



MODULE 2

Reformer Training - Levels I-III

PREREQUISITE: MAT TRAINING LEVEL I-III AND REFORMER EXPERIENCE THROUGH LEVEL II (BEGINNER/INTERMEDIATE)

REFORMER TRAINING PROGRAM

- One weekend Fri/Sat/Sun

LOCATION

DEB NEHLIG PILATES/YOGA

1320 FOXCROFT DR LANCASTER PA 17601

REFORMER LEVELS I-III

(Three workshops - 18 hours)

- Reformer Exercises - Levels I-III
 - All exercises include technique, modifications, teacher spotting, safety and anatomy from beginner to intermediate reformer
- Teaching Skills
 - How to teach an evaluation session
 - How to teach group classes
 - Transitions
 - Equipment maintenance
 - Imagery for verbal cueing

BODY PRECISION REQUIREMENTS FOR INSTRUCTOR CERTIFICATE OF COMPLETION

MOVE IT





MODULE 2

Reformer Training - Levels I-III

Reformer Levels I-III

- Completion of the above workshops
- 60 practice teaching hours
- 40 observation hours
- 20 lessons (10 privates/10 reformer classes)
- 8 miscellaneous hours
- 2 hours equipment maintenance
- 1 written test – Levels I- III
- 1 teaching test – (Level II, private client)
- 1 performance test – Level III

Total Apprentices Hours: 130

Total Workshop Hours: 18

Total Hours for Completion: 143

COSTS: \$1125

Includes:

- Workshop hours: 18
- 5 Private sessions/ 5 group classes
- Advisor for support and apprenticeship supervision
- Use of advisors reformer for practice teaching

*****WEEKEND MODULES ONLY (FOR CONTINUING ED) -\$750 for the three day weekend. A certificate of completion can be provided for applying CECS towards other trainings.

In order to hold your spot in the training a deposit of \$200 can either be mailed to Deb Nehlig 1320 Foxcroft Drive Lancaster PA 17601 or Venmo @Debra-Nehlig by February 17th.

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