



PILATES TEACHER TRAINING

Practitioner's Apprenticeship

Welcome to the Somaphyx® Practitioners' Apprenticeship

The Somaphyx Practitioner's Apprenticeship (SPA) is a Pilates teacher training program rooted in the methodology of Joseph Pilates. You will learn the traditional exercises across all major pieces of equipment through the Somaphyx Comprehensive Repertoire and Seminars. Supporting coursework in anatomy, kinesiology, and pedagogy will hone your abilities as a teacher along with the in-studio requirements.

The SPA is more than a fitness certification. The program is focused on Pilates as corrective conditioning in addition to its fitness attributes. You will gain the expertise to truly educate each body in both private and group sessions. Graduates are successful career teachers who are sought out for their extensive knowledge as Pilates practitioners.

Unlike many training programs, enrollment is limited to ensure a personalized experience. Each enrollment term only allows for 3-5 students. Apprentices work closely with faculty and the program and education directors to ensure student growth during the program. Therefore, we require completion of an [Entrance Application](#) that includes a Demonstration Benchmark or successful completion of the Somaphyx Pre-Apprenticeship Program.

All program details are below. Should you have any questions, or to request a consultation, please email us at pilates804@pilates804.com.

Enrollment Term

This is a 12 month program with 500+ hours of practice, study, testing, and apprentice teaching. Each class of apprentices follows the schedule of the ProMentorship for the delivery of the Repertoire and Seminars. Enrollment begins in August with final testing eligibility beginning in May of the following year.

Apprentices should be able to dedicate 10-15 hours each week to meet the requirements of the program and graduate within 12 months. Not all hours will need to be in the studio, as the curriculum is supported by on demand coursework. It is the responsibility of the apprentice to create a balanced study, work, and life schedule.

You will be given a student portal on [Somaphyx.com](https://www.somaphyx.com) to the Somaphyx Comprehensive Pilates Repertoire, [A&K + Movement Fundamentals](#), Seminar replays, and supporting coursework. You will keep access to the portal for 12 months beginning in August of your enrollment.

In-studio access is included for 12 months beginning in August. Therefore, it is best to complete all in-studio requirements within this time to avoid extension fees. If all in-studio requirements are met and only testing and apprentice teaching remain, no extension fees apply.

Application and Pre-Apprenticeship

Apprentices are best prepared for the intensity of the program with a solid understanding of the Somaphyx approach to Pilates. Given the large number of exercises to learn and concepts to physically absorb, apprentices must enter the program at the Intermediate level, able to demonstrate Reformer I-III and Mat II.

Once your application is complete you can schedule a Demonstration Evaluation with the education director or faculty member. You will be expected to demonstrate your understanding of the equipment, set up, and exercise order with minimal prompting from your proctor.

Though not explicitly required, admission to the SPA program is best facilitated by completion of the **Somaphyx Pre-Apprentice Program**. The program includes 90-day access to the Somaphyx Comprehensive Pilates Repertoire for Mat and Reformer I-III. You must complete a minimum of 5 private sessions (included with Pre-Apprenticeship enrollment) with Somaphyx Faculty or approved Apprentice Teacher at the Pilates 804 studio. You will also be given reserved self-practice time in the studio during the 90 day program.

The Pre-Apprenticeship is self-paced and does not include observation or teaching requirements. Enrollment is open any time but must be completed within 6-9 months of beginning the full Apprenticeship. Not only does the Pre-Apprenticeship prepare students for the full program, it allows a potential apprentice to acclimate to the training environment.

[Click here to fill out an Entrance Application.](#)

Schedule a Demonstration Benchmark or sign up for the Pre-Apprenticeship by emailing pilates804@pilates804.com

Somaphyx Comprehensive Pilates Repertoire, Anatomy, and Coursework

All of the traditional Pilates exercises have been professionally recorded in lieu of loose leaf manuals. The full Repertoire includes six modules for Mat, Reformer, Barrels, Chairs, Tower, and Cadillac.

The Repertoire is to be vigorously studied and practiced before each Seminar and throughout the program. **All Seminars require in-studio attendance**, with each running on a scheduled Saturday from 10am-4:30pm EST. Access to the recordings will be available through your Somaphyx student dashboard.

Completion of A&K + Movement Fundamentals is required within three months of the beginning of the apprenticeship and is included with enrollment.

