

## CLINICAL PILATES TRAINING AND EDUCATION

Students completing the **Clinical Pilates Training and Education** course at National Pilates Training will be able to apply knowledge, concepts, skills and exercises to their existing clinical practice in allied health professions such as:

- Physiotherapy
- Osteopathy
- Remedial Massage
- Exercise Physiology

The **Clinical Pilates Training and Education** course provides an accredited outcome of nine units of competency drawn from the *Diploma of Professional Pilates Instruction* (10537NAT). The course aims to provide already-qualified allied health professionals with additional concepts, skills and exercises to apply to clients in their clinical practice.

### What will I learn?

Graduates of the **Clinical Pilates Training and Education** course will know how to apply Pilates techniques and repertoire to their existing allied health clients, including:

- Developing, conducting and evaluating Pilates Matwork programs
- Instructing the Pilates Method Matwork and Small Apparatus repertoire from introductory to intermediate level
- Instructing the Pilates Method Reformer repertoire from introductory to intermediate level
- Leading and instructing clients of low risk / apparently healthy nature including:
  - general conditioning
  - exercise rehabilitation
- Incorporating the use of Small Apparatus into the delivery of Matwork exercises for their existing clients
- Developing specific Pilates Matwork and Reformer programs for inclusion in their existing clients' routines / rehabilitation
- Identifying Pilates exercises and programs appropriate to their clients' special conditions

### How is the course delivered?

The Clinical Pilates Training and Education course is delivered in a combination of:

- online and workbooks
- face-to-face workbooks
- work experience
- Self-directed learning (SDL).

### How long is the course?

The Clinical Pilates Training and Education course equates to:

- 6 months full-time
- 12 months part time

### How is the course assessed?

Students completing the Standard Delivery of the Clinical Pilates Training and Education course complete their assessment in a combination of:

- practical video submissions / practical face-to-face demonstrations
- practical tasks

- written assignments
- Online exams.

### Work Experience

Students completing the Standard Delivery of the Clinical Pilates Training and Education course are required to complete **145 hours** of on-the-job practical work experience, if they wish to receive a formal Statement of Attainment at the end of their studies. These hours comprise:

- 65 observation hours
- 80 teaching hours
  - Complete these hours at one of NPT's allied studios
  - Completing practicums allows for 5 teaching hours per practicum attended

### Where to from here?

Graduates who receive the Statement of Attainment for the Clinical Pilates Training and Education course can articulate directly into the Diploma of Professional Pilates Instruction (10537NAT) via Direct Credit.

### What are the prerequisites?

People interested in studying the Clinical Pilates Training and Education course must have successfully completed VCE / HSC or equivalent.

### Is there any recommended co-learning?

As allied health professionals, students undertaking this course are expected to have an excellent understanding of the human body's structure and function.

### Units of Competency

The Clinical Pilates Training and Education course is made up of the following endorsed and Pilates-customised units of competency, drawn from the *Diploma of Professional Pilates Instruction* (10537NAT).

	UNIT CODE	UNIT OF COMPETENCY
<b>THE FOUNDATIONS</b>	PILPOS402B	Plan and instruct Pilates method programming for postural assessment and correction
<b>INTEGRATED REPERTOIRE 1</b>	PILMAT401B	Plan and instruct a Pilates Matwork class from foundation to basic level
	PILMAT402B	Plan and instruct a progressive Pilates Matwork class
	PILSMA401B	Instruct the Pilates studio basic to intermediate Small Apparatus repertoire
<b>INTEGRATED REPERTOIRE 2</b>	PILREF501B	Instruct the Pilates studio introductory to basic Reformer repertoire
	PILREF502B	Instruct the Pilates studio progressive Reformer repertoire
<b>INTEGRATED REPERTOIRE 4</b>	PILMAT403B	Plan and instruct an intermediate Pilates Matwork class
	PILREF503B	Instruct the Pilates studio intermediate Reformer repertoire
<b>PROGRAMMING</b>	PILPRO502B	Undertake exercise planning and programming for a Pilates studio in a variety of situations

These units contain information relating to:

- Exercise planning and programming

- Systematic approaches to Pilates Matwork programming
- Special conditions and their management
- Exercise rehabilitation
- Pilates repertoire for Matwork and Small Apparatus from introductory to intermediate level
- Pilates repertoire for Reformer from introductory to intermediate level

## The qualification

This course provides a Statement of Attainment which acknowledges partial completion of the *Diploma of Professional Pilates Instruction* (10537NAT) providing graduates with the recognition of having completed eight accredited units of competency drawn from the Diploma course. This is not a formal qualification outcome but a grouping of units drawn from the *Diploma of Professional Pilates Instruction*.

