



## A MOVEMENT STUDIO FOR THE NEIGHBORHOOD

Dear Movers,

We are so excited to launch The Pilates Teacher Training Program at The Moving Joint. Through our experience, we have found that candidates with a dance education will already have a good understanding of body mechanics and will therefore more easily grasp the material than people without a dance background. This will also make the program more satisfying for dancers because it strongly infuses a somatic approach to teaching Pilates while challenging the trainee with detailed biomechanics and anatomy.

Therefore, we are offering two \$500 scholarships to pre-professional or professional dancers. In conjunction with our \$500 Early Bird Special this would discount the program by \$1000. If you are interested in applying for this scholarship, please fill out the following application and send back to [info@themovingjoint.com](mailto:info@themovingjoint.com). I have also attached the intro page to our manuals so you can see a bit more about our philosophy and you can go to our teacher training web page at: <http://themovingjoint.com/tmj-teacher-training/>

Sincerely,

**Alyson Boell-Marchand**

**Owner & Director of The Moving Joint Teacher Training Program**

---

A Note from the director:

Welcome to the incredible world of teaching Pilates. It is very fulfilling to help people move more efficiently, to ground themselves in their bodies and to help them make groundbreaking changes in their physical (and emotional!) health. Through the years of teaching Pilates one of the most important things I have become aware of is that the habitual movement patterns in a person are manifest of many different things. Childhood posture, emotional health, work habits, thought patterns, self confidence, and nervous system issues all play a role in how someone moves and holds themselves in space. Most people do not even realize what the reason is behind their poor posture. I believe that our job as movement instructors is to hold space for our clients so that they may experience what alternative and healthy movement patterns feel like as an alternative to their own holding patterns. We allow them opportunities to understand the proper functioning and biomechanics of the human body while engaging in self-observation of their own postural habits. And most importantly we allow them as many modifications and slowing down processes as needed so that we move away from the stress of the unattainable and find what is accessible to their individual bodies. Good luck and happy teaching.

Sincerely,

**Alyson Boell-Marchand**

# TEACHER TRAINING PROGRAM DANCER SCHOLARSHIP APPLICATION



## Contact Information

Name	
Street Address	
City ST ZIP Code	
Home Phone	
Work Phone	
E-Mail Address	

## Please answer the questions below:

Please describe your background in dance as well as any other movement and somatic disciplines.

Please describe your Pilates experience, including how much time you have spent on the equipment if any.

Please give all or any reasons you have for wanting to become a Pilates instructor.

Please give a description of what you think Pilates is, how it can help someone and who you think it can help.

--

### Agreement and Signature

By submitting this application, I affirm that the facts set forth in it are true and complete. I understand that if I am accepted as a Teacher Training candidate, any false statements, omissions, or other misrepresentations made by me on this application may result in my immediate dismissal.

Name (printed)	
Signature	
Date	

### Our Policy

It is the policy of this organization to provide equal opportunities without regard to race, color, religion, national origin, gender, sexual preference, age, or disability.

Thank you for completing this application form and for your interest in The Moving Joint Teacher Training Program.