



Balanced Body

Mat 2

Balanced Body Education



Learning Objectives

<p>Knowledge of Exercises/Theory</p>	<p>Memorize the correct setup, movement sequence, and execution for the Mat 2 Exercises.</p>	<p>Gain a basic understanding of anatomical alignment and body placement when practicing and observing Mat 2 Exercises.</p>	<p>Teach 2 - 3 Pre-Pilates Pre-Pilates Exercises that lead into a Mat 2 Exercise.</p>
<p>Personal Practice</p>	<p>Increase awareness of your body's strengths and areas for improvement through the Mat 2 Pilates Exercises.</p>	<p>Develop a consistent personal Pilates practice and be able to independently guide yourself through a intermediate/advanced workout, performing the exercises to the best of your personal ability and utilizing modifications as needed.</p>	<p>Embody the Mat 2 Exercises and their related Pre-Pilates Pre-Pilates Sequences and identify where to focus personal practice.</p>
<p>Cuing, Coaching and Teaching</p>	<p>Confidently teach and cue the exercise name, equipment setup, and movement sequence for all Mat 2 exercises before progressing to the next level.</p>	<p>Explore adding layers to teaching the basic choreography that engage a deeper understanding of alignment, breath, or flow.</p> <p>Focus on delivering cues that are tailored to individual needs, using fewer words for greater impact.</p>	<p>Cue modifications for clients with Low Back Pain for the Mat 1 and Mat 2 Exercises.</p>
<p>Programming, Safety, and Special Populations</p>	<p>Cue another individual to the best of THEIR ability and movement tolerance.</p>	<p>Understand exercise contraindications and modifications for inversion exercises and progressions into the advanced repertoire.</p>	<p>Learn how to verbalize informed consent when teaching individuals or groups. "Is it okay to touch?"</p>



Mat 2 Student Responsibilities

Student Responsibilities
Attend and Complete 16-Hour Mat 2 Course
Respectfully Engage in the course by actively participating and collaborating with fellow attendees.
Understand and Practice exercise setup, starting body position, movement sequence, safety protocols, as well as exercise progressions and regressions.
CLARA: Watch Movement Principles Video: Part 4 - Upper Body Training. Take Quiz
CLARA: Complete the module quiz, read low back lecture and answer questions.

Recommended Practice and Teaching Expectations prior to Mat 3 or Reformer 3		
Minimum of 7-hours of personal practice	Minimum of 5-hours of observation hours	Minimum of 12-hours of teaching hours
<ul style="list-style-type: none"> • <i><u>Personal Practice</u> consists of you practicing on your own or in group class or private training session.</i> • <i>Up to 50% of your <u>observation hours</u> may be taken on-line, with a preference of a Balanced Body Teacher.</i> • <i><u>Teaching Hours</u> may be through teaching friends or family or may be a paid position through a studio or gym.</i> 		
<p>Lesson Planning – work on developing intermediate-advanced level mat classes that include building blocks for regressions and progressions. Aim to incorporate suggestions for modifications for clients with low back pain.</p>		

**Getting in the habit of keeping up with your required hours will go a long way to accelerating your learning process, enhancing your in-class experience, and developing your confidence to teach.*

**Practice is ESSENTIAL to your success. You chose this work because of its impact on you, as you learn to teach, do not forget to cherish your personal practice.*



Mat 2 Educator and BB Responsibilities

Educator Responsibilities

Complete all course material as outlined in the **Hour by Hour** within the time frame of the course.

Provide students with learning and integration opportunities including breakouts and **teach backs** throughout the course.

Lead the class through a verbal and practical **experience** of basic anatomy and biomechanics.

Teach movement sequences, **safety protocols**, setup, progressions and regressions, precautions, and contraindications for all exercises.

Assess and provide **feedback** on student participation, teaching, exercise application, movement skills, and practice as it relates to breakouts and teach-backs.

Balanced Body Education Responsibilities

Provide you with timely and respectful service.

Answer questions and provide opportunities and suggestions for future growth.

Update and supply you with exceptional resources that are designed to amplify your learning process.

Adhere to our values of respect, accessibility, empowerment, courage and connection as we offer our education products, train Educators and support your personal Pilates journey.

Provide you with ongoing professional development opportunities





Progressing to the Advanced Repertoire

Integration of foundational movements into skill progression.

Coordination and Control in multiple planes of motion.

