pilates dynamics®

EST. 2007 · RANDBURG

COURSE INFORMATION PACK · JOHANNESBURG · 2027 INTAKES

teacher training, taught *properly.*

Six internationally aligned, certified Pilates teacher-training qualifications, from Mat to full apparatus, taught by the team that has trained instructors for nineteen years.

REPSSA
20 CPD POINTS

SASP
30 CEU POINTS

BASA
30 CPD POINTS

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OVERVIEW

six ways *in.*

All fees VAT inclusive

Every course combines lectures, self-practice, observation and supervised teaching hours, with tutorials and a final exam. Choose the qualification that fits where you are: start with Mat, add the Reformer, or commit to the full Comprehensive programme. Each course has its own page in this pack.

	QUALIFICATION	TOTAL HOURS	NEXT START	GROUP FEE
01	**Mat & Small Equipment** No prerequisite	85 h	Fri 26 February 2027	R16 200
02	**Mat & Intensive Reformer** No prerequisite	155 h	Fri 26 February 2027	R27 000
03	**Comprehensive** No prerequisite	315 h	Fri 26 February 2027	R45 000
04	**Comprehensive Conversion** Prerequisite: A Pilates Mat qualification (course 01, or equivalent)	230 h	Fri 2 April 2027	R29 000
05	**Intensive Reformer** Prerequisite: A Pilates Mat qualification	70 h	Fri 2 April 2027	R15 000
06	**Wunda Chair** Prerequisite: Pilates Mat & Small Equipment qualification	45 h	Date to be confirmed	R5 000

HOW THE HOURS WORK

Total course hours include lectures, tests and tutorials, which are credited. Practical hours are split three ways: self-practice, observation and teacher training. The studio is available free of charge for self-practice and observation. See page 09.

GROUP, PRIVATE OR ONLINE

Group courses run on the published lecture dates (page 10) with four to ten participants. Every course can also be taken privately, one-on-one, with times arranged between you and your lecturer. Online tuition (lectures) is also possible; see page 12.

19
years training instructors

4–10
participants per group course

70%
exam pass mark

3×
exam sittings a year: March, July, October

COURSE 01

mat & small equipment

NO PREREQUISITE

85	23	14	23
total course hours	self-practice hours	observation hours	teacher-training hours

WHAT YOU LEARN

- Mat levels 1, 2 & 3 (basic to advanced)
- History of Pilates
- Code of ethics & practice
- Guidelines for teaching and professionalism
- Anatomy
- Faulty posture patterns
- Injuries & pathologies
- Exercise recommendations & contra-indications
- Exercise adaptation (variations & modifications)
- Pregnancy
- Muscle and goal description per exercise
- Use of props & small equipment (incl. barre & TRX)
- Program flow & program examples
- Teaching & cueing skills

DATES

Next course starts Friday 26 February 2027.
60 practical hours in total · 1 tutorial (2 hours) · complete within 1 calendar year, or earlier.

RECOGNITION

SASP 30 CEU (PPB007/2023/07/004) · BASA 24 CPD (PPB008/B002/2019/00665) · REPSSA 20 CPD. Details on page 11.

ONLINE TUITION

Online tuition (lectures) is possible. Online observation and lecture hours are subject to a reliable internet connection.

GROUP COURSE

R16 200 once-off

Online exercise videos and manuals included.

OR A PAYMENT PLAN

R3 240 deposit on registration, then monthly:
2 × R6 480 · 3 × R4 320 · 4 × R3 240

PRIVATE COURSE

R18 700 once-off

One-on-one tuition, times arranged with your lecturer.

OR A PAYMENT PLAN

R3 740 deposit on registration, then monthly:
2 × R7 480 · 3 × R4 987 · 4 × R3 740

Once-off exam fee. R3 000 group exam registration fee. Private exam registration fees subject to confirmation.

Payment plans: the deposit is due on registration, then 2, 3 or 4 monthly instalments, the first on the 1st of the following month. Fees exclude any additional one-on-one tuition for exam preparation. Fees are subject to change.