Additional coursework must be completed before scheduling a Final Benchmark. Apprentices are also given access to the full Somaphyx Library of workshops, replays, and Mat workouts. All of which is included in tuition with 12 months of access.

Pillar Hour Requirements

All Somaphyx programming is based out of Pilates 804 located at 10212 West Broad St, Glen Allen, VA, 2360. Pillar Hour requirements - for observation, lessons, personal practice, and teaching - are best done on site at Pilates 804, however, off site hours and home practice are accepted with advanced permissions.

Apprentices may reserve space in the studio for self-practice during regular studio operation hours, Monday - Friday. Weekends will be available for apprentice teaching and Benchmark evaluations unless reserved for Seminars. **A minimum of 125 hours of personal practice are required**, divided as prescribed between self-practice and lessons. Location of self-practice time is not restricted to Pilates 804.

Both self-practice and practice teaching hours should be reserved through Vagaro. The cost for each will show as \$15/hour, but all apprentices will be provided with a discount code worth 100%.

A package of 10 private sessions with faculty are included, and count toward lesson hours. Lessons include any session or service offered at Pilates 804, including lessons with fellow apprentices. A minimum of **70 hours of lessons are required**. Pre-Apprenticeship hours done within the same year as apprenticeship enrollment can also count toward total lesson hours. Lessons taken outside of Pilates 804 must be pre-approved by the Education Director to count toward program requirements. Virtual lessons and group classes with live instructors are also accepted with advanced permission from the Education Director. The **remaining 55 hours** of personal practice can be completed as a self-practice. Private and group lesson should be scheduled through Vagaro, and Slack can be used to communicate directly with the practitioners about scheduling needs.

Observation hours are required in the studio but can also be done through Pilates Anytime or Pilatesology. Apprentices are responsible for the cost of their own membership on either site. A minimum of **100 hours of observation are required**. Up to 20 hours can be done online. Apprentices should use Slack to advise faculty of their intention to be in the studio for observation.

Advisory meetings with your designated faculty advisor are scheduled throughout enrollment. These meetings ensure participants are meeting program requirements, as well as given personal focus time. **10 meetings are included in the cost of tuition**. Apprentices may schedule advisory meetings in Vagaro on their own, or by using Slack to directly contact the appropriate faculty member.

Apprentice teaching hours are best done on site at Pilates 804 under the guidance of the faculty. However, teaching hours done in other gyms or studios are accepted with pre-approval from the Education Director. **A minimum of 200 hours of apprentice teaching are required, as prescribed below.**

Apprentice Teaching and Case Study

The teaching portion of the Pillar Hours are divided among a case study, private lessons, and analysis and write up of the case study. The total should reach **200 hours** before the final benchmark exams.

Ideally all apprentice teaching hours shall be completed at Pilates 804 under the supervision of the faculty. Should an apprentice choose to teach offsite, advanced approval must be granted by the Education Director for the hours to count toward the program.

Apprentices have the option to be paid for their teaching at Pilates 804 as temporary hourly staff. The temporary position will terminate once the program has concluded. There is no guarantee that an Apprentice will be hired as a full-time staff member of Pilates 804 concluding the program.

Apprentices may teach without compensation from Pilates 804 but may not operate as an Independent Contractor of Pilates 804.

A Case Study requires the apprentice to work with one dedicated client for a minimum of **30 regularly scheduled sessions**, to complete SOAP notes as the lessons proceed, and to submit a written evaluation of the client's progress before their Final Benchmark. **Total hours for the case study amount to 45**, divided among the lessons (**30**), SOAP notes (**10**), and final write-up (**5**). It is advised that the case study client also be available as the test subject for benchmarks and final testing. Apprentices are not compensated for case study teaching hours, nor is the client charged for volunteering. These teaching hours count toward the full **200** required teaching hours. Apprentices are encouraged to continue teaching, as practice hours or as apprentice teaching hours, beyond the minimum required.

