

pillar PERFORMANCE

CONTINUING EDUCATION APPLICATION

E-mail application to: **pillarPERFORMANCE**, 1010 S. Coast Hwy. #107, Encinitas, CA 92024
T: 1.888.838.3664, ext. 12 F: 1.858.429.5868 **E-mail:** edu@pillarinmotion.com **Website:** http://www.pillarinmotion.com

First Name: _____ **Last Name:** _____

Mailing Address: _____ **City, State, Zip:** _____

Phone: _____ **E-Mail:** _____

Referral: ___ Pilates South Texas Website; ___ Merrithew™ Website; ___ Social Media: _____ or Friend/Colleague: _____

Physical participation is required. Any physical concerns acquired during the education that impede physical participant will not exempt student from completing all required hours.
- List any injuries, conditions or postural concerns that you know may limit your performances during the education (Medical clearance may be required to submit with application).

CONTINUING EDUCATION

I: MERRITHEW™ Continuing Education

◆ STOTT PILATES®; ◆ ZEN•GA®; ◆ CORE™; ◆ Total Barre™; ◆ Halo® Training; ◆ Fascial Movement
Supplement current instruction & programming and Earn 0.1 STOTT PILATES® CECs per workshop hour and 1.0 PMA® CECs per workshop hour

Select Option:

___ I want to arrange PRIVATE Session(s) to receive "Customized Repertoire Review" education or choose from "Approved" Workshops (One on One with Chau)

___ I want to register for scheduled workshop(s) - *Information from Website:* _____

How to become a STOTT PILATES® Specialist

Complete eight workshops within a Specialty Track to receive the "Specialist" designation

Note:

* A current STOTT PILATES® certification at any level is required in order to be recognized as a "Specialist" in any track

* Specialists: 1) Active for life, 2) Athletic Conditioning, 3) Dance, 4) Golf Conditioning, 5) Group Equipment, 6) Group Matwork, 7) Interdisciplinary, 8) Post-Rehabilitation Conditioning, 9) Pre & Postnatal

II: KINETIC CHAIN® Continuing Education

Supplement current instruction & programming and Earn Maximum 0.2 STOTT PILATES® CECs annually and 1.0 PMA® CECs per hour

Select Option:

___ I want to arrange PRIVATE Session(s) to receive education (One on One with Chau)

___ I want to register for scheduled workshop(s) - *Information from Website:* _____

KINETIC CHAIN® Training	KINETIC CHAIN® Suspension	KINETIC CHAIN® Sports Motion
Recommend: Complete 'Functional Anatomy for Movements'	Recommend: 'Functional Anatomy for Movements'	Recommend: 'Functional Anatomy for Movements'
___ Functional Anatomy for Movements (8 hrs); Fee: \$375.00*	___ C.O. R. E. Principles & Workout (8 hrs)	___ C.O.R.E. Principles & Workout (8 hrs)
___ C.O.R.E. Principles & Movements (8 hrs); Fee: \$375.00*	Fee: \$250.00*	Fee: \$250.00*
___ Functional Anatomy & C.O.R.E. (16 hrs); Fee: \$600.00*		
___ KINETIC CHAIN® Training in Motion App; Fee: Subscription		

PAYMENT INFORMATION

Amount: _____ Check (payable to **Center Pose, Inc.**) or ___ Visa; ___ MasterCard; ___ American Express

Credit Card #: _____ **Expire Date:** _____ **CVC Code:** _____

Name on Credit Card: _____ **Signature:** _____ **Date:** _____

(My signature authorizes pillarPERFORMANCE to charge the above Credit Card for the payment indicated above).

REFUND POLICIES FOR ALL EDUCATION: Refund(s) will be processed in full payment if the registered education is not conducted.

