



Teacher Training Bridge Program Application

The Body Harmonics Pilates Bridge program is available to Pilates teachers who want to transfer their teaching credentials from another training institution. The program is also a great fit for Pilates teachers who started their training elsewhere and want to complete it at Body Harmonics.

Please complete the following:

Name (first and last) _____

Address _____ **Province/State** _____

Country _____ **Postal Code** _____

Phone _____ **Email** _____

I am applying for:

- Pilates Level 1: Mat
- Pilates Level 2: Reformer
- Pilates Level 3: Cadillac, Chair, Springboard and Barrels

PMA certified:

- Yes PMA# _____
- No

Previous Pilates training

Please send documentation for all programs taken. Use the following table to assign the program name and related information.

	Program name	Tested out (Yes/No)	Classroom hours	Practical hours
Mat				
Reformer				
Cadillac				
Chair				
Springboard				
Barrels				

Additional related training and credentials

Please list all related training and credentials. Include documentation, program/workshop name, date of training, material covered, classroom hours, practical hours and whether you successfully completed evaluation requirements if any.

Teaching experience

Please list and describe your teaching experience. Include number of hours per week/month/year or cumulative total, what you teach (private, class), type of clientele and any other relevant information.

Pricing and payment

Application fee of \$185.00 CAD + tax is required upon submission of a Bridge request. Your card will not be charged if your application is not accepted.

Visa MasterCard

Card number: _____ Expiry date: _____ Security code: _____

Signature: _____

By signing this form I authorize Body Harmonics to charge my credit card \$185.00 CAD + tax once my application has been accepted.

Completing your application

To successfully submit your Bridge request, please include the following:

- Completed application with signed payment authorization
- Copies of relevant diplomas/certificates
- PMA certification documentation (if applicable)

Application submission options

- **Email:** teachertraining@bodyharmonics.com
- **Mail:** Body Harmonics - Attn: Teacher Training Coordinator
672 Dupont Street, Suite 406, Toronto, ON, M6G 1Z6
- **In person:** 672 Dupont Street, Suite 406, Toronto, ON, M6G 1Z6

Please allow two business weeks for your application to be reviewed. You will be notified by email about the status of your application.

What do I have to do to bridge to Body Harmonics?

Based on your experience and professional goals, Body Harmonics creates a customized program to help you fill any gaps. Depending on your level of training, Body Harmonics may require you to complete, in full or in part, aspects of our Pilates Comprehensive Track:

- Pilates Level 1: Mat
- Pilates Level 2: Reformer
- Pilates Level 3: Cadillac, Chair, Springboard, Barrels

You may also be required to purchase training materials and complete the associated written and/or practical evaluation.

What are the costs?

The application fee is \$185 CAD + tax (processed only if application is accepted). Once your customized Bridge program steps are defined, you will be given the cost estimate.

After I successfully complete the Bridge Program, how do I keep my diploma current?

Body Harmonics requires 15 hours of continuing education every two years. Credits can be earned by attending Body Harmonics Continuing Education workshops or by attending relevant educational events through other institutions.

Questions? Contact our Teacher Training Coordinator at teachertraining@bodyharmonics.com.