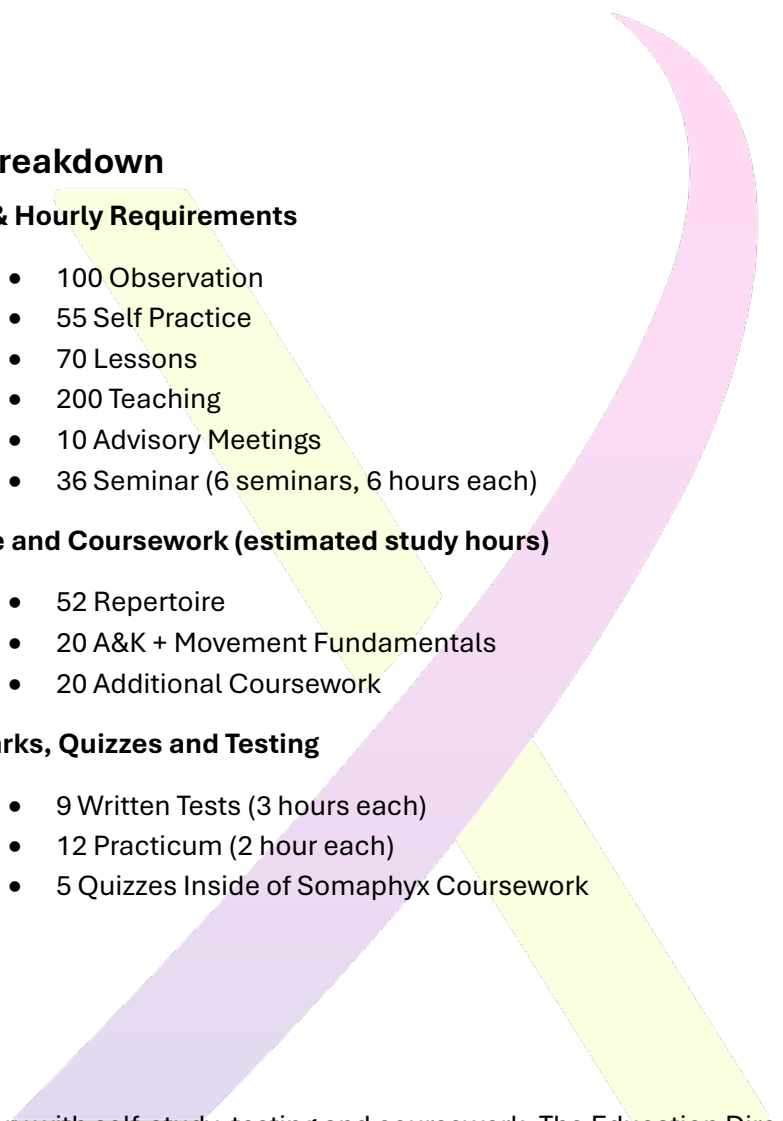
Apprentice teaching begins after passing the first Benchmark Evaluation, completion of Seminars for Mat, Reformer I-III, and Tower and Cadillac, as well as approval from the Education Director.

Apprentices must carry their own liability insurance and current CPR certification, and agree to studio policies.

Benchmark Evaluations, Quizzes and Final Testing

The Education Director will schedule three Benchmark Evaluations consisting of a written test, a demonstration practical and a teaching practical (two hours each). Written tests are administered online through the student portal and require a minimum passing score of 80%. Practicums are pass/fail, with a detailed rubric that can be viewed by the apprentice ahead of the test date, and can be administered by any faculty member.

Apprentices must also complete and pass A&K + Movement Fundamentals with a minimum passing score of 80%, as well as all quizzes within the Comprehensive Repertoire. Additional coursework also includes quizzes that must be passed at the completion of each course. All quizzes are accessed through your Somaphyx student portal.



Pillar Hours Breakdown

In Studio & Hourly Requirements

- 100 Observation
- 55 Self Practice
- 70 Lessons
- 200 Teaching
- 10 Advisory Meetings
- 36 Seminar (6 seminars, 6 hours each)

Repertoire and Coursework (estimated study hours)

- 52 Repertoire
- 20 A&K + Movement Fundamentals
- 20 Additional Coursework

Benchmarks, Quizzes and Testing

- 9 Written Tests (3 hours each)
- 12 Practicum (2 hour each)
- 5 Quizzes Inside of Somaphyx Coursework

Total

500+ Hours

*Total hours will vary with self-study, testing and coursework. The Education Director will be in communication with Faculty Advisors to best guide your practice. Observation, lesson, and self-practice hours can be altered at the discretion of the Education Director. This is to accommodate the learning style and pace that each apprentice will have.