## Delivery of the qualifications

The *Clinical Pilates Training and Education* course ] is delivered in an integrated structure through a combination of:

- directed distance learning (online, workbooks and assessments / assignments)
- off-the-job contact sessions (workshops, lectures)
- professional work experience and self-directed learning (self-mastery and self-study)

The qualification can be undertaken over two distinct delivery modes:

- **Standard Delivery**

Students undertaking the Standard Delivery of the Clinical Pilates course receive all learning material for the 9 units of competency which comprise the Clinical Pilates Training and Education course. Standard Delivery students are also required to attend nominated **Contact Days, Practicum Days** and **Workshops** to supplement their self-directed learning. Students wishing to receive a Statement of Attainment for their studies are also required to attend the nominated **Assessment Days**, where they will receive the required formal assessment.

The **Delivery Schedule** on page 28 of this guide contains detailed information about these days. A full Standard Delivery course takes 6-12 months to complete, excluding the acquisition of work experience, observation and self-mastery hours (detailed in the table below)

CLASSIFICATION	INCLUDES	EXPLANATION
<b>Contact Hours – 46 hours</b>	<ul style="list-style-type: none"> <li>• 3 x full-day Contact Days</li> <li>• 4 x Practicum days</li> </ul>	<ul style="list-style-type: none"> <li>•</li> </ul>
<b>Work Experience 145 Total (min) (65 observation 80 teacher training)</b>	<ul style="list-style-type: none"> <li>• Observation</li> <li>• Teaching</li> </ul>	<ul style="list-style-type: none"> <li>• Application within the work environment – either simulated or real-time</li> </ul>

Directed Distance Learning – 150 hours	<ul style="list-style-type: none"> <li>• Online units</li> <li>• workbooks</li> <li>• assessment tasks</li> </ul>	--
Self-Directed Learning – 60 hours	<ul style="list-style-type: none"> <li>• self-review</li> <li>• self-mastery</li> </ul>	<ul style="list-style-type: none"> <li>• Learning done under own guidance</li> </ul>

- **Online Delivery**

Students receive the learning material for the 8 units of competency which comprise the Clinical Pilates Training and Education course. Online students can choose to attend Contact Days, Assessment Days, Practicum Days and Workshops (at an additional cost), or can simply enrol in the Online Delivery to receive the knowledge.

Contact days are held at our affiliated Aligned for Life Pilates – Melbourne CBD studio, 4/370 Little Bourke Street, Melbourne

The required 100 hours of on-the-job training is a crucial phase in the development of the student’s skills and knowledge, and it is essential that students are facilitated in appropriate environments and under appropriately trained supervisors. National Pilates Training includes a structured Work Experience Facilitation Site (WEFS) Program to enable student placement under faculty members and past graduates as mentors and supervisors, in a controlled manner.

A **minimum of 4 hours per week** for the Clinical Pilates Training and Education course is required to meet extra work requirements, including observation, work experience, self-mastery and self-directed learning tasks. Your personal commitment will determine the overall course duration.

## Assessment strategy

A variety of assessment methods are used in alignment with the principles of competency-based training. Where possible, reasonable adjustments are made for individual needs in assessment. Individual needs may include:

- Provision of personal support services
- Allowance for fatigue or medication
- Religious/traditional beliefs
- Adaptation/s for any injury/physical limitations
- Literacy or numeracy difficulty
- Using a large print version of any papers
- Oral assessment in place of written

Assessment for the Clinical Pilates Training and Education course includes the following:

TYPE	DESCRIPTION	NOTES
Practical Assessment	<ul style="list-style-type: none"> <li>• Final Practical Assessment, which comprises practical demonstrations including WHS safety, equipment setup and teaching / demonstrating a selection of given exercises.</li> <li>• Final Matwork Teaching Assessment, which involves teaching and demonstrating a selection of given exercises from the course repertoire.</li> </ul>	<p><b>Online and Standard Delivery</b> students who wish to receive a Statement of Attainment for their studies are required to complete these assessments</p>

<b>Written Assignments</b>	Students completing the Standard Clinical Pilates course are required to complete one Written Assignment	<b>Online and Standard Delivery</b> students complete these assessments
<b>Examinations</b>	Standard Clinical Pilates students complete online exams at the conclusion of each unit of competency. These examinations are a combination of multiple choice, true / false questions, short- and long- answer questions, exercise analysis, programming and functional anatomy questions as relevant.,	<b>Online and Standard Delivery</b> students complete these assessments

Assessment for all practical activities is undertaken in a controlled environment under the supervision of the assessor in real workplace and/or simulated conditions. All assessment systems are recorded and accessed for evaluation.

