



inLIFE Pilates Certification (WA)

Journey to becoming an inLIFE Certified Instructor

After completing the online modules and the three-day Group Reformer Pilates training at one of our studios, you will be granted **Provisional Instructor Certification!**

(You are now allowed to teach, but you must complete the following requirements within a year, or your qualification may be revoked.)

Over the next six months, you will need to complete the following; all activities except for attending classes as a member must be signed off:

- Attend ten classes as a member at any pilates studios
- Attend two mentoring sessions/workshops that we will organise. Failure to attend would mean that you would have to attend training outside of the studio.
- Observe six classes.
- Complete 10 hours of practice teaching
- Complete Instructor Assessment at 3 months and 6 months, which will be a video of yourself teaching if you are not an inLIFE Instructor, and if you are an inLIFE instructor, this can be in person.

Accessing Studios

Memberships: You are welcome to join any studio as a member, and it does not have to be inLIFE Wellness. We can offer you a discounted instructor membership.

Observations: Please arrange to observe at any studios that are happy to have you. We can offer to let you observe classes at inLIFE Wellness; however, please reach out to us beforehand.

Access to studios for practice: Students are expected to have their own reformer pilates machines at home. Due to classes being run at the studios and safety issues, we only offer limited access to inLIFE Wellness Instructors. We can organise access for provisional instructors who are unable to access reformer pilates machines. This will be at limited times, and the studio manager will need to be present. Please reach out to the studio manager to liaise.



Final Practical Exam

There will be a final practical exam at six months, during which you will be assessed for unconditional registration. Congratulations! You are now a full fledged inLIFE Wellness Instructor! Please note of the CPD activities on the following page that you will be required to complete as an inLIFE Instructor.

If you fail to pass the practical exam due to competency issues, you will need to attend one additional mentoring session, observe two classes, and retake the practical exam again. This will cost \$200.



Annual Professional Development

Ongoing CPD is required to maintain the validity of WA inLIFE Pilates Certification. As of 2023/2024, you need to acquire 30 CPD points through CPD activities. These activities do not necessarily need to be ones held by inLIFE. They require sign-off and must be kept as a record.

CPD Points calculator:

Workshops: 5 credits

Peer workshops: 5 credits

Mentoring session: 5 credits

PD	Date of PD	Activity Summary	Signature/Receipt	CPD Points