Consistency in Practice for Advancing Strength, Endurance, and Flexibility

Continued Embodiment of the Pilates Pre-Pilates



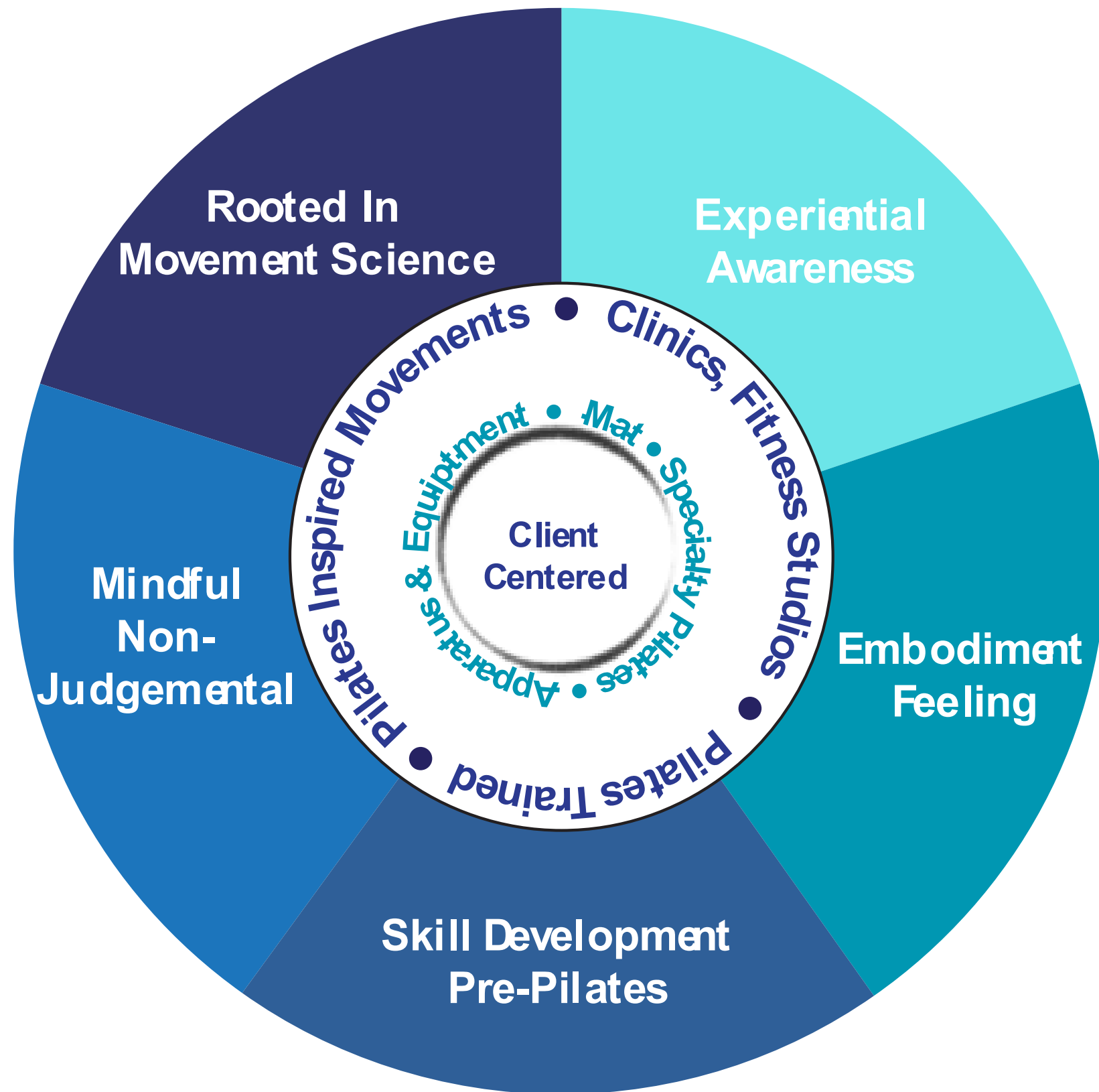
Pilates: The Art and Science of Contrology

Physical fitness is the first requisite of happiness. Our interpretation of physical fitness is the attainment and maintenance of a uniformly developed body with a sound mind fully capable of naturally, easily and satisfactorily performing our many and varied daily tasks with spontaneous zest and pleasure.

- Joseph H. Pilates



A Pilates Paradigm from the Inside Out



Pilates is a **Client Centered** Approach

Led by certified, **Qualified Instructors**

Can be taught on the **Mat** or **Specialty Equipment**

Can be taught in **Clinics, Fitness Facilities, or Studios**

Inspired by Contrology

Encourages **Embodiment** and **Awareness**

Allows for **Personal Experience** and **Physical Adaptations**

Whole Body method which teaches **Healthy, Mindful** movement patterns.

