



## Teacher Training Application

1. Describe your Pilates experience, include teacher, studios, apparatus and any other info that would present a complete picture of your experience with the method.

2. What do you hope to accomplish by becoming a Pilates teacher?

3. Describe any physical limitations that you have that would affect your participation.

4. How will you complete the program which requires an average of 18 hours per week?

5. Describe any special abilities or experiences that would make you an outstanding candidate for this program?