



## **inLIFE Pilates Certification (WA) Instructor Journey & CPD Requirements**

This policy applies only to students enrolled in the inLIFE Pilates Certification (WA) program. It outlines the process for becoming a fully certified instructor and maintaining your certification through ongoing professional development.

### **1. Provisional Certification**

After completing the online modules and attending the 3-day in-person Group Reformer Pilates training, you will be granted Provisional Instructor Certification.

This allows you to begin teaching, however you must complete the following within 6 months to avoid suspension of your certification:

- Attend ten classes as a member at any Pilates studio.
- Attend two mentoring workshops (organised by inLIFE). If missed, equivalent external training is required at your own cost.
- Observe six classes.
- Complete 10 hours of practice teaching.
- Complete instructor assessments at 3 months and 6 months (video submission or in-person if teaching within inLIFE).

### **2. Studio Access**

- Students are encouraged to join any Pilates studio for class attendance.
- A discounted Instructor Membership is available at inLIFE Wellness.
- Observations must be pre-approved. We welcome observations at inLIFE with prior arrangement.
- Practice access at inLIFE studios is limited due to safety and scheduling. Provisional instructors must coordinate directly with studio managers for availability.

### **3. Final Practical Exam**

At 6 months, you will complete a final practical assessment. Upon successful completion, you will gain full inLIFE Instructor Certification.

If competency is not demonstrated, you must:

- Attend one additional mentoring session
- Observe two more classes
- Retake the practical exam (\$200 fee applies)



#### 4. Annual CPD Requirements

To maintain certification, instructors must complete 30 CPD points each calendar year. These can be acquired through any approved professional development and must be documented with sign-off.

PD	Date of PD	Activity Summary	Signature/Receipt	CPD Points

#### *CPD Points Guide:*

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- Workshops: 5 points
- Peer Workshops: 5 points
- Mentoring Sessions: 5 points