Clinical Pilates Training and Education students wishing to receive a formal Statement of Attainment are required to attend Assessment Days to complete practical tasks and assessments with Faculty Members. Contact our Director of Training [Katrina Edwards](#) for more information.

### Workplace assessment

The work experience component is an essential phase of a student's training, being able to put all their knowledge into practice, and a key requirement of industry. A process of logging of work experience hours has been created whereby the student can carry out work experience as an instructor in a professional studio environment.

Work experience may be performed in either assisting qualified instructors in an actual studio situation; or in a student training situation where students act as instructors with willing clients, who understand they are being trained by students, rather than qualified instructors; or in a student training situation where students teach each other.

Students are still under the supervision of a qualified and experienced practitioner in a student training situation, and must have completed all course Contact Sessions before they can teach clients on their own.

Graduate students are not only well versed in the theoretical aspect but also in practice ensuring that they are able to confidently work as a Pilates professional within a complementary health environment.

Students need to complete 145 work experience hours, comprising:

- 80 teaching hours
- 65 observation hours.

### Resources

Essential texts are:

- *The Anatomy of Movement* by Calais-Germain
- *The Anatomy of Movement-Exercises* by Calais-Germain
- *Return to Life Through Contrology* by J. H. Pilates & W. Miller
- *Muscles Testing and Function with Posture and Pain* by F. P. Kendal (et al) (2005)

The recommended reading list provided at the beginning of the course will outline further relevant texts that will assist learning and comprehension of the course. It is recommended that each student select materials to purchase from this list for their learning benefit.

Recommended reading material:

- *Muscles Testing and Function* by Kendall/McCreary/Provance
- *The Pocket Book of Anatomy* by Mel Cash
- *The Pilates Method of Physical and Mental Conditioning* by P Friedman & G Eisen
- *The Pilates Body* by Brooke Siler
- *Fundamentals of Anatomy and Movement* by Carla Z Hinkle
- *Rules of the Bones* by Bruce King
- *The Complete Illustrated Encyclopaedia of Alternative Healing Therapies*  
by C Norman Shealy MD. PhD.
- *Manual of Structural Kinesiology* by Clem W Thompson

### Further information

Please contact our Director of Training, Katrina Edwards for further details.

National Pilates Training  
Level 4, 370 Little Bourke Street  
Melbourne 3000  
Phone: 0414 645 455  
Email: [katrina@alignedforlife.com.au](mailto:katrina@alignedforlife.com.au)



## Clinical Pilates Training and Education Standard Delivery Schedule – February 2019

National Pilates Training delivers our nationally-accredited Pilates Instructor training courses using a variety of teaching methods, all integrated to provide current content in an innovative way. The foundation of the learning model surrounds self-directed, online learning, and is supplemented by face-to-face learning days, detailed below.

Date	Time	Type	Title / Description
Friday 22 February	9:00 am – 5:00 pm	Contact Day	Contact Day 1
Saturday 16 March	1:00 pm – 6:00 pm	Practicum	Practicum 1 Matwork Instruction: Introductory to Intermediate
Sunday 24 March	9:00 am – 5:00 pm	Contact Day	Contact Day 2
Saturday 13 April	1:00 pm – 6:00 pm	Practicum	Practicum 2 Instruction of Small Apparatus: Introductory to Intermediate
Sunday 14 April	9:00 am – 5:00 pm	Workshop	Postural Function and Correction
Friday 24 May	10:00 am – 3:00 pm	Practicum	Practicum 3 Instruction of Pilates Method for Common Faulty Postures
Sunday 30 June	10:00 am – 4:00 pm	Assessment Day	Assessment Day 1
Friday 02 August	10:00 am – 3:00 pm	Practicum	Practicum 5 Instruction of the Reformer: Introductory to Intermediate
Friday 23 August	9:00 am – 5:00 pm	Contact Day	Contact Day 4
Sunday 15 September	9:00 am – 1:00 pm	Workshop	Pilates for Pregnancy
Saturday 21 September	1:00 pm – 6:00 pm	Practicum	Practicum 7 Instruct the Pilates Method for low-risk spinal health exercise applications - including Disc Pathology, Priformis Syndrome and NSLBP
Friday 11 October	10:00 am – 3:00 pm	Practicum	Practicum 8 Instruct the Pilates Method for Low Risk Joint Health Exercise Applications, - including Shoulder Impingement, Ankle Sprain and Patellofemoral Syndrome