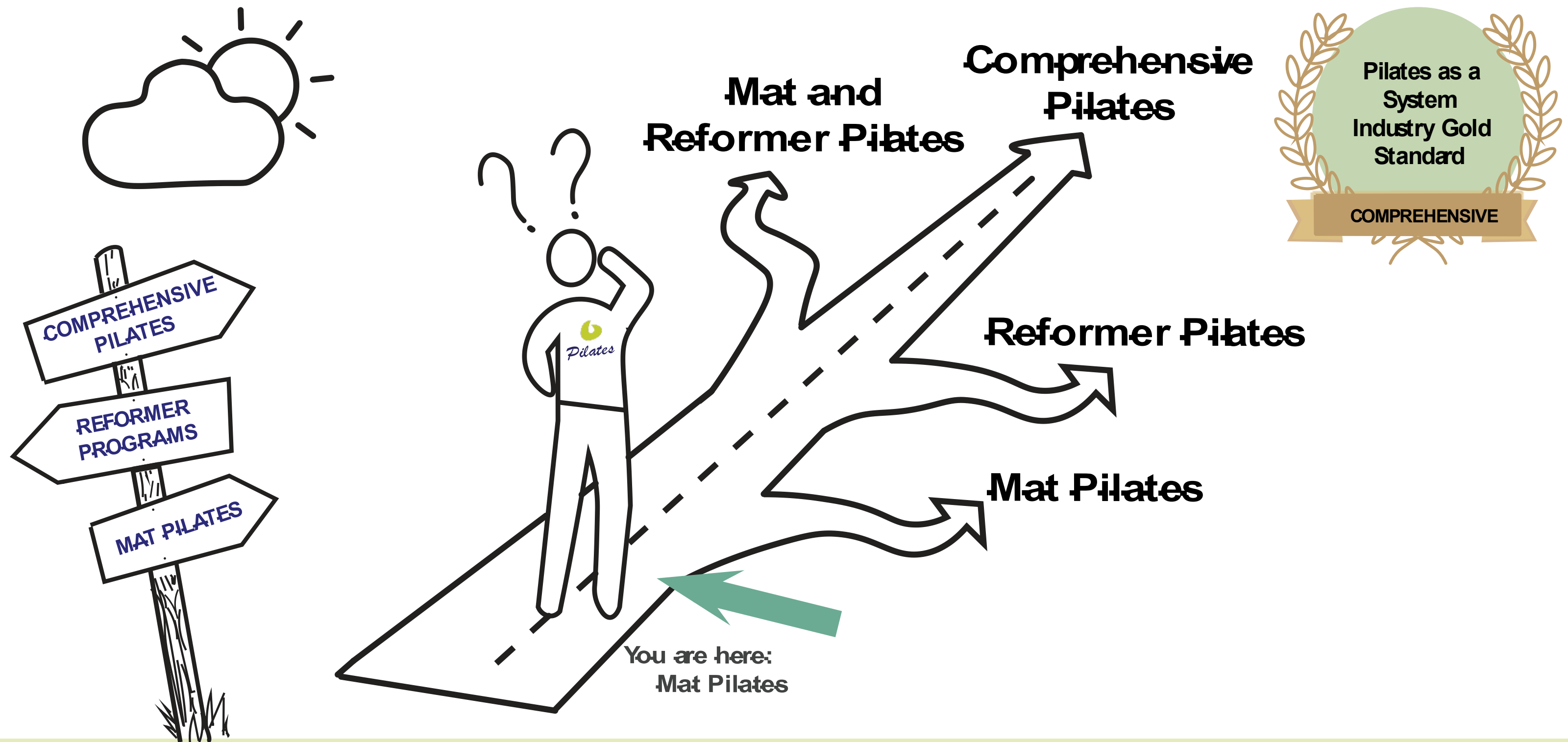


Balanced Body Pilates

Teacher Training Program



Balanced Body Instructor Path



Balanced Body Pilates Instructor Training Program Organization

Pilates Course Work			
<p>Movement Principles and the Pilates Essentials</p> <p>*includes video and in class practical</p> <p>Movement Principles is intended to be your first course. Only an educator can give you permission to begin with either Mat 1 or Reformer 1 before Movement Principles.</p>	<p>Mat Courses</p> <p><u>Mat 1</u> - Foundations <u>Mat 2</u> - Advanced Mat <u>Mat 3</u> - Props</p> <p>Mat 1 and Reformer 1 are your beginning Pilates movement courses. Each module builds on the next module and must be taken in numerical order.</p>	<p>Reformer Courses</p> <p><u>Reformer 1</u> – Introduction to Reformer <u>Reformer 2</u> – Deepening Reformer Skills <u>Reformer 3</u> – Advanced Reformer</p>	<p>Apparatus Courses</p> <p><u>App 1</u> – Introduction to Trapeze Table, Chair and Barrels <u>App 2</u> – Deepening Trap, Chair Barrels Knowledge <u>App 3</u> – Advanced Trap, Chair and Barrels</p> <p>Or individual apparatus modules</p> <p><u>Trapeze Table</u>, <u>Chair</u> <u>Barrels</u></p> <p>To begin your Apparatus training you must complete Mat 1 and Reformer 1.</p>
<p>Anatomy Requirement: Either BB Anatomy or approved equivalent Anatomy in Three Dimensions™ is our preferred method of satisfying the anatomy requirement</p>			



Comprehensive Training

Completion of all Course Work

Movement Principles, Mat 1, 2 and 3, Reformer 1, 2 and 3, and Apparatus Anatomy (at least 12 hours - BB or comparable)

Practice hours

Personal Sessions: 20 Mat, 30 Reformer, 45 Apparatus

Observation: 15 Mat, 30 Reformer, 20 Apparatus

Teaching Hours: 35 Mat, 90 Reformer, 85 Apparatus

Total Hours: 520

Certified after successful completion of final exam – Written and Practical as

Balanced Body Comprehensive Pilates Instructor*

*Successful completion of the Balanced Body Comprehensive Training allows you can sit for the National Pilates Certification Program (NCPC) exam to become a National Pilates Certified Teacher (NCPT). This is a preferred professional standard.



Mat and Reformer Training

Completion of all Mat and Reformer Course Work

Movement Principles, Mat 1, 2 and 3, Reformer 1, 2 and 3
Anatomy (at least 12 hours - BB or comparable)

Practice hours

Personal Sessions: 20 Mat, 30 Reformer

Observation: 15 Mat, 30 Reformer

Teaching Hours: 35 Mat, 90 Reformer

Total Hours: 332

Certified after successful completion of final exam – Written and Practical as

Balanced Body Mat and Reformer Pilates Instructor



Reformer Training

Completion of all Reformer Course Work

Movement Principles, Reformer 1, 2 and 3
Anatomy (at least 12 hours - BB or comparable)

Practice hours

Personal Sessions: 30 Reformer

Observation: 30 Reformer

Teaching Hours: 90 Reformer

Total Hours: 214

Certified after successful completion of final exam – Written and Practical as

Balanced Body Reformer Pilates Instructor



Mat Training

Completion of all Mat Course Work

Movement Principles, Mat 1, 2 and 3
Anatomy (at least 12 hours - BB or comparable) is highly recommended