STOTT PILATES® SPECIALTY TRACKS

Active for Life Specialist:

- ___ Armchair Pilates Plus (2 CECs); ___ Armchair Pilates™ with Handweights (2 CECs); ___ Assessment & Warm Up for Foundational Movement (2 CECs);
- ___ Breathing & Mobility on Stability Barrel™ Lite (2 CECs); ___ Conditioning Towel Workout (2 CECs); ___ Dynamic Armchair Pilates (2 CECs); ___ Fitness Circle® Flow (2 CECs);
- ___ Flexion Free Workshop (2 CECs); ___ Intro to Essential Matwork™ (2 CECs); ___ Matwork Strength & Mobility (2 CECs); ___ Reformer for the Older Adult (2 CECs);
- ___ Sculpt & Tone (2 CECs); ___ Stability Chair for the Older Adult (2 CECs); ___ Total Body Toning (2 CECs); ___ Ultimate Back Care (2 CECs)

Athletic Conditioning Specialist:

- ___ Assessment & Warm Up for Foundational Movement (2 CECs); ___ Athletic Conditioning on Arc Barrel or Stability Barrel (2 CECs); ___ Athletic Conditioning on Mat (2 CECs);
- ___ Athletic Core Conditioning on Cardio-Tramp® Rebounder (2 CECs); ___ Athletic Conditioning on Edge (2 CECs); ___ Athletic Conditioning on Reformer, L1 (2 CECs);
- ___ Athletic Conditioning on Reformer, L2 (2 CECs); ___ Athletic Conditioning on Reformer, L1 & 2 (4 CECs); ___ Athletic Conditioning on Reformer, L3 (2 CECs);
- ___ Athletic Conditioning on Reformer, L4 (2 CECs); ___ Athletic Conditioning on Stability Chair™, L1 (2 CECs); ___ Athletic Conditioning on Stability Chair™, L2 (2 CECs);
- ___ Athletic Conditioning on Stability Cushions™ (2 CECs); ___ Athletic Conditioning on V2 Max™ Reformer, L1 (2 CECs); ___ Athletic Conditioning on V2 Max™ Reformer, L2 (2 CECs);
- ___ Athletic Conditioning with Fitness Circle® (2 CECs); ___ Bodyweight Training (2 CECs); ___ Essential Matwork and Athletic Conditioning on Stability Cushions™ (4 CECs);
- ___ Interval Training on Jumpboard or Cardio-Tramp, L1 (2 CECs); ___ Interval Training on Jumpboard or Cardio-Tramp, L2 (2 CECs); ___ Jumpboard Strength & Conditioning (2 CECs);
- ___ Jumpboard & Cross-Bow Interval Training (2 CECs); ___ Pilates Matwork for Men (2 CECs); ___ Pilates with Medicine Ball (2 CECs);
- ___ Precision & Control with Fitness Circle® (2 CECs); ___ Reformer Intervals on Accessory Boards: Ideal for Teens (2 CECs); ___ Reformer Workout for Men (2 CECs);
- ___ Reformer Programming for Foundational Movement (2 CECs); ___ Rotational Disks on Mat (2 CECs); ___ Soft Kettlebell™ Plus Workout (2 CECs)

Dance Specialist:

- ___ Breathing & Mobility on Stability Barrel™ Lite (2 CECs); ___ Foam Roller™ Challenge, L1 (2 CECs); ___ Foam Roller™ Challenge, L2 (2 CECs);
- ___ Foam Roller™ Plus, L 1 & 2 (4 CECs); ___ Full Advanced Matwork Workout (2 CECs); ___ Full Advanced Reformer Workout (2 CECs);
- ___ Full Intermediate Matwork Workout (2 CECs); ___ Full Intermediate Reformer Workout (2 CECs); ___ Intense Sculpting Challenge (2 CECs);
- ___ Matwork Flow w/ Ankle Tubing (2 CECs); ___ Matwork Flow Conditioning Sequence Workout (2 CECs); ___ Matwork Flow with Weights (2 CECs);
- ___ Matwork Flow Conditioning Sequence Workout & Matwork Flow w/ Weights (4 CECs); ___ Mini Foam Roller™ Flow (2 CECs); ___ Precision & Control with Fitness Circle® (2 CECs);
- ___ Reformer & Cardio-Tramp® Barre Workout (2 CECs); ___ Superior Balance (2 CECs); ___ Stability Ball™ Challenge (2 CECs); ___ Stability Chair™ Flow Workout (2 CECs);
- ___ Stability Barrel™ Create Balance & Control (2 CECs); ___ Stability Barrel™ Flow: Intermediate Challenge (2 CECs); ___ Ultimate Body Sculpting (2 CECs)

Golf Conditioning Specialist:

