



## How do you become an Exceptional Instructor with a Creative Edge?



Pilates Unlimited is dedicated to encouraging exciting and professional Pilates fusion. We want our instructors to have that creative edge in order to stand out of the Pilates crowd.

If you want to become an instructor that is regarded as highly intelligent, professional, driven and successful then please make an appointment to come in and meet the Pilates Unlimited Team. We would like to invite you to a FREE Pilates session as well as an opportunity to chat to one of the Pilates Unlimited instructors. This is such a vital part of making this important decision. The instructors here are able to answer any questions you have pertaining to the Pilates industry. They also have firsthand experience of working with instructors that have qualified through other Pilates Institutions and some of them went through additional training at Pilates Unlimited themselves.

If you want to fall into a career that is exciting, rewarding, healthy, stress free and professional, then Pilates Unlimited is here to mentor you.

However, if you wish to be a Pilates Instructor that fits the profile of most of the instructors that are in the industry at the moment, then Pilates Unlimited is here to change your mind.



Dare to be different and reap the REWARDS

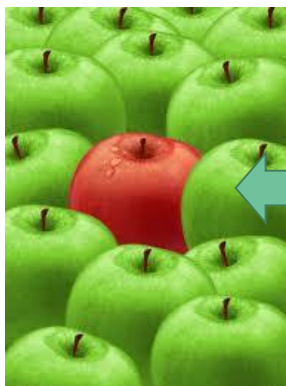
Pilates Unlimited has been in this industry for 15 years and we have seen the necessity to evolve, become more educated, incorporate new methods with scientific based information and deliver a technique that will keep your clients coming back for more.

### SO.....What do we want for YOU?

We want you to become passionate about your new found career. Every day for the Pilates Unlimited team is a day of excitement, inspiration and eagerness. We love what we do. That old saying of 'If you love what you do you will never have to work a day in your life' IS true. And we live by this. You are looking at joining a company that wants to share that inspiration with you so that you may find your niche and use your passion to help others.

#### So here is our plan with YOU!

1. Most importantly, to be passionate about your new found career.
2. Clients that are *amazed* at your knowledge
3. Professionals that are *amazed* at your knowledge
4. Clients that are with you for 15 – 20 years if not longer
5. A waiting list of clients that need to be accommodated at your facility
6. To be one of those instructors that everyone is talking about
7. To have the skills to act professionally in this environment
8. To make a success of your new or enhanced career



We want you to be  
**UNIQUE**

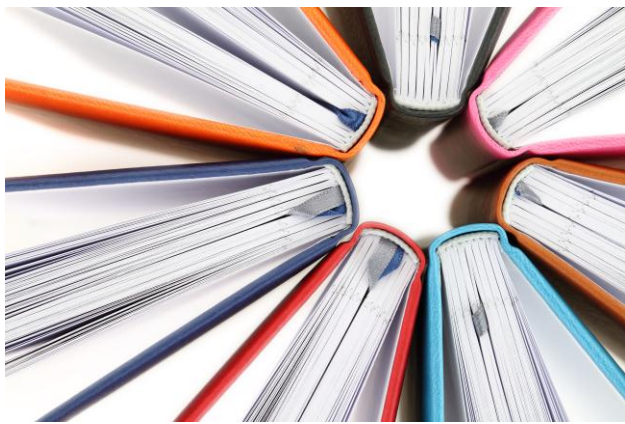


### What can we offer you that is different from our competitors?

**After a survey that was conducted on our past students, we asked them what they felt were our strongest attributes?**

**The below points are based on their feedback.**

1. We are the only company that teaches you your anatomy until you know it like the back of your hand
2. We are the only company that teaches you HOW TO TEACH using a full proof teaching method
3. We are the only company that focuses on delivering classes that are NOT boring.
4. We are the founders of Kinetic Precision International
5. We conduct anatomy based studies at a South African University
6. We have the only online Pilates student portal that keeps you engaged, supplies you with educational videos and allows you to write your theory exams online
7. We are the only company that uses a revolutionary Pilates technique that fuses science and Pilates
8. We are extremely passionate and motivating before, during and after course
9. We offer YOU support at [support@pilatesunlimited.co.za](mailto:support@pilatesunlimited.co.za)
10. We care about supporting you in becoming a specialised Pilates Instructor with a very unique approach
11. We believe in moving with the current research based information as well as incorporating new trends into your programs



## What courses do we offer?

**Pilates Mat course** – This consists of 5 modules which incorporates theory and practical. Theory includes; Pilates principles, anatomy, postures, client specific training, client assessments, functional movement, muscular imbalances, movement assessment and chain reactions and more. The Practical Manual includes all Pilates mat exercises with a comprehensive breakdown of each exercise as well as repertoire on the ball, foam roller, magic circle and theraband.

### What makes our mat course different?

- The breakdown and explanation of each exercise
- The strong focus on anatomy education
- The HOW TO TEACH module
- The incorporation of new research
- The focus on how to adapt exercises for various different clients
- The ability of the facilitators to answer all your questions
- The strong focus on inspirational learning and people skills
- The strong focus on client specific training
- The facilitation method which is interactive, motivating, inspirational and helpful

### Comprehensive course – The most advanced in SA and

**Internationally:** This consists of 12 modules which incorporates theory and practical. Theory includes; Pilates principles, anatomy, postures, client specific training, client assessments, functional movement, muscular imbalances, movement assessment and chain

reactions, shoulder specific training, hip specific training, knees specific training, back specific training, special populations, pregnancy, studio management, teaching, business ideas and more. Practical includes all Pilates mat exercises as well as all the repertoire on the Wunda chair, Reformer, Cadillac, Ladder Barrel, Spine corrector ball, foam roller, magic circle and theraband with a comprehensive breakdown of each exercise.