Practice hours

Personal Sessions: 20 Mat

Observation: 15 Mat

Teaching Hours: 35 Mat

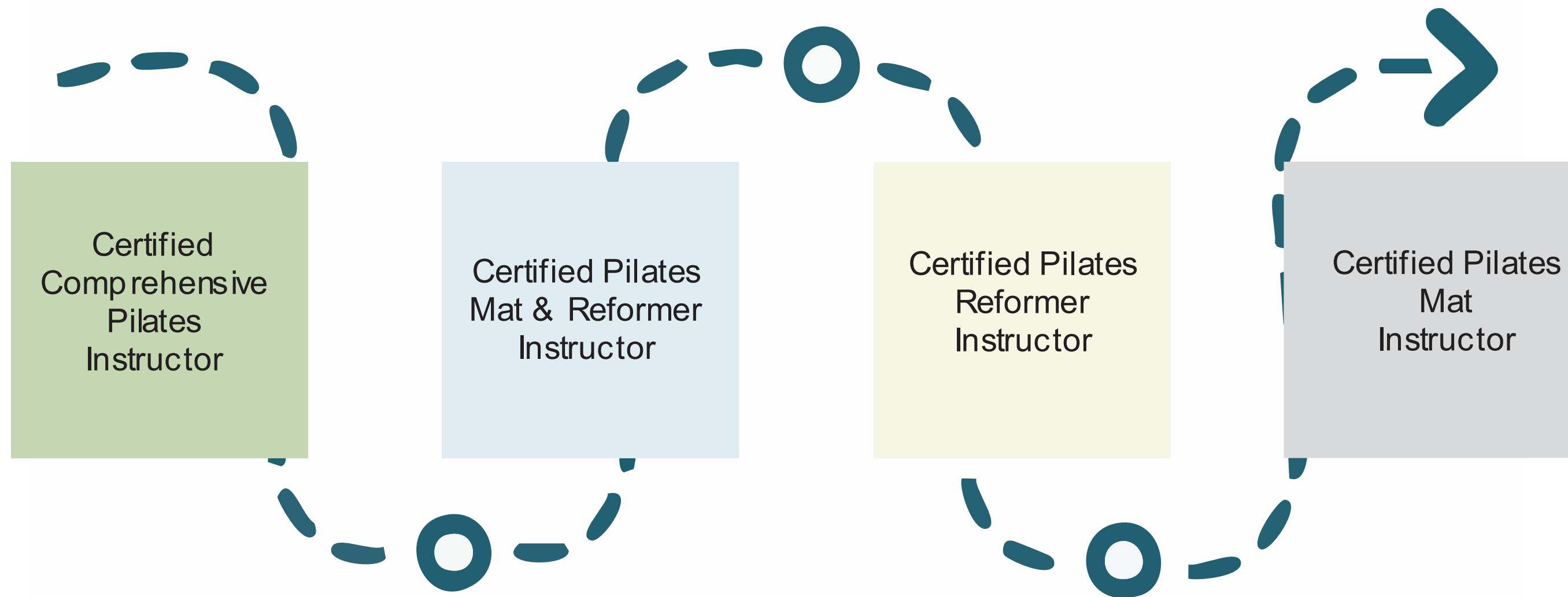
Total Hours: 134

Certified after successful completion of final exam – Written and Practical as

Balanced Body Mat Pilates Instructor



Balanced Body Pilates Instructor Pathways





Clara Pilates
The quiet strength behind
the method

CLARA

Your New Student Resource





Groups



Ai3D Educators



Educator Training Su...



MOTR Educators



Pilates Educators

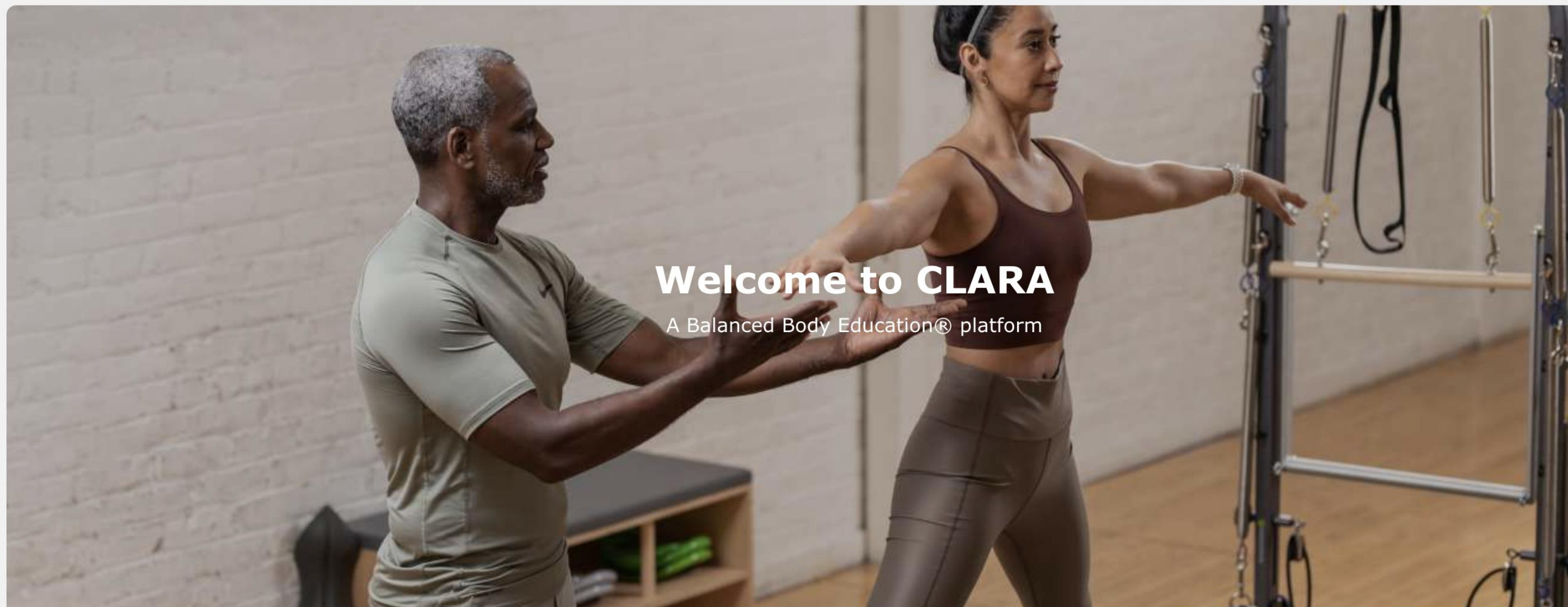


CoreAlign Educators

Courses



Pilates Reformer 1



This platform is named after Clara Pilates. Her profound contributions to the lasting legacy of Joseph H. Pilates' method of Contrology is respected and understood as the cornerstone for what has grown into the thriving world-wide exercise medium collectively known as Pilates.

C-L-A-R-A is designed to nurture your professional education needs and to support your teaching aspirations. Like Clara herself, this platform is a resource, a nod to our history, and step toward our future. CLARA is a living, breathing and ever evolving community resource. To best utilize its possibilities check back regularly as we will continually add new content.



