



## **Pilates DNA Teacher Certification Program Module Pricing**

### **Module 1:**

- 15 Workshop Hours
- 2 Review Sessions, 2 hours each
- 4 Private Lessons
- Anatomy and Movement Workshop, 2.5 hours
- 50 Practice Teaching Hours
- 25 Observation Hours
- 50 Self Practice Hours
- 2 Trainee Teaching Evaluations
- 3 Practical Teaching Tests

Price: \$1890

### **Module 2:**

- 15 Workshop Hours
- 2 Review Sessions, 2 hours each
- Teaching Skills Workshop, 2.5 hours
- 50 Practice Teaching Hours
- 25 Observation Hours
- 50 Self Practice Hours
- 2 Trainee Teaching Evaluations
- 3 Practical Teaching Tests

Price: \$1570

### **Module 3:**

- 15 Workshop Hours
- 2 Review Sessions, 2 hours each
- Pushes, Pulls, & Spotting Workshop, 2.5 hours
- 50 Practice Teaching Hours
- 25 Observation Hours
- 50 Self Practice Hours
- 2 Trainee Teaching Evaluations
- 3 Practical Teaching Tests

Price: \$1595

### **Module 4:**

- 15 Workshop Hours
- 2 Review Sessions, 2 hours each
- 50 Practice Teaching Hours
- 25 Observation Hours
- 50 Self Practice Hours
- 2 Trainee Teaching Evaluations
- 3 Practical Teaching Tests

Price: \$1445

Additional cost for insurance, written or online resources, and required private lessons (available to trainees/apprentices at a discount) not included. See the guidebook for detailed information.