching pre-recorded classes via Pilates Anytime and other approved online resources
3. **Self Practice**
   - Self practice hours can be completed at Sunset Pilates Bali, at other Pilates studios (with permission, fees may apply), or on home equipment
   - Equipment rental fees (125K IDR per hour) will apply at Sunset Pilates starting one month after in-class training. The first month after training is free

Students will be informed of the studio's schedule by studio staff and will be expected to maintain studio etiquette while they are in the space.

FINAL EXAM

Students become eligible to sit for the final examination after successfully completing all required practical hours. Test out date/time will be decided by the student and Master Instructor Saria. The final exam can be completed in-person or via Zoom.

The final examination assesses competency in applied anatomy, repertoire knowledge, program design, cueing, safety, and professional conduct.

Students are expected to demonstrate competency across all material presented throughout the program. Applied theoretical knowledge is assessed verbally through scenario-based questioning during the examination.

Students must demonstrate safe and professional performance in both exam components.

If competency is not demonstrated, students may retake the examination after additional preparation. Students will be required to pay the final exam fee again.

Assessment decisions are based on professional competency standards established by the NPCP.

The exam has two main parts:

1. **Teaching Proficiency Exam:** Teach a 50 min session to a client or small group. Students must demonstrate the ability to apply program structure and repertoire.

   This portion of the exam can be taken online via Zoom, in-person, or it can be pre-recorded and sent to the Master Instructor for assessment.

   Evaluation criteria include:

   - Clear and accurate exercise instruction
   - Appropriate use of verbal and demonstration cueing
   - Safe exercise selection and progression
   - Ability to modify exercises based on client needs
   - Professional communication and teaching presence
   - Logical class structure and flow

2. **Movement Proficiency Exam**: Demonstrate selected exercises from the Pilates repertoire. Exercises will be randomly chosen.

   Appropriate modifications are encouraged. Students will be expected to verbally cue as they perform the movement. If asked, they will also be required to explain how to approach teaching the exercise in specific scenarios.

   Evaluation criteria include:

   - Correct execution of exercise technique
   - Appropriate body control and coordination
   - Ability to demonstrate modifications when needed
   - Accurate verbal cueing while performing movements

FREQUENTLY ASKED QUESTIONS

About The Program

Why choose the 4 Week Program at Sunset Pilates?

Founded in 2007, Sunset Pilates was Bali's first dedicated Pilates studio and has been a leader in Pilates education and instruction for 19 years. For nearly two decades, the studio has built a reputation for high-quality instruction, professional teacher education, and a commitment to excellence.

Unlike many teacher training programs that focus exclusively on either Classical or Contemporary Pilates, Sunset Pilates Bali prepares students to understand and teach principles from both approaches. This balanced curriculum combines the foundations of Classical Pilates with contemporary, evidence-informed movement science, enabling graduates to become versatile instructors capable of working in a wide variety of professional settings.

Students also benefit from:

- Bali's first dedicated Pilates studio with nearly two decades of experience
- A comprehensive 518-hour professional education program
- Small class sizes (maximum of 10 participants) for individualized instruction
- A strong foundation in functional anatomy, biomechanics, and movement analysis
- Anatomy curriculum independently reviewed by a licensed Doctor of Physical Therapy (DPT)
- Extensive supervised teaching practice
- Curriculum aligned with NPCP competencies
- Graduates teaching professionally in more than 35 countries worldwide

- Instruction from Master Instructor Saria Bartholomew, who has led more than 20 Pilates teacher training programs across the United States and Bali

What are the differences between private and commercial teacher training programs?

Private teacher training programs, like Sunset Pilates Bali, are typically developed and taught by experienced instructors or studios and often provide a more personalized, immersive educational experience. Commercial training programs are generally developed by larger organizations and delivered across multiple locations with standardized curricula.

Is this a Classical or Contemporary Pilates program?

This is a Contemporary Pilates teacher training program with significant exposure to the Classical Pilates repertoire. Students learn the traditional exercises while also developing the movement analysis, critical thinking, and teaching skills needed to safely adapt exercises for individual clients.

Before You Apply

Who is this program for?

This program is ideal for:

- Individuals pursuing a professional career as a Pilates instructor.
- Fitness professionals expanding their qualifications.
- Healthcare and movement professionals seeking Pilates education.
- Dedicated Pilates practitioners wishing to deepen their understanding of movement and exercise instruction.

What language is the course taught in?