Balanced Body Pilates Principles

The Pilates Principles are present in all the Pilates exercises.

Movement guiding ideals.

Breathing

Concentration

Control

Centering

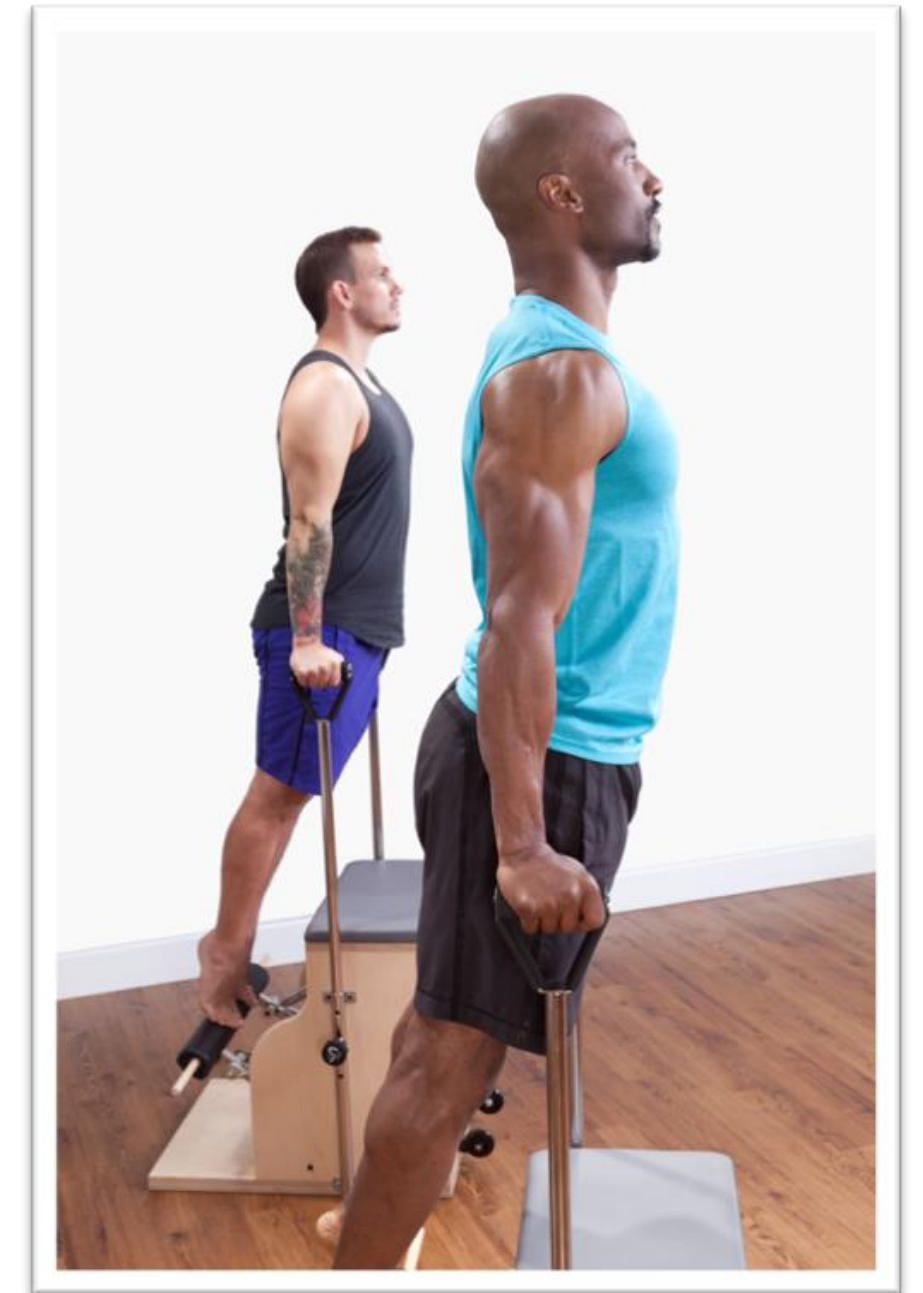
Precision

Balanced Muscle Development

Rhythm/Flow

Whole Body Movement

Relaxation



Balanced Body Mat 2

Exercise Group 1

Spine Twist

Neck Pull

Teaser

Hip Circles

Roll Over to Jackknife

Boomerang



Spine Twist

Pre-Pilates Essentials	Related Mat Exercises
Axial Elongation/ Neutral seated	Roll Up
Spinal Mobility in Rotation/Wheels in Rotation	Spine Stretch Forward/Side
Telescope Arms/Pinwheel	Saw
Leg Slide	Single Leg Circles
Rib Cage Arms	Others?
Scapular Control	