COURSE 02

mat & intensive reformer

NO PREREQUISITE

155	45	27	45
total course hours	self-practice hours	observation hours	teacher-training hours

WHAT YOU LEARN

- Everything in the Mat & Small Equipment course
- Reformer exercises (basic to advanced)
- Muscle imbalances & exercise objectives
- Exercise modifications
- Neuromuscular re-education & movement training
- Pregnancy
- Construction of programs, examples and program flow
- Injuries, pathologies & tests
- Teaching & cueing skills

DATES

Next course starts Friday 26 February 2027 with the Mat section; Reformer section from Friday 2 April 2027.
117 practical hours in total · 2 tutorials (2 hours each: 1 Mat, 1 Reformer) · complete within 1.5 calendar years, or earlier.

RECOGNITION

Mat: SASP 30 CEU · BASA 24 CPD · REPSSA 20 CPD. Reformer: SASP 26 CEU (PPB007/2024/01/026). Details on page 11.

ONLINE TUITION

Online tuition (lectures) is possible. As this course uses large equipment (Reformer, Tower, Wunda Chair, Ladder Barrel and smaller barrels), you will need access to that equipment. Online observation and lecture hours are subject to a reliable internet connection.

GROUP COURSE

R27 000 once-off

Online exercise videos and manuals included.

OR A PAYMENT PLAN

R5 400 deposit on registration, then monthly:
2 × R10 800 · 3 × R7 200 · 4 × R5 400

PRIVATE COURSE

R30 750 once-off

One-on-one tuition, times arranged with your lecturer.

OR A PAYMENT PLAN

R6 150 deposit on registration, then monthly:
2 × R12 300 · 3 × R8 200 · 4 × R6 150

Once-off exam fee. Separate Mat and Reformer exams, each subject to a group exam fee of R3 000. Private exam registration fees subject to confirmation.

Payment plans: the deposit is due on registration, then 2, 3 or 4 monthly instalments, the first on the 1st of the following month. Fees exclude any additional one-on-one tuition for exam preparation. Fees are subject to change.

COURSE 03

comprehensive

NO PREREQUISITE

315	100	90	100
total course hours	self-practice hours	observation hours	teacher-training hours

WHAT YOU LEARN

- The full course: Mat & Small Equipment plus Large Equipment
- Reformer · Cadillac · Chair · Ladder Barrel · Arc Barrels (basic to advanced)
- Muscle imbalances & exercise objectives
- Exercise modifications
- Pregnancy
- Auto-immune diseases
- Additional injuries & pathologies beyond the Mat program
- Teaching & cueing skills
- Program flow and program examples

DATES

Next course starts Friday 26 February 2027 with the Mat section. The Large Equipment section follows from Friday 2 April 2027 (date to be confirmed).
290 practical hours in total · 3 tutorials (2 hours each) · complete within 1.5 calendar years, or earlier.

RECOGNITION

BASA 30 CPD (PPB008/B002/2020/00678) · SASP 30 CEU (Mat section) · REPSSA 20 CPD. Details on page 11.

ONLINE TUITION

Online tuition (lectures) is possible. As this course uses large equipment (Reformer, Tower, Wunda Chair, Ladder Barrel and smaller barrels), you will need access to that equipment. Online observation and lecture hours are subject to a reliable internet connection.

GROUP COURSE

R45 000 once-off

Online exercise videos and manuals included.

OR A PAYMENT PLAN

R9 000 deposit on registration, then monthly:
2 × R18 000 · 3 × R12 000 · 4 × R9 000

PRIVATE COURSE

R50 500 once-off

One-on-one tuition, times arranged with your lecturer.

OR A PAYMENT PLAN

R10 100 deposit on registration, then monthly:
2 × R20 200 · 3 × R13 467 · 4 × R10 100

Once-off exam fee. R4 000 group exam registration fee. Private exam registration fees subject to confirmation.

Payment plans: the deposit is due on registration, then 2, 3 or 4 monthly instalments, the first on the 1st of the following month. Fees exclude any additional one-on-one tuition for exam preparation. Fees are subject to change.