The course is taught entirely in **English**. Students should have a sufficient level of English proficiency to understand lectures, participate in discussions, read course materials, complete written assignments, and communicate effectively during practical teaching sessions. Fluency is not required, but students should feel comfortable learning in English.

How many students are accepted into each course?

Class sizes are limited to 10 participants to provide individualized instruction, personalized feedback, and close mentorship throughout the immersive training. Small class sizes also allow students more opportunities for supervised teaching practice and direct interaction with the Master Instructor.

Do I need prior Pilates experience?

No. Prior Pilates teaching experience or a regular Pilates practice is not required. This program is designed to meet students where they are and progressively develop their knowledge, movement competency, and teaching skills. The most important prerequisite is a genuine interest in learning, a willingness to participate, and a commitment to the educational process.

Certification

Will I be qualified to teach after completing the course?

Graduates who successfully complete the four-week immersive training will have completed the in-class educational component of the program and may begin working toward their required practical hours. During this period, students may be eligible to work as apprentice or student instructors, depending on the policies of the studio or employer.

Upon completion of the immersive training, students receive an official letter confirming they have successfully completed the educational component of the program and are actively completing their remaining practical hour requirements.

Once all practical hours and the final examination have been successfully completed, graduates are awarded their 518-hour Mat and Reformer Pilates Teacher Training Certificate.

What is the National Pilates Certification Program (NPCP)?

The National Pilates Certification Program (NPCP) is the Pilates industry's leading independent third-party certification organization in the United States.

Accredited by the National Commission for Certifying Agencies (NCCA), the NPCP establishes nationally recognized competency standards for Pilates instructors through a comprehensive certification examination. It is widely regarded as the gold standard for independent professional certification in the Pilates industry.

What is the difference between a training certificate and NPCP certification?

A teacher training certificate documents successful completion of a professional education program and demonstrates that a graduate has met the program's educational and practical requirements.

NPCP certification is a separate professional credential earned by passing an independent competency examination. It provides third-party validation of an instructor's knowledge and competency.

Is NPCP certification required to teach?

No. Pilates instruction is not regulated internationally, and most instructors begin teaching after successfully completing a professional teacher training program. Third-party certification through the NPCP is optional and represents an additional professional credential.

Is PMA membership the same as certification?

No. Membership in the Pilates Method Alliance (PMA) is a professional association membership and does not provide instructor certification.

Can I teach internationally with this certificate? Is it internationally recognized?

Yes. Sunset Pilates Bali's Teacher Training Program is designed to prepare instructors for professional teaching opportunities worldwide. Graduates of this program are teaching Pilates in more than 35 countries, demonstrating the program's broad international relevance and applicability.

The curriculum reflects internationally recognized professional competencies and has been designed in alignment with the competency domains recognized by the NPCP.

Graduates are encouraged to familiarize themselves with any special local requirements that may apply where they intend to teach.

Practical Hours

How long do I have to complete my practical hours?

There is no formal deadline for completing the required practical hours. Students are encouraged to complete them at a pace that allows for meaningful learning, regular practice, and the development of strong teaching skills before taking the final examination.

Can I complete my practical hours outside of Bali?

Yes. Practical hours may be completed at approved Pilates studios, on home equipment where appropriate, or at other approved training locations. Students are responsible for maintaining accurate logbooks and fulfilling all program requirements.

Final Examination

What happens if I do not pass the final examination?

Students who do not demonstrate the required level of competency may retake the examination after additional preparation. A new final examination fee will apply.

Can I complete the final examination online?

Yes. The final examination may be completed in person or via Zoom. The Teaching Proficiency Exam may also be submitted as a pre-recorded video for assessment. All examination formats are assessed using the same competency standards and evaluation criteria.

Ongoing Support

Will I receive ongoing support after training?

Students are encouraged to remain connected with Master Instructor Saria Bartholomew for continued mentorship, professional guidance, and skill development. Individual mentorship opportunities are available after course completion.

Can I return to review the course in the future?

Yes. Graduates are welcome to return and review future teacher training programs at no additional tuition cost, subject to space availability and approval by the Master Instructor. This allows graduates to refresh their knowledge, reinforce key concepts, and continue developing their teaching skills as they gain experience.

Required Supplies

Are textbooks and equipment required?

Yes. Students are expected to obtain the required textbooks before or during the course. A laptop or tablet is also required, as most course materials are distributed electronically through Google Docs, Slides, and Sheets.