



Comprehensive Teacher Training Course (CTTC)

Mat Teacher Training Course (MTTC)

BASI® Philosophy

BASI® has always remained true to art, to science and most importantly to Joseph and Clara Pilates.

Since its inception in 1989, BASI® has been an educational vehicle devoted to creating a professional standard worthy of this method. We are committed to preparing teachers of the highest caliber who are able to perpetuate and preserve the gift of Pilates.

BASI® embodies integrity, high principles and belief in the power of oneself – words and notions that we take very seriously. If you are willing to travel the often rigorous, demanding and ultimately rewarding path – in other words, to go the distance – BASI® will provide the knowledge.

Rael Isacowitz is well known as a teacher of teachers. He has been practicing Pilates since 1978 and is recognized internationally as a leading expert in the method. He is a regular contributor to industry publications and a highly sought-after teacher and lecturer at Pilates forums around the world. Born in South Africa and educated in Israel and England, Rael has a Bachelor of Education degree and teaching credentials from Israel's prestigious Wingate Institute, and a Master of Arts degree in Dance from the University of Surrey, England.

His early Pilates teachers included Alan Herdman, and several of the first-generation Pilates teachers who are commonly known as the Elders. To Kathy Grant, Ron Fletcher, Romana Kryzanowska, Eve Gentry and Lolita San Miguel, Rael owes a debt of gratitude for the inspiration and friendship that have guided his career.

Rael is the author of *Pilates*, the definitive book on the method, and the authoritative *Pilates Anatomy* (with Karen Clippinger.) He has published a series of *Movement Analysis Workbooks* on all the major Pilates apparatus, produced DVDs and created *Pilates Interactive™*, a groundbreaking online Pilates resource. Perhaps the most profound advance in apparatus design since the days of Joseph Pilates, the *AVALON System*, which Rael designed, adds resistance to apparatus that didn't have it previously and expands the resistance and choreographic capabilities of those that did.

Rael has served on the Board of the Pilates method Alliance®, and has been a driving force in several initiatives over the past 20 years advocating educational standards in the Pilates community. With a rich background in dance, athletics, yoga and Pilates, Rael brings to his teaching unparalleled expertise combined with a passion for his work.

Through Rael's unstinting efforts, BASI® Pilates, as it is commonly known, has developed into one of the foremost Pilates education organizations in the world. It is currently represented in 20 countries and over 100 locations and has a select faculty of over 30 highly-qualified teachers.

BASI® Comprehensive Teacher Training Course (CTTC)

The CTTC provides a thorough, comprehensive education in Pilates that includes study on the full complement of Pilates apparatus. As the term comprehensive implies, this course is NOT splintered into individual apparatus and many levels, as some programs are; it is about the whole.

Upon completion of the course, you will be qualified to:

- Work according to the principles of Pilates and introduce these tenets to clients and students
- Assess posture and posture types, as well as detect postural deviations
- Solve problems and provide effective exercise solutions for many physical conditions
- Compile comprehensive and safe Pilates programs, tailored to individual needs
- Use the BASI® Block System to successfully administer individual and group sessions
- Analyze and understand the Pilates exercises, based on anatomical and biomechanical principles
- Demonstrate at a high level the vast repertoire of classic Pilates exercises, as well as a wide range of original BASI® exercises
- Use the full line of major Pilates apparatus
- Modify exercises according to the needs and goals of the individual
- Work with specific populations and be equipped to embark on BASI® Advanced Education courses

Course Details

The Comprehensive Teachers Training Course is taught by members of the BASI® Pilates faculty in Host studios around the world. Courses are ongoing in multiple locations throughout the year. The module portion of the course is generally held over a six month period and requires approximately 500 hours of study, practice, observation and apprentice teaching. All courses, no matter where they are held, are under the supervision of BASI® Pilates and conform to BASI® Pilates policies and procedures.



Course Contents & Requirements

Academic Study

Twelve modules, including lectures, exercise analysis and practice, and discussion.

