



Trainee's profile:

- * Retraining
- * Dancers
- * Pilates Instructors
- * Athletic Coaches,
- * those who wish to explore the repertoire in greater depth

Prerequisites:

- * minimum 18 years of age
- * experience in practicing the Pilates method
- * physical ability to practice Pilates
- * reformer modul only in combination with the mat model
- * to work in France you need a "diplôme d'état "

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PILATES TEACHER TRAINING PROGRAM

MAT

REFORMER



CADILLAC & CHAIR

<https://www.bodyintellecthub.com>



Body Intellect facilitated by *PilatesTraining with Kirsten* presents the prestigious **Body Intellect Pilates Teacher Training course** in France, starting **September 2026/January 2027/Mai 2027/September 2027**.

BODY INTELLECT, led by the wonderful **Theo Botha**, takes a modern and progressive educational approach, offering its students innovative teaching through technological support, blended learning and personalised guidance. Students become part of an international community where they can exchange ideas, share experiences and learn together, if they wish.

The course is delivered using a modern **hybrid format combining** face-to-face teaching with *PilatesTraining with Kirsten* and online learning in live classes with Theo Botha via zoom.

The complete **program is structured in a modular system** starting with the mat module to learn the foundation of the Pilates method. Afterwards the **modules are organised by apparatus**, i.e. Reformer, Cadillac, Chair, etc. to complete the whole Teacher Training Program. Body Intellect's program is **recognised worldwide by the PMA (Pilates Method Alliance)**.

PilatesTraining with Kirsten is a home studio located in **Lévisnag, south-west of Toulouse**. It welcomes clients from all walks of life and offers group **mat classes** at KDance, Leguevin, group reformer classes at Casana Studio Pilates, Cornebarrieu as well as private sessions **on the mat, the Cadillac (Tower), the Spine Corrector and the Chair**. Kirsten, owner of Pilates with Kirsten, has completed a full teacher training program with BASI Pilates International and believes in lifelong learning. She is member of **Fédération des Professionnelles de la Méthode Pilates (FPMP)** & **Deutscher Pilates Verband (DPV)** and delighted to facilitate Body Intellect in France.



Body Intellect offers:

Mat – program:

- 18 hours of in-person training (@PilatesTraining with Kirsten)
- 19 hours of online training via zoom.
- Printed manuals: Workbook for mat exercises
- **Unlimited access to the Body Intellect Hub** (online classroom with access to digital resources, exercise analysis and the video library)
- Fees payable to Body Intellect: € 899,00 early bird & € 1.000,00 thereafter

Reformer Programme (on top of the mat module):

- 24 hours of in-person training (@PilatesTraining with Kirsten)
- 28 hours of online training via zoom.
- Printed manuals: Workbook for Reformer – exercises
- **Unlimited access to the Body Intellect Hub** (see above)
- Fees payable to Body Intellect: € 1.199,00 early bird & € 1.400,00 thereafter

Cadillac & Chair Programme (on top of the mat module):

- 12 hours of in-person training (@PilatesTraining with Kirsten)
- 26 hours of online training via zoom.
- Printed manuals: Workbook for Cadillac & Chair – exercises
- **Unlimited access to the Body Intellect Hub** (see above)
- Fees payable to Body Intellect: € 1.150,00 early bird & € 1.350,00 thereafter

Optional Local Mentoring & Practical Support with *PilatesTraining with Kirsten* available upon request.

- revision sessions
- regular practice in special ProClasses (mat and machine) with Body Intellect students only
- individual classes especially for trainees
- observation hours
- 1 year use of my Home Studio for training- & teaching practice