- ___ Conditioning for Golf & Rotational Power on Reformer (2 CECs); ___ Conditioning for Golf & Rotational Power on V2Max Plus Reformer (2 CECs);
- ___ Conditioning for Golf & Rotational Power on Mat (2 CECs); ___ Conditioning for Golf & Rotational Power with Weights (2 CECs); ___ Jumpboard & Cross-Bow Interval Training (2 CECs);
- ___ Pilates Matwork for Golf, L1 (2 CECs); ___ Pilates Matwork for Golf, L2 (2 CECs); ___ Pilates Matwork for Golf, L1 & L2 (4 CECs); ___ Pilates Matwork for Men (2 CECs);
- ___ Reformer Workout for Men (2 CECs); ___ Rotational Disks on Mat (2 CECs); ___ Sliding Mobility Disks™ for Dynamic Stabilization, Matwork (2 CECs);
- ___ Soft Kettlebell™ Plus Workout (2 CECs); ___ Total Body Toning (2 CECs)

Group Equipment Specialist:

- ___ Athletic Conditioning on Reformer, L1 (2 CECs); ___ Athletic Conditioning on Reformer, L2 (2 CECs); ___ Athletic Conditioning on Reformer, L1 & 2 (4 CECs);
- ___ Athletic Conditioning on Reformer, L3 (2 CECs); ___ Athletic Conditioning on Reformer, L4 (2 CECs); ___ Group Reformer Classes: Teaching Skills & Programming Choices (2 CECs);
- ___ Group Stability Chair™ Classes: Teaching Skills & Programming Choices (2 CECs); ___ Interval Training on Jumpboard or Cardio-Tramp™, L1 (2 CECs);
- ___ Interval Training on Jumpboard or Cardio-Tramp™, L2 (2 CECs); ___ Introduction to Circuit Training (2 CECs); ___ Jumpboard Strength & Conditioning (2 CECs);
- ___ Jumpboard & Cross-Bow Interval Training (2 CECs); ___ Reformer Intervals on Accessory Boards: Ideal for Teens (2 CECs); ___ Reformer with Fitness Circle® (2 CECs);
- ___ Reformer with Padded Platform Extender (2 CECs); ___ Reformer Workout for Men (2 CECs); ___ Studio Circuit Training (2 CECs); ___ Teaching Reformer to First-Timers (2 CECs)

Group Matwork Specialist:

- ___ 3-D Balance (2 CECs); ___ Assessment & Warm Up for Foundational Movement (2 CECs); ___ Matwork Programming for Foundational Movement (2 CECs);
- ___ Athletic Conditioning with Fitness Circle® (2 CECs); ___ Athletic Conditioning on Stability Cushions™ (2 CECs); ___ Athletic Conditioning on the Mat (2 CECs);
- ___ Bodyweight Training (2 CECs); ___ Breathing & Mobility on Stability Barrel™ Lite (2 CECs); ___ Conditioning for Golf & Rotational Power on Mat (2 CECs);
- ___ Conditioning for Golf & Rotational Power with Weights (2 CECs); ___ Conditioning Towel Workout (2 CECs); ___ Core Balance (2 CECs); ___ Dynamic Armchair Pilates (2 CECs);
- ___ Dynamic Balance (2 CECs); ___ Essential Matwork and Athletic Conditioning on Stability Cushions™ (4 CECs); ___ Essential Matwork on Stability Cushions™ (2 CECs);
- ___ Essential Matwork with a Fascial Focus (2 CECs); ___ Flexion Free (2 CECs); ___ Form Roller™ Plus, Levels 1 & 2 (4 CECs);
- ___ Group Matwork Classes: Teaching Skills & Programming Choices (2 CECs); ___ Intense Sculpting Challenge (2 CECs); ___ Matwork Interval Training, L1 (2 CECs);
- ___ Matwork Interval Training, L2 (2 CECs); ___ Matwork Flow Conditioning Sequence Workout (2 CECs); ___ Matwork Flow Conditioning Workout & Matwork Flow with Weights (4 CECs);
- ___ Matwork Flow with Weights (2 CECs); ___ Matwork Strength & Mobility (2 CECs); ___ Matwork with Props: Strength & Endurance for Teens (2 CECs);
- ___ Mini Form Roller™ Flow (2 CECs); ___ Mini Stability Ball™ Workout (2 CECs); ___ Pilates Matwork for Golf, L1 (2 CECs); ___ Pilates Matwork for Golf, L2 (2 CECs);
- ___ Pilates Matwork for Golf, L1 & 2 (4 CECs); ___ Pilates Matwork for Men (2 CECs); ___ Pilates with Props, L1 (2 CECs); ___ Pilates with Props, L2 (2 CECs);
- ___ Pilates with Props, L1 & 2 (4 CECs); ___ Power Paced Fitness Circle® (2 CECs); ___ Precision & Control with Fitness Circle® (2 CECs); ___ Sculpt & Tone (2 CECs);
- ___ Sliding Mobility Disks™ for Dynamic Stabilization, Matwork (2 CECs); ___ Soft Kettlebell™ Plus Workout (2 CECs); ___ Stability Ball™ Challenge (2 CECs);
- ___ Stability Barrel™ Create Balance & Control (2 CECs); ___ Superior Balance (2 CECs); ___ Teaching Matwork to First-Timers (2 CECs);
- ___ The Secret to Toned Arms, Buns & Thighs (2 CECs); ___ Total Body Sculpting (2 CECs); ___ Total Body Toning (2 CECs); ___ Ultimate Body Sculpting (2 CECs)

