



## IPA™ Teacher Education Program

**Pre-requisites:** 1 - 3 years of Teaching Pilates on all apparatus. Comprehensive Pilates Certificate of completion. It is presumed the teacher fully understands the complete system that Joseph and Clara Pilates designed. Anatomy, biomechanics, kinesiology aptitude. Swimming aptitude.  
For IPA™ certificate of completion: Short Water Safety course (can be online course), CPR certification.

### Recommended Pre-Immersion Course (not required)

4 -12 hours of Pilates in the Studio.

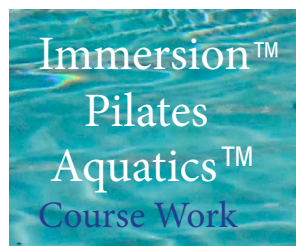
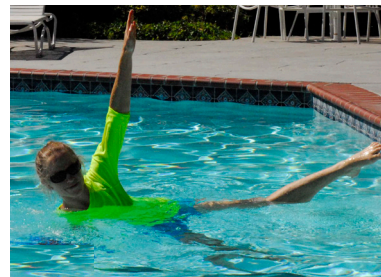
- 3 hours of Mat
- 3 hours of Reformer
- 3 hours of Chair
- 2 hours of Cadillac
- 1 hour of Accessories, Barrels, Ped-o-pole, etc.

Estimated Cost: \$120 - 480 or price of studio classes.

6 hours of Immersion™ Pilates Aquatics™ Classes or sessions.

Estimated Cost: \$180 - 360 .

Lecture: Movement Perspectives™ principles. 3-4 hours. \$90-120.



### Immersion™ Pilates Aquatics™ comprehensive teacher's education course

**18 hours. Earn 18 PMA CECs.**

3 - 4 Day intensive.

**Moraga, CA** course April 27 -29 (10 - 5 pm).

**Barcelona: June 16 - 18** (10 - 5 pm).

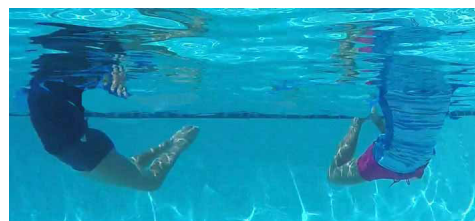
Maui, Hawaii, summer. Finland 3-4th week October,

Kona, Hawaii, tbd. (Miami, Arizona, England, France, Japan, tbd.)

Approximately:

- Movement Perspectives™ lecture, and program design
- 5 hours of Pilates Mat in the water
- 5 hours of Pilates Reformer in the water
- 5 hours of Pilates Chair(s) in the water
- 2 hours of Pilates Cadillac in the water
- 1 hour of Ped-o-pole, Ladder Barrel, etc in the water

Cost: \$750 Moraga. Plus Pool Fee (2017 rate \$7/day, \*subject to change, large pool (no charge small pools))  
\$850 Barcelona includes 3X daily Club fee.



Classes to learn IPA™ kinesthetically

Learn how to safely perform and teach each Pilates skill:

- Performance, Biomechanics, Benefits, Contra-indications. Pilates Elder skills, images, cues.
- Modification, Variations, Sequencing, Transitions, Levels, Spot each skill.
- Challenges specific to water.
- Similarities and differences with the Pilates apparatus vs water.
- Practice teaching each other. Self Practice.





## IPA™ Teacher Education Program

### *Immersion™ Pilates Aquatics™ Apprenticeship:*

Practice Teaching: 20 hours.

Self Practice. Attending classes: 8 hours (price depends on type of session).

Exam: Teaching IPA™ classes; Mat, Reformer, Chair, Cadillac and accessories each (live or video).

Cost of exam: \$130.

A licensing membership opportunity : A minimal fee for benefits including Client Referrals, free continuing education, free online video, website listing, networking opportunities, business advice, advertising, ad materials, discounted classes and products. Earn money selling the IPA™ kit.

### *Reading Materials:*

Immersion™ Pilates Aquatics™ manual (included in course)

Movement Perspectives™ (discounted)

Teaching the Universal Reformer Repertoire (discounted)

Teaching the Mat Repertoire (discounted)

Immersion™ Pilates Aquatics™ video, dvds, apps (discounted)



### *Materials (extra cost):*

Discounted IPAB™ kit w/ sitting pad (2 boards, sitting pad, straps with neoprene, 2 board straps).

Swim gloves, Swimsuits,

Hat, Sun glasses, Sun block

### *Recommended:*

Rashguard

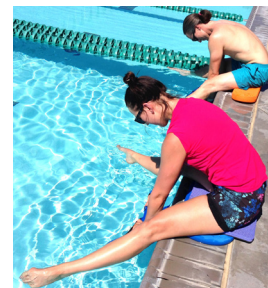
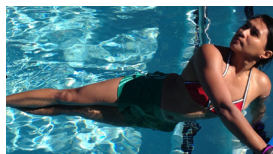
Thin wetsuit (top) for swimming

Board shorts, leggings

Towel, Croakies, sweater

Plastic covers for paper

Notebook, writing materials



An abbreviated Immersion™ Pilates Aquatics™ Education Course (8 - 10 hours) can be custom designed for Physical Therapy clinics, and other specialized facilities. Pre-requisites and course work would be different than for the Comprehensive IPA™ course.

### Licensed Immersion™ Pilates Aquatics™ Education Course Teachers

A unique opportunity for teachers to teach the IPA™ Course in his/her community, the nation and the world. A minimum of 7- 9 years of teaching Classic Pilates, and a certificate of completion and experience in teaching IPA™ is required. Experience in educating teachers is a plus. Aptitude in biomechanics, kinesiology, swimming/aquatics and injury management and prevention. 5 hour intensive course. Repeat IPA™ for around half price. Studio Pilates classes with Jennifer Stacey to learn cues and images.

Future courses: Australia. Hawaii. Japan. Miami. Arizona. Europe. Finland. France. South America.

If you are interested in hosting an IPA™ course, contact Jennifer. [info@peakperformancepilates.com](mailto:info@peakperformancepilates.com).