COURSE 04

comprehensive conversion

PREREQUISITE · A PILATES MAT QUALIFICATION (COURSE 01, OR EQUIVALENT)

230	70	55	70
total course hours	self-practice hours	observation hours	teacher-training hours

WHAT YOU LEARN

- The Large Equipment section of the Comprehensive course
- Reformer · Cadillac · Chair · Ladder Barrel · Arc Barrels (basic to advanced)
- Muscle imbalances & exercise objectives
- Exercise modifications
- Pregnancy
- Auto-immune diseases
- Additional injuries & pathologies beyond the Mat program
- Teaching & cueing skills
- Program flow and program examples

DATES

Next course starts Friday 2 April 2027. Lecture dates on page 10.
195 practical hours in total · 2 tutorials (2 hours each) · complete within 1.5 calendar years, or earlier.

RECOGNITION

BASA 30 CPD (PPB008/B002/2019/00666) · REPSSA 20 CPD. Details on page 11.

ONLINE TUITION

Online tuition (lectures) is possible. As this course uses large equipment (Reformer, Tower, Wunda Chair, Ladder Barrel and smaller barrels), you will need access to that equipment. Online observation and lecture hours are subject to a reliable internet connection.

GROUP COURSE

R29 000 once-off

Online exercise videos and manuals included.

OR A PAYMENT PLAN

R5 800 deposit on registration, then monthly:
2 × R11 600 · 3 × R7 734 · 4 × R5 800

PRIVATE COURSE

R34 000 once-off

One-on-one tuition, times arranged with your lecturer.

OR A PAYMENT PLAN

R6 800 deposit on registration, then monthly:
2 × R13 600 · 3 × R9 067 · 4 × R6 800

Once-off exam fee. R4 000 group exam registration fee. Private exam registration fees subject to confirmation.

Payment plans: the deposit is due on registration, then 2, 3 or 4 monthly instalments, the first on the 1st of the following month. Fees exclude any additional one-on-one tuition for exam preparation. Fees are subject to change.

COURSE 05

intensive reformer

PREREQUISITE · A PILATES MAT QUALIFICATION

70	22	12	22
total course hours	self-practice hours	observation hours	teacher-training hours

WHAT YOU LEARN

- Reformer exercises (basic to advanced)
- Muscle imbalances & exercise objectives
- Exercise modifications
- Neuromuscular re-education & movement training
- Pregnancy
- Construction of programs, examples and program flow
- Injuries, pathologies & tests
- Teaching & cueing skills

DATES

Next course starts Friday 2 April 2027. Lecture dates on page 10.
56 practical hours in total · 1 tutorial (2 hours) · complete within 1 calendar year, or earlier.

RECOGNITION

SASP 26 CEU (PPB007/2024/01/026) · REPSSA 20 CPD. Details on page 11.

ONLINE TUITION

Online tuition (lectures) is possible. As this course uses large equipment (Reformer, Tower, Wunda Chair, Ladder Barrel and smaller barrels), you will need access to that equipment. Online observation and lecture hours are subject to a reliable internet connection.

GROUP COURSE

R15 000 once-off

Online exercise videos and manuals included.

OR A PAYMENT PLAN

R3 000 deposit on registration, then monthly:
2 × R6 000 · 3 × R4 000 · 4 × R3 000

PRIVATE COURSE

R17 500 once-off

One-on-one tuition, times arranged with your lecturer.

OR A PAYMENT PLAN

R3 500 deposit on registration, then monthly:
2 × R7 000 · 3 × R4 667 · 4 × R3 500

Once-off exam fee. R3 000 group exam registration fee. Private exam registration fees subject to confirmation.

Payment plans: the deposit is due on registration, then 2, 3 or 4 monthly instalments, the first on the 1st of the following month. Fees exclude any additional one-on-one tuition for exam preparation. Fees are subject to change.

COURSE 06

wunda chair

PREREQUISITE · PILATES MAT & SMALL EQUIPMENT QUALIFICATION

45	11	8	11
total course hours	self-practice hours	observation hours	teacher-training hours

WHAT YOU LEARN

- An intensive course on the Chair as apparatus
- Instructing group clients and individual clients in the Pilates method using the Chair
- Rehabilitation needs, the older population, pre- and post-natal clients and all other population groups

DATES

Next course starts Date to be confirmed.
30 practical hours in total · 1 tutorial (2 hours) · complete within 1 calendar year, or earlier.