Pelvic placement

Stability vs follow through

Spinal rotation

Seated neutral and alignment

Axial Elongation



Neck Pull

Pre-Pilates Essentials

Femur Folds/Leg Slide

Wheel Integration

Leg Slides/Leg Rotations

Rib Cage Arms/
Arm Rotations

Cat

Bridge Progressions

Related Mat Exercises

Roll Up

Spine Stretch
Forward/Saw

Series of Five

Rolling Like a Ball

Open Leg Rocker

Teaser



Teaser Prep and Teaser

Pre-Pilates Essentials

Axial Elongation

Spinal mobility/Wheel
Integration

Femur Folds &
Imprinted Leg Slides

Sequential Roll Downs

Ab Curl

Ribcage Arms

Related Mat Exercises

Roll Up

Spine Stretch Forward

Series of Five

Rolling Like a Ball

Open Leg Rocker

Saw

Legs in Tabletop

From Supine with
legs extended
Traditional Version



- Teaser Prep
- Teaser 1
- Teaser 2
- Teaser 3



Hip Circles

Pre-Pilates Essentials

Axial Elongation

Lumbopelvic control and
Wheel Integration

Femur Folds & Imprinted Leg
Slides

Leg Rotations

Arm Internal and External
Rotations

Back Plank Preps

Related Mat Exercises

Roll Up

Spine Stretch Forward/Saw

Series of Five

Rolling Like a Ball

Open Leg Rocker

Teaser



Inversion
Series 1

Roll Over and Jackknife

Core-Pilates Essentials

Related Mat Exercises

Femur Folds

Wheel
Integration/Spinal
Flexion

Leg Slides/Leg Rotations

Rib Cage Arms/
Arm Rotations

Cat

Bridge Progressions

Roll Up

Spine Stretch
Forward/Saw

The Hundred/Series of
Five

Rolling Like a Ball/
Open Leg Rocker

Open Leg Rocker

Teaser



Boomerang

Pre-Pilates Essentials

Femur Folds

Wheel Integration

Leg Slides/Leg Rotations

Rib Cage Arms/
Arm Rotations

Cat

Bridge Progressions

Relevant Mat Exercises

Roll Up/Roll
Over/Jackknife

Spine Stretch
Forward/Saw

The Hundred/Series of
Five

Rolling Like a Ball/
Open Leg Rocker

Open Leg Rocker

Teaser

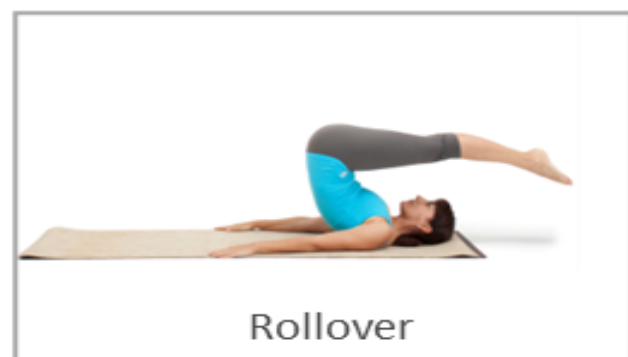
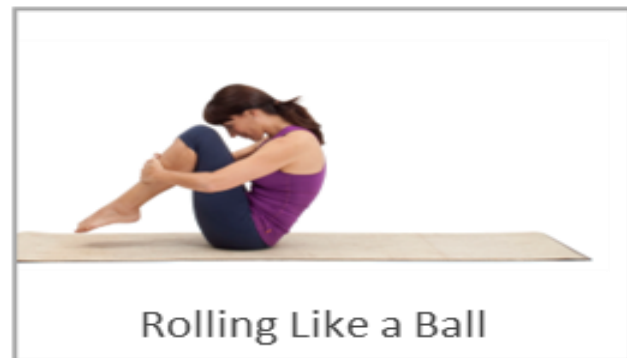
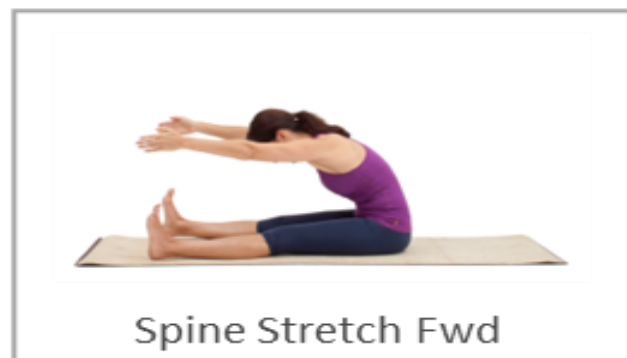
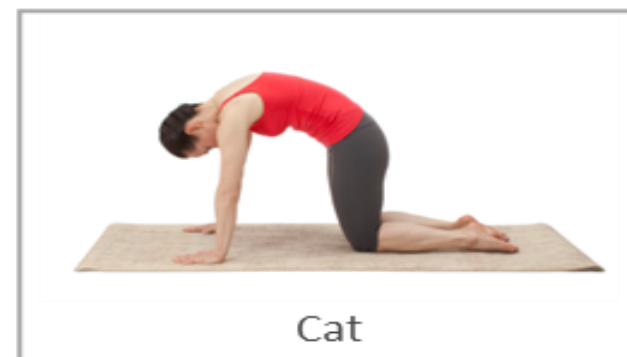
Safety?
Contraindications?
Communication?



Mat 2

Boomerang Progression

Principles: Lumbopelvic Stability – Spinal Mobility – Ab Strength - Inversions



Balanced Body Mat 2

Extension Series

Exercise Group 2

Swan Dive

Swan Rocking

Rocking



Skill Building:
The Wheels
integrating
Spinal
Extension

Pre-Pilates Skill Building

Extension of the Spine

Head Float Prone



Head Wheel Prone/Capital Extension



Prone Pelvic Clock



Rockets



Mini Swan



Swan



Advanced Swan Progressions

Pre-Pilates Essentials	Relative Mat Exercises
Prone Pelvic Clock Wheel integration	Swan
Finger-Tip Abdominals/All Fours Abdominals	Single Leg Kick/ Double Leg Kick
Rockets and Mini Swan	Swimming
Arm Rotations/ Rib Cage Arms	Advanced Inversions
Cat/Cow	
Opposite Arm/Leg Reach	

Swan Dive



Swan Rocking



Rocking



Balanced Body Mat 2

Plank Series

Exercise Group 3

Leg Pull Down

Leg Pull Up

Kneeling Side Kicks

Side Bend Mermaid



Pre-Pilates Skill Building

Progressive Upper Body Weight Bearing

Plank Prep



- In a tall kneeling position reach your arms forward.
- Externally rotate the humerus
- While keeping the humerus externally rotated, pronate the forearm
- From this position come down into all fours

Upper Body Set Up



- With wide set fingers, place more weight to the pinky side of the hand in an effort to create a small arch under the palm of the hand
- Maintain alignment through the three centers of weight - the head, the thoracic, and the pelvis

Wall or Incline Push Up



- Place your hands on a wall or any stable surface that is higher than the floor.
- The lower the surface, the more challenging the push up will become



Plank Progressions

Forearm



Full Plank



Plank with
Single Leg Lift



Plank with Opp
Arm/Leg Lift



Focus on maintaining stability of the shoulders and alignment of the torso. Progress only as far as the client can maintain good form.