Date	Time	Type	Title / Description
Saturday 26 October	1:00 pm – 6:00 pm	Practicum	Practicum 9 Instruct the Pilates Method for Bone Health – Osteoporosis and Ageing Exercise applications
Friday 8 November	10:00 am – 3:00 pm	Practicum	Practicum 10 Instruct the Pilates Method for Pre- and Post-Natal exercise
Sunday 24 November	10:00 am – 4:00 pm	Assessment Day	Assessment Day 2

## Clinical Pilates Training and Education Standard Delivery Schedule – June 2019

Date	Time	Type	Title / Description
Friday 14 June	9:00 am – 5:00 pm	Contact Day	Contact Day 1
Saturday 13 July	1:00 pm – 6:00 pm	Practicum	Practicum 1 Matwork Instruction: Introductory to Intermediate
Sunday 11 August	9:00 am – 5:00 pm	Contact Day	Contact Day 2
Saturday 17 August	1:00 pm – 6:00 pm	Practicum	Practicum 2 Instruction of Small Apparatus: Introductory to Intermediate
Sunday 18 August	9:00 am – 5:00 pm	Workshop	Postural Function and Correction
Friday 06 September	10:00 am – 3:00 pm	Practicum	Practicum 3 Instruction of Pilates Method for Common Faulty Postures
Sunday 27 October	10:00 am – 4:00 pm	Assessment Day	Assessment Day 1
Friday 29 November	10:00 am – 3:00 pm	Practicum	Practicum 5 Instruction of the Reformer: Introductory to Intermediate
Friday 06 December	9:00 am – 5:00 pm	Contact Day	Contact Day 4
Sunday 02 February 2020	9:00 am – 5:00 pm	Workshop	Pilates for Pregnancy

Date	Time	Type	Title / Description
Saturday 15 February 2020	1:00 pm – 6:00 pm	Practicum	Practicum 7 Instruct the Pilates Method for low-risk spinal health exercise applications - including Disc Pathology, Priformis Syndrome and NSLBP
Friday 28 February 2020	10:00 am – 3:00 pm	Practicum	Practicum 8 Instruct the Pilates Method for Low Risk Joint Health Exercise Applications, - including Shoulder Impingement, Ankle Sprain and Patellofemoral Syndrome
Saturday 14 March 2020	1:00 pm – 6:00 pm	Practicum	Practicum 9 Instruct the Pilates Method for Bone Health – Osteoporosis and Ageing Exercise applications
Friday 28 March 2020	10:00 am – 3:00 pm	Practicum	Practicum 10 Instruct the Pilates Method for Pre- and Post-Natal exercise
Sunday 19 April 2020	10:00 am – 4:00 pm	Assessment Day	Assessment Day 2

### Contact Days

These face-to-face sessions have been designed to help you apply what you have been learning online and in your Work Experience hours, as well as to provide you with an opportunity to clarify any aspects of the course learnt to date.

#### Practicum

A face-to-face and highly-practical session, the purpose of the Practicum is to offer the student a chance to work in pairs and in small groups – to learn how to practically apply the new-found skills and knowledge. Students will be allocated tasks to further explore and expand understanding of the Pilates Method, concepts and principles in the Matwork and Studio setting. Each Practicum will provide the student with the equivalent of 20 Work Experience hours – these are logged as Assisted Teaching hours.

#### Workshop

A face-to-face session where a mixture of theory and practical content will be offered. The Faculty have chosen key topics for these workshops, to assist students in understanding these topics more deeply.

#### Assessment Day

Students attend Assessment Days to complete required practical tasks and assessments with Faculty Members.

For further details (units of competency, pre-requisites, vocational outcomes, course fees and inclusions), please visit [www.nationalpilates.com.au](http://www.nationalpilates.com.au). All contact days, practicum days, workshops and assessment days occur at the Aligned for Life CBD studio at Level4, 370 Little Bourke Street, Melbourne.