Tuition and Fees

The Practitioner's Apprenticeship full tuition is \$7895 and includes the following:

- All required in studio hours for observation, lessons, self-practice, and apprentice teaching for 10 months beginning in August.
- 10 private sessions with Somaphyx Faculty
- 10 advisory meetings with Somaphyx Faculty
- 12 months of access to Somaphyx.com including: Somaphyx Comprehensive Pilates Repertoire, corresponding Seminars and replays, A&K + Movement Fundamentals. Fbombs and replays, Total Matness, and additional coursework
- 2 Benchmark Evaluations, each with 1 written test (3 hours), a teaching practical (2 hour) and a demonstration practical (2 hour).
- Final Test Out with 1 written test (3 hours), a teaching practical (2 hours) and a demonstration practical (2 hours) with the Program Director.

Written Benchmark tests can be retaken for a fee of \$100 until a passing score of 80% is achieved. Benchmark practicums can be retaken or additionally added for a fee of \$200 each.

Additional advisory meetings can be scheduled for \$120/meeting.

Extra costs for private lessons or group sessions will vary by apprentice.

Tuition Payment Options

We offer payment options as follows:

1. Pay in full by August 1st of the enrollment term.
2. Secure your enrollment with a deposit of \$4000 prior to the start of the program. A recurring payment of \$358 a month will draft for 12 months. Bringing the total program cost to \$8296. If more studio time is needed to complete required hours after the 12-month enrollment, extensions will be given at \$275 per month.

3. Create your own payment plan. Choose your enrollment deposit amount due at the start of the program. The remaining balance will be drafted for 12 months with a 10% installment fee on each payment. Submit a bulk payment at any time to reduce the monthly draft amount. If more studio time is needed to complete required hours after the 12-month enrollment, extensions will be given at \$275 per month.

Pre- Apprentice Program Tuition = \$1350

Includes the following:

- 90-day access to Somaphyx Comprehensive Pilates Repertoire - Mat and Reformer I-III
- 90 day in-studio access for self-practice
- 5 private sessions
- Demonstration Evaluation

The Pre-Apprenticeship Program must be paid in full prior to the start of the program. There is no installment plan for the Pre-Apprenticeship Program.

Refunds and Termination

All tuition payments, fees, and installment payments are non-refundable for any reason. For those who choose an installment plan, a valid credit card must be kept on file during enrollment.

Enrollment and monthly payments can be suspended for up to 90 days due to medical concerns with validation from a medical professional. If the apprentice is unable to return after 90 days, enrollment is terminated, and no refunds will be given. Apprentices may reapply for the next enrollment term and transfer all program hours up to 18 months from termination. However, fees and tuition payments will NOT transfer and will begin again at a \$0 account balance.

The Program and Education Director reserve the right to terminate enrollment without refund for the following reasons:

1. The apprentice poses a threat to themselves, staff, clientele, or fellow apprentices.
2. The apprentice engages in behavior defined as harassment under US Title 9.
3. The apprentice engages in behaviors that are discriminatory upon race, sexual orientation or preference.
4. The apprentice is in flagrant disregard of Pilates 804 studio policies.
5. The apprentice has been unavailable, ceased communication, and/or ceased participation in program requirements for more than 30 days.
6. The apprentice engages in slander against Somaphyx, Pilates 804, faculty, staff, or clientele.

7. The apprentice violates copyright law on any learning materials and/or promotional materials of Somaphyx and Pilates 804.

Meet the Program Director

Danica has been a Pilates practitioner and movement educator for over 25 years. Guided by the methodology of Joseph Pilates, she teaches to educate each body of their individual movement potential.

Danica is a licensed NCPT (National Certified Pilates Teacher) and an advanced graduate of The Pilates Center, Boulder where she studied intensively under the Seigel sisters and numerous other master teachers.

She holds an MFA from the University of Colorado and a BA from Goucher College, both in performance/choreography and body somatics. Her passion for movement education has made Pilates 804 Richmond Virginia's premier training center specializing in restorative Pilates for all bodies.

Currently Danica is busy teaching clients at Pilates 804 and is faculty at Old Dominion University. There she teaches Functional Anatomy and Movement Practices to both dance majors and non-majors. She has previously held faculty positions at Virginia Commonwealth University, and the University of Colorado at Boulder.

Danica is the creator and program director of Somaphyx® which she launched to offer accessible authentic Pilates to teachers wanting more than just another fitness certification. Somaphyx is where movers become masters.