- At the beginning of the course, CTTC students receive the current BASI® Study Guide and five movement analysis Work Books, covering Mat, Reformer, Auxiliary, Cadillac and Wunda Chair, a unique six volume text of detailed descriptions of the BASI® Pilates System (over 500 pages total)

Personal Study

Required after each module. Many host locations organize workshops (or informal study sessions) with the course instructor or assistant instructor to review and discuss material.

Practical Work

Practical Work consists of individual practice completed by the student. This can include, but is not limited to, private, semi-private and group sessions, as well as mat classes. This work should include practice on all apparatus and mat exercises included in the BASI® CTTC. Please check with the BASI® host or affiliate studio as many instructors offer discounted sessions to current BASI® students. In addition most host locations offer “open studio time,” during which students can practice on their own or in groups.

Observation

Up to 100 hours at the host location or a studio approved by BASI® Pilates Germany/Austria/Switzerland. These are the recommended number of hours; they may be adjusted based upon the past experience of the student.

Apprentice Teaching

Up to 200 hours at the host location or a studio approved by BASI® Pilates Germany/Austria/Switzerland. These are the recommended number of hours; they may be adjusted based upon the past experience of the student.

GRADUATION REQUIREMENTS

Your BASI® Pilates certificate will be issued when all BASI® requirements have been met. These include satisfactory attendance of all modules, passing scores on all required exams, submission and acceptance of your research paper and completion of all observation, practical and teacher training hours.

BASI® Mat Teacher Training Course (MTTC)

The MTTC provides a thorough education in the Mat Work and its infinite applications. In addition to being the foundation upon which all the Pilates work is based, it is also the perfect springboard to the CTTC.

It is affordable, easy to integrate into many different settings and introduces people to the foundation of Pilates. There is no part of the Pilates system that exemplifies the principles of the method, particularly flow, quite as well as the Mat work. Students study a very wide repertoire of Mat Work exercises and the integration of small apparatus into the Mat program.

Upon completion of the course, you will be qualified to:

- Work according to the principles of Pilates and introduce these tenets to clients and students
- Assess posture and posture types, as well as detect postural deviations
- Solve problems and provide effective exercise solutions to many physical conditions
- Compile comprehensive and safe Pilates Mat work programs tailored to individual and group needs
- Adapt a class to different settings and environments
- Integrate small apparatus into a Mat class to achieve optimum results
- Use the BASI® Block System to successfully administer Mat work classes
- Analyze and understand the Pilates exercises based on anatomical and biomechanical principles
- Demonstrate at a high level the vast repertoire of classic Pilates exercises as well as a wide range of original BASI® exercises
- Modify exercises according to the needs and goals of the individual
- Establish a sound foundation to embark on the CTTC

Course Details

The Mat Work Teachers Training Course is taught by members of the BASI® Pilates faculty in Host studios around the world. Courses are ongoing in multiple locations throughout the year. The course structure is modular, approximately 100 hours of study, practice, observation and apprentice teaching. A student can make up each of the 6 modules at any BASI® Pilates host location around the world. All courses, no matter where they are held, are under the supervision of BASI® Pilates and conform to BASI® Pilates policies and procedures.



Course Contents & Requirements

Academic Study

Six modules, including lectures, exercise analysis and practice, and discussion.

- At the beginning of the course, MTTC students receive the current BASI® Study Guide and a movement analysis Work Book covering the Pilates mat work and use of Auxiliary equipment.

Personal Study

Required after each module. Many host locations organize workshops (or informal study sessions) with the course instructor or assistant instructor to review and discuss material

Practical Work

Mat Work classes are essential and are offered at student rates at most Host locations. In addition most Host locations offer “open studio time,” during which students can practice on their own or in groups.

Observation

15 hours at the Host location or a studio approved by BASI® Pilates Germany/Austria Switzerland. (These are the recommended number of hours; they may be adjusted based upon the past experience of the student.

Apprentice Teaching

30 hours at the Host location or a studio approved by BASI® Pilates Germany/Austria/Switzerland. (These are the recommended number of hours; they may be adjusted based upon the past experience of the student.

GRADUATION REQUIREMENTS

Your BASI® Pilates certificate will be issued when all BASI® requirements have been met. These include satisfactory attendance of all modules, passing scores on all required exams, submission and completion of all observation, practical and teacher training hours.

Information and Application:

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