RECOGNITION

REPSSA 20 CPD. Details on page 11.

ONLINE TUITION

Online tuition (lectures) is possible. As this course uses large equipment (Reformer, Tower, Wunda Chair, Ladder Barrel and smaller barrels), you will need access to that equipment. Online observation and lecture hours are subject to a reliable internet connection.

GROUP COURSE

R5 000 once-off

Online exercise videos and manuals included.

OR A PAYMENT PLAN

R1 000 deposit on registration, then monthly:
2 × R2 000

PRIVATE COURSE

R7 000 once-off

One-on-one tuition, times arranged with your lecturer.

OR A PAYMENT PLAN

R1 400 deposit on registration, then monthly:
2 × R2 800

Once-off exam fee. R2 000 group exam registration fee. Private exam registration fees subject to confirmation.

Payment plans: the deposit is due on registration, then 2, 3 or 4 monthly instalments, the first on the 1st of the following month. Fees exclude any additional one-on-one tuition for exam preparation. Fees are subject to change.

HOW IT WORKS

hours, mentorship *and exams*.

THE THREE KINDS OF PRACTICAL HOURS

Self-practice

Practise on your own at home, at our studio at no extra cost, or at another pre-approved studio. Film yourself and send a screenshot of the video information with your logsheet as evidence. Hours at another studio count only once approved. Videos of every exercise in the manual are provided.

Observation

Watch a Pilates class online (we send a Google Meet link), in our studio, or at an approved studio. Take notes during the class and email them to us with your logsheet. Online observation is subject to a reliable internet connection.

Teacher training

Practise teaching a friend, family member or apprentice instructor at home, at our studio, or at another studio. Film the session and submit a screenshot of the video information with your logsheet.

Practical hours can be accumulated from the day the course starts. Our studio is available for self-practice and observation at no additional charge.

MENTORSHIP AFTER LECTURES

- Two additional practical tutorial sessions of two hours each, dates to be determined (one session for the Intensive Reformer course).
- Two practical teaching sessions with client classes, under the supervision of a Pilates instructor. These serve as a mini exam ahead of the final exam.
- Before these sessions, you schedule private lessons with a Pilates Dynamics instructor to make sure you are ready to teach paying client classes.

TESTS AND EXAMS

- Tests are written throughout the course to evaluate progress. They do not count towards the final mark; dates are confirmed with students.
- Exams are written in March, July and October each year (dates to be determined).
- The final exam is one theoretical exam and two practical exams. Students also teach group classes under the supervision of a senior trainer.
- Exams are evaluated by an assessor and a moderator. The pass mark is 70%.

Group courses need a minimum of four and a maximum of ten participants. We reserve the right to cancel or postpone a course should this not be met.

GROUP LECTURE DATES · FEB–APR 2027

when we *meet*.

Fridays afternoon, weekends morning

1st semester 2027 intake. Mat from Friday 26 February 2027; Reformer and large equipment from Friday 2 April 2027.

MAT & SMALL EQUIPMENT · COURSES 01, 02, 03

DAY	2027	TIMES	HOURS
Friday	**26 Feb**	13:00 – 17:00	4
Saturday	**27 Feb**	08:00 – 13:00	5
Sunday	**28 Feb**	08:00 – 13:00	5
Saturday	**13 Mar**	08:00 – 13:00	5
Sunday · final	**14 Mar**	08:00 – 13:00	5

The Mat section opens the Mat & Reformer and Comprehensive courses on the same dates.

INTENSIVE REFORMER · COURSES 02, 05

DAY	2027	TIMES	HOURS
Friday	**2 Apr**	13:00 – 17:00	4
Saturday	**3 Apr**	08:00 – 13:00	5
Sunday · final	**4 Apr**	08:00 – 13:00	5

Next intake starts Friday 2 April 2027.