Back Plank Progressions

Back Plank Prep



Shoulder Shrugs



Hip Lift



Modified Back Plank Marching



Full Back Plank



Back Plank Leg Lift



Leg Pull Down and Leg Pull Up

Pre-Pilates Essentials	Related Mat Exercises
Axial Elongation	Single Leg Kick
Rib Cage Arms/ Arm Rotations	Double Leg Kick
Sternum Drops/ All Fours Abdominals	Swimming
Opposite Arm/Leg Reach Progressions	Push Up
Plank Preps	

Leg Pull Down



Leg Pull Up



Side Plank Progressions

Forearm Side Plank



Side Plank
Feet Staggered



Side Plank
Feet Stacked



Side Plank -
Leg Lift



Focus on maintaining stability of the shoulders and alignment of the torso. Progress only as far as the client can maintain good form.



Kneeling Side Kicks

Pre-Pilates Essentials

Axial Elongation

Finger-Tip
Abdominals/All Fours
Abdominals

Rib and Pelvic Clocks

Side Lying Femur Folds
and Rotations

Leg Rotations

Side Plank Preps

Related Mat Exercises

Single Leg Circles

Side Lying Series

Side Stretch



Kneeling Side Kick and
Side Bend Mermaid



Cueing and Coaching: Your First 10 Classes

Establishing a Solid Foundation

Created by
RaeLea Saxton and Lauren Brandt





Designing and Teaching Group Classes



Balanced Body Education®

Your First 10 Classes
and Beyond

Prepping for your first Class

Write out a lesson plan

- Stick to the basics
- Create a class of established Pilates repertoire with precision and consistency, rather than reinventing it

Take yourself through this lesson plan so you can better understand the material and sequence

Practice your lesson plan out loud and notice:

- Was it too long?
 - What word or phrase did you repeat time and time again?
 - How was your pacing and timing?



Building Confidence in your Cueing

Start with your Essential Cues

Exercise Name	Equipment Set Up	Starting Position	Movement Sequence	Reps (to budget energy)
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Always include - General Safety recommendations and Contraindications



Use Consistent Terminology

Name the Exercises

Calling out the names of the exercises during classes helps students to remember and associate the movements with their specific purposes

Establish Key Terms

Spending time in your first 10 classes introducing key terms such as, *pelvic clock, femur folds, etc.* helps create a shared language that will streamline communication in future classes



Layer in your Cues

Keep it Simple/Start with the Basics and Get them Moving

- Use the least amount of words possible when guiding your students. They don't need to master everything perfectly before they begin. Movement itself is a teacher.

Find a Moment to Pause and Observe

- Once you get people moving take time to see how your cues are landing

Layer in 1 or 2 fun or relevant cues

- Use more detailed cues sparingly.
- Giving too much information too soon can overwhelm students and hinder their progress.

Repetition is Key

- Repeat the same directional cue multiple times until everyone is on the same page. Students need time to hear, process, and implement what you're saying.





Embrace your Role as a New Teacher

Avoid Expert Pressure

- It's okay not to have all the answers as a new instructor.
- Embrace your learning process and give yourself the time and space to grow, just as your students are doing.

Focus on Progress - Not Perfection

- Your goal isn't to make your students perform each movement perfectly right away.
- Layer progress after safety
- Through consistent cueing and practice, they will gradually improve and deepen their understanding



Additional Tips

Encourage Questions

Foster an environment where students feel safe to ask questions

Provide Positive Feedback

Celebrate small wins – be sure to acknowledge even minor improvements

Stay Adaptable

Be prepared to shift your plans based on the energy and engagement of the class



Teaching your 10th Class and Beyond

Building Confidence and Refining your Approach
(Becoming a Teacher Lecture)



Building on the Basics: Adding Depth and Refinement

Add layers to the basic choreography that engage a deeper understanding of alignment, breath, or flow

- Continue to trust the Pilates system, while incorporating small refinements to challenge your students.

Refine your timing around the flow and pacing of the exercises

- As you are now becoming more efficient with cuing the basic set up, you can now take your focus to improving the rhythm and flow of your cueing and teaching style



Continue to Refine your Cueing Skills

Maintain a minimalist cueing approach

- Focus on delivering concise, precise cues that are tailored to individual needs, using fewer words for greater impact

Expand upon your fun and relevant cues

- As you and your students become more familiar with the basics begin to offer 1-3 fun or relevant cues that relate to exercise performance