**Note:** Numbers are limited and National Pilates Training reserves the right to vary delivery schedule at any time as deemed necessary. This includes cancellation or delay due to insufficient numbers. In such circumstances, National Pilates Training will provide full refunds



## 2019 Payment Plans – Clinical Pilates Training and Education

The following tables detail the payment plans available to study the Clinical Pilates Training and Education in 2019 – for both Standard and Online deliveries.

### Clinical Pilates Training and Education – Feb 2019 STANDARD delivery

Option	Due Date(s)	Total Payable
<b>Payment Plan 1</b>	\$1,000.00 due on enrolment - must be paid 21 days prior to course commencement \$970.00 due on or before second Friday of March \$970.00 due on or before second Friday of April \$970.00 due on or before second Friday of May \$970.00 due on or before second Friday of June \$970.00 due on or before second Friday of August	\$5,850.00
<b>Payment Plan 2</b>	\$1,000 due on enrolment – must be paid 21 days prior to course commencement 8 x monthly payments of \$650.00 on the second Friday of each month from March to October	\$6,200.00

### Clinical Pilates Training and Education – June 2019 STANDARD delivery

Option	Due Date(s)	Total Payable
<b>Payment Plan 1</b>	\$1,000.00 due on enrolment - must be paid 21 days prior to course commencement \$970.00 due on or before second Friday of July \$970.00 due on or before second Friday of August \$970.00 due on or before second Friday of September \$970.00 due on or before second Friday of October \$970.00 due on or before second Friday of December	\$5,850.00
<b>Payment Plan 2</b>	\$1,000 due on enrolment – must be paid 21 days prior to course commencement 8 x monthly payments of \$650.00 on the second Friday of each month from July 2019 to February 2020	\$6,200.00

### Clinical Pilates Training and Education –2019 ONLINE delivery

Option	Due Date(s)	Total Payable
<b>Base Fees</b>	\$1,000.00 due on enrolment - must be paid 21 days prior to course commencement \$900.00 due one month after enrolment \$900.00 due two months after enrolment \$900.00 due three months after enrolment	\$3,700.00
<b>Add-ons</b>	<ul style="list-style-type: none"> <li>\$395.00 for attendance at nominated Contact Day</li> <li>\$150.00 for attendance at nominated Practicum Day</li> <li>\$200.00 for attendance at nominated Assessment Day</li> </ul>	N/A

**Note:**

National Pilates Training accepts payments via EFT Direct Credit, or via Credit Card (Visa or MasterCard). All credit card invoices are issued with a 1.05% credit card surcharge.

Please select the course you are applying for:

- Advanced Diploma of the Pilates Method (10538NAT)
- Certificate in Pilates Matwork Instruction – Standard
- Certificate in Pilates Matwork Instruction – Online
- Diploma of Professional Pilates Instruction (10537NAT) – Standard
- Diploma of Professional Pilates Instruction (10537NAT) – Online
- Upgrade to Diploma of Professional Pilates Instruction (10537NAT)
- Clinical Pilates Training and Education - Standard
- Clinical Pilates Training and Education - Online
- Selected Units of Competency from Diploma of Professional Pilates Instruction (10537NAT)

Delivery Start




## CONTACT DETAILS

NAME (FIRST, MIDDLE & SURNAME)

DOB




(Please tick)

 Female  Male

ADDRESS

TELEPHONE

SUBURB

STATE

POSTCODE

EMAIL

## EXPERIENCE

NUMBER OF CLIENT SESSIONS COMPLETED WHERE?

STUDIO:  MATWORK:

ARE YOU CURRENTLY TEACHING PILATES?  YES  NO I have taught for  months/years

NAME OF STUDIO/EMPLOYER?

