

## *Wunda Chair, Barrel, Spine Corrector, and Props Certification*

**Tuition:** \$1,500

**PROGRAM LENGTH:** This 76-hour program is taught in eight-hour segments, separated by a period of three months of practical experience.

**HOURS OF LECTURE TIME:** 24 hours

**ADDITIONAL HOURS REQUIRED:** 30 apprentice hours; 25 self-practice hours (must be completed by the last class)

**PREREQUISITES:** Successful completion of Mat Level I; working knowledge of Pilates; must have had a session on Pilates apparatus at a Pilates studio

**BOOKS/MATERIALS NEEDED:** PCC will provide at the certification

Upon satisfactory completion, you will be certified to teach on the Wunda Chair, Barrel, Spine Corrector, and use props with your client. You will also be able to give private or semi-private lessons.

*Through lecture, discussion, journaling, and hands-on activities, participants will learn:*

- \* THE NAMES OF THE WUNDA CHAIR, BARREL, SPINE CORRECTOR, AND PROPS EXERCISES
- \* HOW YOU CAN MAKE AN EXERCISE MORE CHALLENGING
- \* WHAT THE EXERCISE IS ACCOMPLISHING/GOAL OF THE EXERCISE
- \* BENEFIT OF EACH EXERCISE
- \* CONTRAINDICATIONS
- \* ANATOMICAL POSITIONS
- \* VERBAL AND TACTILE CUEING
- \* PROPER FORM
- \* ANATOMY
- \* HISTORY OF PILATES
- \* HOW TO COMMUNICATE WITH CLIENTS
- \* WHAT CLIENTS SHOULD BE FEELING
- \* ALL APPRENTICE AND SELF-PRACTICE HOUR MUST BE COMPLETED BY THE END OF THE COURSE

### ***Requirements:***

- \* successful completion of assignments, as well as written and practical tests
- \* access to a video camera
- \* This certification requires three weekends of instruction within a three-month period

STUDENTS IN ALL EQUIPMENT CERTIFICATION PROGRAMS MUST CARRY PROFESSIONAL LIABILITY INSURANCE COVERAGE FOR 1 million dollars, and show proof 1 week before the first class session. Questions or guidance in finding a reputable insurer can be directed to the PCC headquarters