



## Frequently Asked Questions

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### What if I don't live in Houston?

Many of our students come from out of town and we have Winter, Spring and Summer start schedule. We schedule the intensive weekends to give you time to work and study with online and video help as well. You will also have access to live stream any Teacher Training that is happening during your course to review. You are responsible to find a studio or ,or have access to equipment where you may continue to work on your internship hours while you're back home.

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### Where do I stay while in Houston?

We have a list of hotel or Air b&b's that you may stay at. We are also happy to connect you to fellow students coming into town who may want to share accommodations.

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### What is the schedule while in Houston?

The teacher training is Fridays 10-2pm, Saturdays 12-4 and Sunday 9-1pm

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### I am already a Pilates teacher. Can I just take the Teacher Training?

We have had many graduates who were Pilates teachers for many, many years before they took our Teacher Training. They came because they felt holes in their training, it felt incomplete to them and they felt frustrated and stuck in their teaching. We also have our Mentorship/Bridging Program which is individualized for those already teaching. Some choose that route to get more into the specifics of what they feel is missing for them. Either Program we want you to transform and really absorb all that you need for your teaching and personal practice. You will see growth and change and you will teach in a new and exciting way for you and your client. It is for either program a year long commitment that shows you are serious about the growth and change for you. you're serious about change and you WILL transform and Embody the work. There are no shortcuts. Current teachers still have to complete the entire internship. The only difference is that your current teaching hours may be counted as Practice Teaching hours.

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## Why is it so expensive?

Our Program gives you a career. Many Teacher Training programs may offer a series of less expensive courses over a series of weekends or different levels and modules you have to go through over time. That can get very expensive, and frankly confusing, as to what you'll need to pay and take in order to become comprehensively trained. Even the words "comprehensively trained" might not mean anything, but that involves learning the entire Pilates Method, all mat and apparatus, all levels. Looking at the larger Teacher-Training Programs, comprehensive training costs anywhere from \$5000-\$10 000 + and yet still may not cover all levels. Our program is limited to 10-12 students to ensure loads of personal attention. No one should fall through the cracks. Plus, it is our goal to exceed expectations with high value instruction, excellent materials, extra workshops and meets as a group, and an awesome studio to train in. Many of our grads have started their own business or were hired even before they had finished their program!