WHAT IS YOUR HIGHEST COMPLETED SCHOOL LEVEL AND IN WHICH CALENDAR YEAR DID YOU COMPLETE THAT LEVEL (please tick)

Calendar Year Completed  Year 12  Year 11  Year 10  Year 9  Year 8  Did not attend school

EDUCATIONAL QUALIFICATIONS:

PLEASE INDICATE IF YOU HAVE SUCCESSFULLY COMPLETED ANY OF THE FOLLOWING QUALIFICATIONS (Please tick below)

- Bachelor degree or higher
- Certificate IV (or advanced certificate/technician)
- Certificate 1 Certificate
- Advanced diploma or associate degree
- Certificate III (or trade certificate)
- 
- Diploma (or associate diploma)
- Certificate II

PLEASE LIST QUALIFICATIONS AND/OR EXPERIENCE (INCLUDE QUALIFICATIONS NOT RELEVANT TO THE PILATES INDUSTRY)

I WISH TO APPLY FOR RECOGNITION OF PRIOR LEARNING (RPL) OR DIRECT CREDIT TRANSFER (DC): YES  NO

CURRENT EMPLOYMENT (Please tick below)

- Full time
- Self Employed (no staff)
- Unemployed (seeking full-time work)
- Part Time
- Employed (unpaid family Business)
- Unemployed (seeking part-time work)
- Employer
- Unemployed (not seeking employment)

## OTHER INFORMATION

ARE YOU:  Aboriginal  Torres Strait Island  Neither

COUNTRY OF BIRTH:  ARE YOU AN AUSTRALIAN RESIDENT?  YES  NO

IF NO, WHAT TYPE OF VISA DO YOU HOLD?

DO YOU SPEAK A LANGUAGE OTHER THAN ENGLISH AT HOME?  YES  NO

IF YES, PLEASE SPECIFY:

HOW WELL DO YOU SPEAK ENGLISH (Please tick):

Very well  Well  Not well  Not at all

DO YOU CONSIDER YOU HAVE ANY DISABILITIES? (Please tick)

None  Hearing/deaf  Physical  Intellectual  Learning  Mental Illness  Vision  Medical Condition  Other

IF YES, PLEASE PROVIDE DETAILS:

REASONS FOR STUDY:

- |  |   |   |
|--|---|---|
| <input type="checkbox"/> To get a job                    | <input type="checkbox"/> To try for a different career    | <input type="checkbox"/> I wanted extra skills for my job       |
| <input type="checkbox"/> To develop my existing business | <input type="checkbox"/> To get a better job or promotion | <input type="checkbox"/> To get into another course of study    |
| <input type="checkbox"/> To start my own business        | <input type="checkbox"/> It was a requirement of my job   | <input type="checkbox"/> For personal interest/self development |
|  |   | <input type="checkbox"/> Other reasons                          |

## APPLICATION FEE - PAYMENT DETAILS

I wish to pay my \$60 application fee by:

Electronic Transfer: BSB: 633 000 Account No: 126 166 867 (Please include your full name and a screenshot as a payment reference)

Credit Card (Please tick one)  Visa  MasterCard

CARD NUMBER

EXPIRY

CVV

NAME ON CARD

CARD HOLDERS SIGNATURE

DATE

### Terms and Conditions

1. If insufficient enrolments are obtained, National Pilates Training reserves the right to cancel or postpone courses at short notice. If cancellation occurs by National Pilates Training, fees will be refunded in full.
2. The application fee is not refundable.
3. Payments by credit card attract a 1.05% surcharge

## CHECKLIST

Send this completed application form to register your interest for enrolment in training with National Pilates Training. **Please ensure the following are included with your application form.**

Your application should include:

- Completed application form (2 pages)
- Application fee
- Certified copy of HLT11P001 (previously HLTAP301A/HLTAP301B) or Anatomy & Physiology equivalent such as A&P for Pilates & Movement
- Certified copy of logged hours (ie. Letter from your studio)
- Certified copy of Senior First Aid Certificate (optional)
- Brief resume detailing educational experience & work experience, including references from employers and/or industry colleagues in verification of your experience
- Certified copies of Certificates of Membership to Pilates Industry regulatory body (for Advanced Diploma only)
- Certified copy of Diploma Pilates qualification; OR justification of equivalent (for Advanced Diploma only)
- Certified copies of any previous qualifications (please include qualifications not relevant to the Pilates industry)

## ADDRESS DETAILS

Please return your documents via post or email (making sure you have completed the checklist):

**National Pilates Training**

4/370 Little Bourke St,  
Melbourne, Vic, 3000.

**P** 0414 645 455

**E** [katrina@alignedforlife.com.au](mailto:katrina@alignedforlife.com.au)

**W** [www.nationalpilates.com.au](http://www.nationalpilates.com.au)



## Contact Us

If you would like detailed information about our instructor training, please visit our website or call us.

[www.nationalpilates.com.au](http://www.nationalpilates.com.au)

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4/370 Little Bourke Street  
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