

BODY CONTROL PILATES

Teacher Training 2020/2021



**BODY CONTROL
PILATES®**

WHEN

November 5, 2020 - May 6, 2021
Thurs (Nov 5th) 5 - 7:30pm
Cont. Thurs 3 - 5pm & 7 - 9pm
Fri & Sat 1 - 3pm & 5 - 7pm

Zoom

Thursday 2:30 - 9:00pm
Fri & Sat 12:30 - 7:30

In-Person

WHERE

Asas Yama Yoga Studio
and ZOOM

WHAT

World-renowned **Body Control Pilates**
teaching program



MORE INFO

Yama Yoga will once again team up with Body Control Pilates to offer their World-renowned teacher training program in Doha. Having pioneered the development of Matwork Pilates, Body Control Pilates (BCP) is now recognized as a world leading training organization. The BCP matwork training course offered at Yama Yoga is designed to offer a thorough understanding of the Principles of Pilates and of the Body Control Pilates Method in particular. It is an ideal way to start your Pilates teaching career as this is one of the most recognized and transportable Pilates qualifications available.

After certification you will be qualified to teach Matwork pilates classes and sessions internationally.

The Body Control Pilates Matwork program comprises a series of exercises that integrate mind and body, strengthening the deep abdominals and back muscles and building core stability. The results are better posture and increased flexibility, strength, coordination and tone. The Yama Yoga Body Control Pilates teacher training course covers more than 100 matwork exercises and teaches trainees how to assess and progress clients, adapting exercises as appropriate so that clients can get maximum benefit. Graduates will be equipped to teach one-to-one sessions and group classes, and will have the ability to plan enjoyable and challenging classes for a wide variety of clients.

REGISTER

COST - QR12,500
Early Bird * - QR10,500
Registration fee - QR1500
*to be paid 3 weeks prior to start date

SCHEDULE - SCHEDULE

MODULE 1 (Online) : November 5,6,7
MODULE 2 (Online) : December 3,4,5
MODULE 3 (Online) : January 7,8,9
MODULE 4 (In Person): February 4,5,6
ST WEEKEND (Doha tutors - In Person): March 5,6
ST WEEKEND 2 (Uk tutors - In Person): April 15, 16
EXAM SIGN OFF (In Person): May 6

WHAT TO EXPECT

The Yama Yoga Body Control Pilates Matwork Teacher Training Program is delivered over 4 intensive 3 day weekends. These weekends are followed by practical assessments, a period of self-study, a written exam, supervised teaching hours (approximately 50 hrs) and supervised teaching workshops. The training concludes with a practical "Sign Off" exam. All portions of the training are included in the price.