Balance group guidance with individual attention

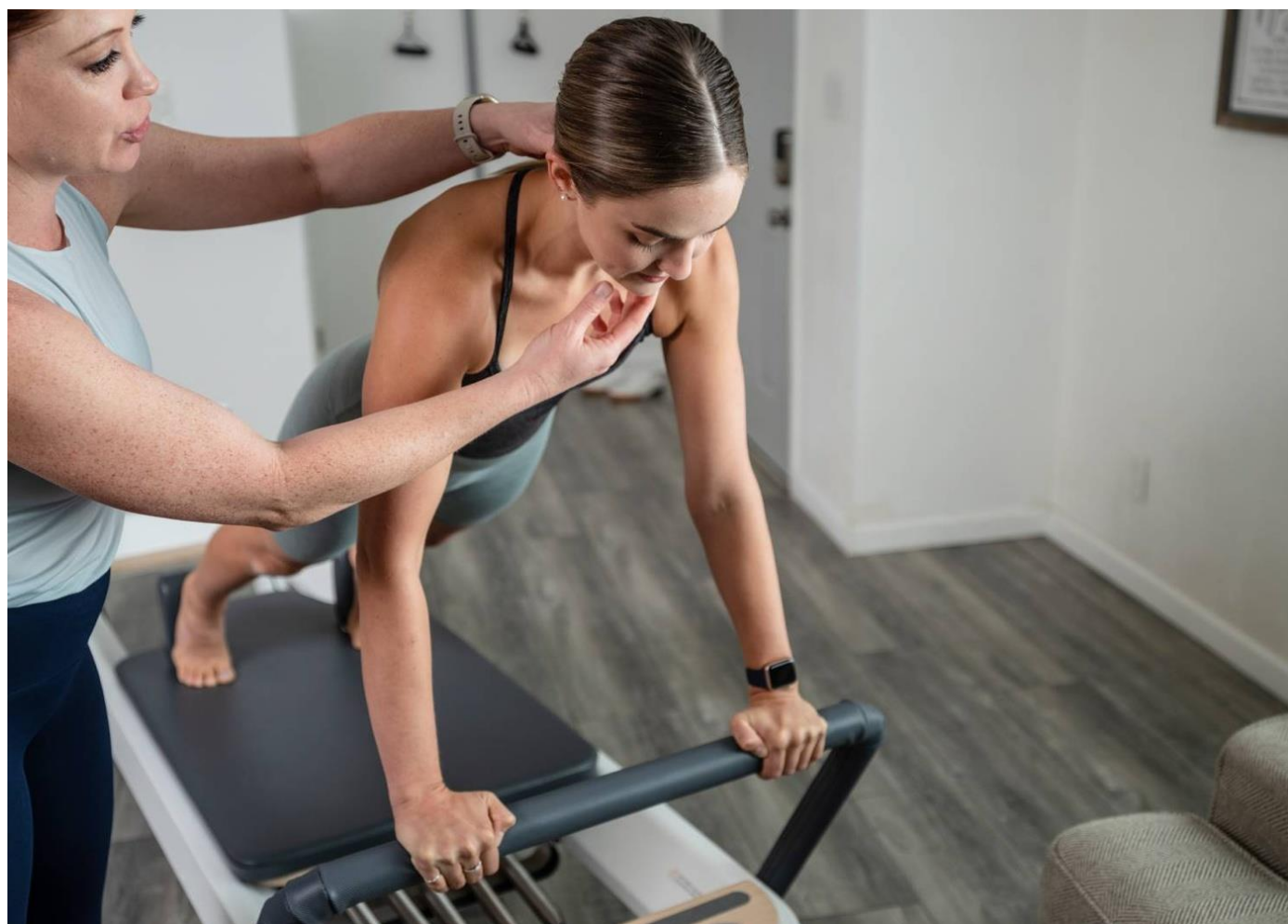
- Start to shift your focus back and forth between the group and individual participants
- Offer personalized, quiet cues as you move around the room

Encourage Exploration

- As students gain confidence you can encourage more exploratory cues
- Create curiosity without overwhelming your class with information



Sharpen your "teaching eye"



Identify Patterns

- By your 10th class you should start noticing common patterns – both good and bad
- Compile some mental notes of what needs on going attention

Offer Corrections Sparingly

- Now that you are more comfortable with observing, focus on giving timely, impactful cues

Refine your "Breather" Moments

- Utilize your class 'observation' moments to assess how the group is doing and offer moments for the students to take responsibility for their own movements



Embrace Your Confidence, While Remaining Grounded

Grow into your Role

- Continue to trust in your progress while allowing yourself to be a learner too. You're growing with each class, just like your students.

Guide, but don't Overteach

- Resist the urge to overcorrect or over-cue. Trust that your students will absorb what they need with time and repetition.

Manage your Attention to Details

- It's easy to want everything to go perfectly, but remember growth is a process.



Additional Insights for Ongoing Success

Do More with Less

Review past lesson plans and explore opportunities for expansion

Push the boundaries of your original concepts for deeper exploration

Continue to Expand Exercise Progressions

As you introduce new exercises or more complex movements, link them back to the foundational concepts

Reinforce learning with a sense of continuity in the practice

Stay Adaptable

Continue to read the energy of your class and adapt as needed. If they're fatigued, lighten the load; if they're energized, challenge them with a more dynamic class.

The key is to meet them where they are.



Balanced Body Mat 2

Inversion Series 2

Exercise Group 4

Modified Corkscrew

Corkscrew

Scissors

Bicycle

Shoulder Bridge



Modified Corkscrew/Corkscrew

Pre-Pilates Essentials	Related Mat Exercises
Femur Folds	Roll Up
Wheel Integration/Spinal Flexion	Spine Stretch Forward/Saw
Leg Slides/Leg Rotations	Series of Five
Rib Cage Arms/Arm Rotations	Rolling Like a Ball
Cat	Open Leg Rocker
Bridge Progressions	Teaser

Inversion Series



Advanced Inversions

Pre-Pilates Essentials

Related Mat Exercises

Femur Folds

Roll Up/Roll Over

Wheel Integration

Spine Stretch
Forward/Saw

Leg Slides/Leg Rotations

The Hundred/Series of
Five

Rib Cage Arms/
Arm Rotations

Rolling Like a Ball/
Open Leg Rocker

Cat

Open Leg Rocker

Bridge Progressions

Teaser

Safety?
Contraindications?
Communication?

Scissors



Bicycle



Shoulder Bridge



Balanced Body Mat 2

Dynamic Side Plank

Exercise Group 5

Side Bend Twist

Side Bend Mermaid

Seated Twist



Dynamic Side Plank

Pre-Pilates Essentials

Cat

Rib Cage Arms/
Arm Rotations

All Fours
Abdominals/Opposite
Arm and Leg Reach

Plank Preps

Integration of the
wheels in all planes

Side Plank Preps

Related Mat Exercises

Side Lying Series

Kneeling Side Kick

Teaser

Saw

Push Ups

Seated Twist

Side Bend Twist

Side Bend Mermaid



Mat 2

Trunk Integration & Upper Body Strength Sequence



Thank you for attending
Balanced Body Mat 2



Balanced Body Mat 2