



BASI® Pilates Teacher Training Course

Comprehensive Teacher Training Course (CTTC)

Mat Work Teacher Training Course (MWTTC)

The Comprehensive Teacher Training Course (includes the Mat Work training as well as the work with the equipment) and the Mat Work Teacher Training Course (includes the work on the Mat as well as small props) have been developed by Rael Isacowitz, founder and director of Body Arts and Science International® (BASI®). It provides dancers, therapists, fitness experts, personal trainers and interested people from similar professional fields with a high-quality education, which can be extra-occupationally completed. The teacher training course is a contemporary, in-depth study of human movement in specific connection with the method of Joseph H. Pilates. The goal is to provide the course participants with a profound and solid education with a comprehensive repertoire of exercises, specific scientific knowledge and practice-oriented examples.

The education of BASI® Pilates is an intensive course, which upholds the legacy of the anatomically and physiologically based method of Joseph and Clara Pilates but includes a mixture of philosophy, physicality and breath from Yoga, dance and fitness.

Isacowitz has developed the program based on his over 30 years of experience as an athlete, dancer, sports-pedagogue, lecturer and dance theorist. He does not see the movement itself as the ultimate goal but much more the positive changes, which are the natural consequence of a Pilates training program based on continuity and individuality. The BASI® founder meanwhile leads a world-wide active team of specialists who care about maintaining the professional expectations and the method of Joseph Pilates in the more and more exploding field of Pilates providers.

Requirements

Basic knowledge in anatomy and physiology
Profession in sports, movement or therapy
Background in teaching is recommended
Practical experience with Pilates Matwork

Educational Modules

The participants work under the direction of an instructor of the special qualified faculty of Rael Isacowitz. The course includes theoretical subjects as anatomy of movement and movement analysis as well as a rich syllabus of practical work, which trains the course participants in using the Pilates repertoire correctly and efficiently.

Duration of the course

The Comprehensive Teacher Training Course includes twelve, the Mat Work Teacher Training Course six course modules. The final exam is usually on the last module of the Comprehensive Course but can also be completed at another time.

Further information under www.basipilates.com or contact directly the franchise leader of BASI® Pilates Germany/Austria, Natascha Eyber under natascha@basipilates.de