**With both these courses you will receive a comprehensive theory and repertoire manual.**

### What makes our Comprehensive course different?

- The detailed breakdown and explanation of over 540 exercises
- The strong focus on joint specific education in training and anatomy
- The HOW TO TEACH module
- The incorporation of new research and principles of Kinetic Precision International
- The ability of the facilitators to answer all your questions in relation to movement rehabilitation and exercise design
- The strong focus on inspirational learning and people skills
- The strong focus on client specific training utilizing the Kinetic Precision International method
- The facilitation method which is interactive, motivating, inspirational and helpful
- The development of presenting classes that are interesting, exciting and professional
- Our exams have additional sections on body assessments & body basics to ensure that you are 100% ready to delve into your new career
- We support you in preparing for your exams via our student portal or support@pilatesunlimited.co.za

### Apprentice hours and exams

Each student has to complete apprentice hours that are allocated to each course. These hours include; practical exercise, practical teaching and observation. Please contact us for further information on how to accumulate these hours.

	Teaching hrs.	Exercise hrs.	Observation hrs.
Mat Course	40	30	40
Equip. Course	40	80	80

The Pilates Unlimited exams are divided in various categories. These categories are there to enable the candidate to excel in all aspects of becoming a Pilates instructor and includes; an online theory exam, practical teaching, client body assessment, movement assessment oral and practical demonstration. You need to obtain 70% or higher for each section in order to pass. If you are unsuccessful in any exam, then our support team will assist you in your weaker areas and enable you to prove successful at your next exam.



## Other courses



Pilates Unlimited has a profound amount of post educational courses. We have a strong passion for post education. It is through continuing education that we become the best we can be. Due to this we have a website that is dedicated to Post Education. All post education is done online in video format with comprehensive manuals that you get to print in the comfort of your own home.

### Our additional courses on offer are:

- Shoulder stabilization and Precision in rehabilitation
- Spinal isolation and restriction
- The why behind compensations
- Exercise and Pregnancy
- Brilliance in teaching
- Brush up on your anatomy
- Innovative repertoire small apparatus
- Innovative repertoire large apparatus
- Hip, Pelvic and spinal anatomy

For more information please log onto [www.of-courseonline.com](http://www.of-courseonline.com)



## Student Portal

Pilates Unlimited is the only company in South Africa that has a Pilates student portal which is dedicated to making our students journey easier. All essential information is placed on this portal. You will also be able to download all necessary forms as well as watch or read new information or research via videos or articles. This portal is secure and private for our students and is for you to utilize at your discretion. What can you expect to see on the portal?

- Educational videos on newest or most important topics
- Any supportive forms to complete your course
- Additional forms to assist you in your studies
- Guidance on what is expected of you during the course
- Online theory exams – results are immediate

Through utilization of this portal you are able to make your journey to becoming a remarkable instructor easier.

**It is very important that when studying to become an excellent Pilates instructor, you are guaranteed of support on this new journey. Support encourages performance.**

*Loved the course!!! I was amazed at how much I learned during this course, not only about Pilates but also about my own body. The course opened my eyes to the way the body moves and how to spot individual compensations and adapting the exercise to prevent those compensations. As a physiotherapist the ability to adapt an exercise to accommodate any injury and to isolate specific muscles is crucial in rehabilitation. I was really impressed by Tanya's impeccable anatomy knowledge and the way she incorporates it into her teaching. It is exactly this that I think puts her a step above the rest. Without a doubt I would recommend this course to anyone, especially physiotherapists.*

Chantal Berry (Physiotherapist)



*Having regrettably opted for a cheaper Pilates course, the adage "You get what you pay for" proved true. It lacked anatomical relevance and depth, quality and integrity. Hence, deciding to renew my qualification through Pilates Unlimited. Tanya is in a league of her own as instructor and teacher with a boundless knowledge and passion for the art of movement which raises the standard of her Pilates courses to a unique and exceptional level.*

*Her courses offer an abundant wealth of anatomical knowledge and understanding while providing a grounding to prepare you for any eventuality you will face as an instructor. All the Pilates Unlimited courses are of the highest standard with attention paid to the depth of knowledge and understanding of the method as well as to the quality of the instructors they are producing. I have since completed the Kinetic Precision course which truly exceeded all my expectations and anticipate continuing my education through Pilates Unlimited as new courses develop.*

Laura Ware, Pilates Instructor



## Accreditation

Pilates Unlimited has numerous courses that are registered with the South African Society of Physiotherapy (HPCSA) & REPSSA therefore the professionals attending our courses will obtain the allocated CEU's for each course.

## Course Fees

The courses are paid either upfront in full or via debit order over a specified number of months (an admin fee is charged additional per month if you opt for debit order). For comprehensive debit order options, please contact our office. 6

Course	Fees
Of-Course Online anatomy	R 650
Pilates Mat	R 9500
Pilates Equipment	R 17500
Pilates Comprehensive	R 21500

## Contact us

For more information or an opportunity to meet the Pilates Unlimited team, please contact us and let us steer you on a positive path to success, professionalism and the skill to help others achieve their wellbeing.

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Fax: 086 719 3781

E-mail: [course@pilatesunlimited.co.za](mailto:course@pilatesunlimited.co.za)

Website: [www.pilatesunlimited.co.za](http://www.pilatesunlimited.co.za)

***We look forward to meeting your needs while you embark on this fantastic journey.***