Interdisciplinary Specialist:

- ___ Assessment & Warm Up for Foundational Movement - Part A (2 CECs); ___ Breathing & Mobility on Stability Barrel™ Lite (2 CECs); ___ Essential Matwork with Fascial Focus (2 CECs);
- ___ Matwork Programming for Foundational Movement - Part B (2 CECs); ___ Matwork Flow Conditioning Sequence Workout (2 CECs); ___ Matwork Flow with Weights (2 CECs);
- ___ Matwork Flow with Ankle Tubing (2 CECs); ___ Matwork with Fascial Focus (2 CECs); ___ Reformer Programming for Foundational Movement - Part C (2 CECs);
- ___ Stability Barrel™: Create Balance & Control (2 CECs); ___ Stability Barrel™ Flow: Intermediate Challenge (2 CECs); ___ Stability Chair™ Flow Workout (2 CECs);
- ___ Twist Ball™ Workout (2 CECs)

Pre & Postnatal Specialist:

- ___ Post-Natal Pilates (2 CECs); ___ Prenatal Pilates with Stability Ball™ & Flex-Band (2 CECs); ___ Prenatal Pilates on Cadillac (2 CECs); ___ Prenatal Pilates on Edge (2 CECs);
- ___ Prenatal Pilates on Mat (2 CECs); ___ Prenatal Pilates on Reformer (2 CECs); ___ Prenatal Pilates on Split-Pedal Stability Chair™ (2 CECs);
- ___ Prenatal Pilates on V2 Max Plus™ Reformer (2 CECs)

Post-Rehabilitation Conditioning Specialist:

- ___ Equipment Programming for Breast Cancer Rehab (2 CECs); ___ Flexion Free Workshop (2 CECs); ___ Lumbo-Pelvic Region: Matwork for Stability & Function (2 CECs);
- ___ Lumbo-Pelvic Region: Equipment Programming for Stability & Function (2 CECs); ___ Lumbo-Pelvic Region: Reformer Programming for Stability & Function (2 CECs);
- ___ Matwork for Breast Cancer Rehab (2 CECs); ___ Optimization of the Lumbo-Pelvic Region: Part A & B (6 CECs); ___ Optimization of the Shoulder Complex (2 CECs);
- ___ Postural Analysis Review (2 CECs); ___ Postural Analysis & Application to Pilates Exercises (4 CECs); ___ Stabilization Principles (2 CECs);
- ___ The Knee: Equipment Programming for Stability & Function (2 CECs); ___ The Knee: Matwork Programming for Stability & Function (2 CECs);
- ___ Knee: Reformer Programming for Stability & Function (2 CECs); ___ The Shoulder Girdle: Equipment Programming for Stability & Function (2 CECs); ___ Ultimate Back Care (2 CECs)
- ___ Shoulder Girdle: Matwork Programming for Stability & Function (2 CECs); ___ Shoulder Girdle: Reformer Programming for Stability & Function (2 CECs)