LARGE EQUIPMENT SECTION · COURSES 03, 04

Reformer, Tower, Cadillac, Chair and Barrels. The next intake starts Friday 2 April 2027.

DAY	2027	TIMES	HOURS
REFORMER			
Friday	**2 Apr**	13:00 – 17:00	4
Saturday	**3 Apr**	08:00 – 13:00	5
Sunday	**4 Apr**	08:00 – 13:00	5
TOWER, CHAIR, CADILLAC & BARRELS			
Friday	**16 Apr**	13:00 – 17:00	4
Saturday	**17 Apr**	08:00 – 15:00	7
Sunday · final	**18 Apr**	08:00 – 15:00	7

PRIVATE AND ONLINE TUITION

Every course can be taken on a private, one-on-one basis. Times and availability are arranged between you and your lecturer. Online tuition (lectures) is also possible. Contact the studio to set this up.

RECOGNITION

accredited, and *recognised.*

REPSSA

20 CPD POINTS · ALL COURSES

The Register of Exercise Professionals in South Africa recognises qualifications and expertise. REPSSA sets an international benchmark across Europe, the UK, Australia, New Zealand, Ireland, the UAE, Canada, Belgium, Poland, the USA and South Africa.

SASP

SOUTH AFRICAN SOCIETY OF PHYSIOTHERAPY

Mat course · 30 CEU points, Level 1
PPB007/2023/07/004

Intensive Reformer · 26 CEU points
PPB007/2024/01/026

BASA

BIOKINETICS ASSOCIATION OF SOUTH AFRICA

Mat course · Level 2, 24 CPD
PPB008/B002/2019/00665

Comprehensive · Level 2, 30 CPD
PPB008/B002/2020/00678

Conversion · Level 2, 30 CPD
PPB008/B002/2019/00666

WHO TEACHES YOU

We teach you how to teach, not just what to teach.

- An intensive, in-depth course in line with international standards.
- Continuous support from a qualified team of Pilates professionals; success will also depend on your commitment and self-study.
- Lecturers who have trained in numerous styles of Pilates, with many years of teaching and education experience, nationally and internationally.
- Our mission is to mentor you towards a successful and rewarding Pilates career.

WHAT MAKES US DIFFERENT

- Anatomy, injuries and pathologies are integrated with recommendations, contra-indications and exercise goals, so you understand the work, not only the moves.
- A comprehensive exercise compilation with a full video library in the manual.
- Hours can be done at other pre-approved studios when life gets busy.
- Studio access for practice and observation hours.
- A wide variety of small equipment at our studio, built into your learning, self-practice, observation and teacher-training hours.

Andriesa

Aurelie

Myrren

Andriesa, Director & Lead Instructor, with Aurelie and Myrren. Every instructor trained under Andriesa or teaches on the courses.

BEFORE YOU REGISTER

the fine *print.*

PAYMENT

- The deposit or full payment is due on registration.
- With a payment plan, the rest is paid in 2, 3 or 4 monthly instalments. The first instalment is due on the 1st of the following month, and monthly thereafter.
- Course fees do not include additional one-on-one tuition for exam preparation.
- All fees are VAT inclusive and subject to change.

REFUND POLICY

- No refunds are given if a student misses any modules or lectures, or fails to complete the practical hours within the stipulated course completion period.
- No refunds are given if a student fails to attend, proceed, or complete the course following acceptance, registration and payment of the deposit, once-off fee, or any other amount paid towards the course for whatever reason.

ONLINE TUITION

Online tuition (lectures) is possible on all our courses. If you select a course involving large equipment (Reformer, Tower, Wunda Chair, Ladder Barrel and smaller barrels), you should have access to that equipment. Any online observation or lecture hours are subject to you having a reliable internet connection.

DISCOVERY VITALITY

Students who are Vitality members earn points for every lecture they attend and every time they use our studio for their practical training.

READY TO START?

Register online, or talk to us first.

pilatesdynamics.co.za/pilates-teacher-training-courses/

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Not sure which course fits? Book a call with Andriesa and we will map your hours, prerequisites and dates before you commit.

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