



## MODULE 2

# Reformer Training - Levels I-III

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

#### **REFORMER TRAINING PROGRAM**

April 10-12 2026

#### **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



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# Reformer Training - Levels I-III

### BODY PRECISION REQUIREMENTS FOR INSTRUCTOR CERTIFICATE OF COMPLETION

#### 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: 125**

**Total Workshop Hours: 18**

**Total Hours for Completion: 143**

**COSTS: \$1,400**

#### Includes:

- Manual
- Workshop hours 18
- 2 privates, 2 duets

\*\*\*\*\*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 March 31, 2026.

