



Pilates on Tour Presenter Application

Balanced Body University – Pilates on Tour is committed to bringing the best Pilates teachers in the country to our attendees. We are looking for dynamic, inspiring and organized presenters to teach in depth, hands on workshops on Pilates and related topics.

In order to be a member of our faculty you must meet the following requirements:

- A minimum of 5 years experience teaching Pilates.
- A certificate of completion from a comprehensive training program or equivalent apprenticeship experience.
- Experience presenting workshops or classes at the local, regional or national level.
- An appropriate level of education for the course you will be teaching.
- The desire to improve the educational standards of our profession.

Pilates on Tour typically offers 5 events per year in the US and Canada. Presenters will be chosen to participate in different events depending on the demands of the program for that area. We are looking to include both well known and up and coming presenters.

The programming will focus on the following general tracks:

Enhancing Basic Skills for newer instructors and advanced students including:

- Mat Class repertoire and teaching skills
- Group apparatus class repertoire and teaching skills
- One on one instruction, sequencing and cueing
- Apparatus repertoire review for the Reformer, Cadillac, Chair, Barrels and accessory pieces
- Basic anatomy and kinesiology review
- Professional development

Advanced Studies for more experienced teachers and rehabilitation professionals including:

- Teaching special populations including seniors, pre/post natal and children
- Sports and activity specific applications
- Injury and rehabilitation applications
- Advanced studies in anatomy, kinesiology and biomechanics
- Professional development

Class formats

Instructors will usually teach 1 1/2 or 2 days of the conference and will be expected to teach a movement session either on the mat or the apparatus on one of the days.

Classes can be taught in any of the following formats:

- 1 - two day workshop – 12 hours of instruction on one topic
- 2 - one day workshops – 6 hours of instruction on one topic. Two different topics would be presented over the weekend

- 4 - three hour workshops – 3 hours of instruction on one topic. Four different topics would be presented over the weekend

Course Facilities

Pilates on Tour is presented at hotels and resorts around the country. All Pilates equipment will be provided by Balanced Body. We are committed to keeping class sizes small and to providing enough large equipment to have 2 students per piece of equipment for workshops. We travel to a variety of interesting cities and we look forward to attracting students from local, regional and national markets.

The Exhibition

Pilates on Tour will also include a small exhibit area featuring equipment and clothing vendors and information on local and regional Pilates resources including local studios and teacher training programs. For information on how you can participate contact Al Harrison at 1-877-PILATES (877-745-2837) or al@pilatesontour.com.

Application Deadlines

Application check list:

Please make sure that all items are included with your application

- Presenter application
- Presenter Bio
- 3 written references
- List of courses previously taught
- Course Application(s)
- Course outline
- Approximate course schedule
- Course description
- Flyer or brochure if you have one

Please return this application with all of the required material by September 30 of the year before you are interested in presenting. If you have any questions or need more information please feel free to contact Nora St. John at (925) 200-6470 or via e-mail at nora.stjohn@pilates.com

Please mail, fax or e-mail the information to:

**Nora St. John
Balanced Body University
8220 Ferguson Ave.
Sacramento, CA 95828
(877) PILATES (office)
(925) 200-6470 (cell)
(916) 388-0609 (fax)
Nora.stjohn@pilates.com**

Pilates on Tour Presenter Application

Please complete this application for general presenter information and complete a separate course application for each course you would like to present.

Date_____

Name_____

Studio Affiliation_____

Address_____

City_____ State_____ Zip_____

Phone Numbers – Work_____ Home_____ Fax_____

E-mail Address_____

Please list all current certifications and the certifying organization:

Pilates Training Completed Through: _____

Length of Program (no. of hours)_____ Date Completed:_____

Other Certifications:

ACE_____ AFAA_____ NASM_____ ACSM_____

College or University degree_____

Are you a continuing education provider? Please list organization(s) you are registered with:

Biographical information

Please attach a bio which will be posted on the website and edited for the brochure

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Professional Experience

Please list the titles, locations and dates of courses you have taught in the last 5 years. You may include a brochure or list of your teaching schedule if it contains all of this information

Course Title	Location	Dates
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

References

All instructors must include 3 written references from qualified professionals that document the instructor's teaching experience and qualifications.

Pilates on Tour Course Application

Make a copy of this form for each additional presentation.

Presentation Title _____

Type of Presentation: Workout ____ Workshop ____ Lecture ____ Pre-Con ____

Length of Presentation (3 or 6 hours): _____

Please see opening page for course formats

Please send a description of the course including:

- Course outline
- Approximate schedule (lecture, demonstration, practice time)
- Brochure or flyer if you have one

Please write a 35 – 50 word description of your presentation for the catalog. You may also include a longer description which can be posted on the website:

Please check one of the following categories for your presentation:

_____ Enhancing Basic Skills – Appropriate for new instructors and advanced students
Includes: teaching better mat classes, teaching one on one sessions for general conditioning, teaching apparatus classes, repertoire review, basic anatomy and kinesiology review

_____ Advanced Studies – Appropriate for experienced instructors and rehabilitation professionals. Includes working with special populations – senior, pre and post natal, children, using Pilates for rehabilitation, using Pilates for activity specific training, advanced studies in anatomy, biomechanics and kinesiology.

Pilates on Tour Course Application

Please indicate all equipment needs. For workouts we will have one piece of equipment per student. For workshops emphasizing one piece of equipment we will have one piece of equipment for 2 students.

____ Padded mats

____ Canvas straps

____ Stretchy bands or tubing

____ Towels

____ 6" Foam Rollers

____ Physioballs

____ Resistance rings

____ Reformers/ Allegros

____ Towers

____ Pilates Chairs

____ Overhead projector and screen

____ CD player

____ Video projector

Please list any other fitness or A/V equipment needs: _____
