



CATALOG 2018/2019

**4613 Lakeview Canyon Rd
Westlake Village, CA 91361**

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Have I not commanded you? Be strong and courageous. Do not be afraid; do not be discouraged, for the LORD your God will be with you wherever you go." Joshua 1:9



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INTRODUCTION and MISSION

Thank you for your interest in the Daily Breath Pilates (DBP) Teacher Training Program. DBP offers one of the most effective full Body Conditioning Fitness Method.

Our goal is to provide Trainees information and skills to teach a safe, fun and challenge DBPilates Class.

The Daily Breath Pilates, LLC is a California Limited Liability Company with EIN 47-3632534, which has been active since 03/30/2015. The owner is Renata Oliveira. Daily Breath Pilates has been offering teacher training since 2015.

“DAILY BREATH PILATES TRAINING PROGRAM”

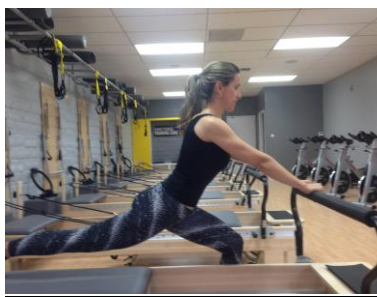
The Daily Breath Pilates Teacher Certificate Program is an International teacher program that has a flexible classroom schedule and is taught by PMA®-CPT qualified teacher Renata Oliveira. The program is structured in Four-modules:

- 1) DBPilates Foundation,
- 2) DBPilates Mat,
- 3) DBPilates Reformer,
- 4) DBP Springboard, that allows flexibility in program delivery and trainee attendance and combines Classical and Contemporary Pilates Style with new techniques and developments in exercise science.

Four-level modular pathway to the Daily Breath Program allows you to progress at your own pace. Students may earn a certification at each level by attending all modules, successfully completing assessments and submitting logged hours. To earn the Daily Breath Pilates Full Certification, you must complete all program levels and logged hours, and receive passing scores on all assessments. Our expertise will give you a well-rounded education to be prepared with the challenges presented with a wide range of clients and bodies. After this program you will be able to teach both group classes and individual sessions at any fitness facility or on your own. Program is based on Classical Pilates Method, Contemporary styles and other types of conditioning training which we feel is of great importance to prepare you or any teaching environment.

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DIRECTOR'S CREDENTIALS AND BIO



Renata Oliveira, the creator of “Daily Breath Pilates Method,” has over 20 years teaching experience in the field of Exercise, Pilates and is PMA Certified Instructor. She had her bachelor degree in Exercise Science in 2000 and in Nutrition in 2005. Their basic Pilates training (Polestar Pilates) began with more than 450 hours in intensive weekend training workshops, anatomy classes, observing, assisting, and teaching under certified Pilates instructor, and self-directed practice to gain proficiency in the Pilates Method. In addition to the basics, Renata has complimented their traditional training with workshops in Pre-natal Pilates, Osteoporosis, Unwinding scoliosis, Advanced Level Pilates workshops and both continue to increase their knowledge and understanding of the human body through continuing education (Classes, Workshops, and Pilates Conferences). During that time she has taken some workshops under first generation teachers – Lolita San Miguel and Ron Fletcher. She created this Pilates training program because she felt that there was a gap between the information offered in basic Pilates training programs and other types of conditioning training. She created different type of classes: Courageous Pilates and Brazilian Butt. Our hope is that this program will provide the foundation to work with a wide assortment of people and varying bodies.

PROGRAM/COURSE COSTS:

Module 1 - \$300

The Foundation - Introduce students to the Pilates principles and "power-house". Lessons focus on introductory pre mat work and Pilates history. Neutral pelvic, in-printing, and some anatomy concepts.

Module 2 – DBPilates Mat and accessories - \$800

Module 3 – DBPilates Reformer -\$1850

Beginners - Level 1

Beginners Plus - level 2

Strong Pilates - Level 3 and 4

Module 4 – DBPilates SpringBoard - \$800

Self-practice, assist/observations and practice teaching are not included on Course Costs.

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PROGRAMS & COURSES OFFERED:

DBP Foundation Module: 6 hours classroom instruction

DBP Mat Module: 20 hour classroom instruction in traditional and contemporary mat repertoire.

10 HOURS SELF PRACTICE,
10 HOURS ASSISTING / OBSERVATION;
10 HOURS PRACTICE TEACHING.
50 TOTAL HOURS REQUIRED FOR COMPLETION plus satisfactorily performing all exercises,
passing written test and successfully teaching a mat class.

DBP Reformer Module: 48 hours classroom instruction in traditional and contemporary repertoire.

80 HOURS SELF PRACTICE,
80 HOURS ASSIST / OBSERVATION,
80 PRACTICE TEACHING.
288 TOTAL HOURS REQUIRED FOR COMPLETION plus satisfactorily performing all exercises,
passing a written test, and successfully teaching a reformer class.

DBP Springboard Module: 8 hours classroom instruction in traditional and contemporary repertoire.

5 HOURS SELF PRACTICE,
5 HOURS ASSISTING / OBSERVATION,
5 HOURS PRACTICE TEACHING

FACILITIES:

Daily Breath Pilates, 4613 Lakeview Canyon Road, Westlake Village, CA 91361, is a Pilates studio with a total square area of 1200 sq. Ft. With 8 reformers / 7 Springboards, Mats, Foam rollers, balls and more.



2018-2019 Dates

Daytime Course: Mondays, Wednesdays and Fridays 12:00pm to 4:00pm (week days course)

Module 1 - June 20th-22th 2018

Module 2 - June 25th-July 06th 2018
 *holiday break July 04th

Module 3 - Oct 03rd-19th 2018 January 02nd-09th 2019

Module 4 - April 10th-12th 2019

Exam:

Module 2 - Oct 21st 2018

Module 3 - April 14th 2019

Daytime: Saturdays and Sundays 12:00pm to 6:00pm (weekend course)

Module 1 - June 23th 2018

Module 2 - June 24th-July 07th 2018

Module 3 - Oct 06th-20th 2018 January 02nd-12th 2019

Module 4 - April 13th 2019

Exam:

Module 2 - Oct 21st 2018

Module 3 - April 14th 2019



ADMISSIONS REQUIREMENTS:

Prospective trainees must:

- 1) Have taken at least 10 equipment or mat classes
- 2) Physically Fit and Able To Lift 20 Lbs.
- 3) Complete and submit the completed program application for Admission to Daily Breath Pilates Teacher Certificate Program by the due date to the:
Director of Education
Daily Breath Pilates
4613 Lakeview canyon Rd, Westlake Village, CA, 91361
- 4) Costs Of Education Are Paid In Full Or Prior Arrangements Are Made With School Director.
- 5) Commits To Attend Classroom Sessions Or Prior Arrangements Are Made With School Director To Make Up Classroom Session To Be Missed.

Daily Breath Pilates LLC do not promise employment, certification or success as a Pilates teacher upon completion of the Daily Breath Pilates Teacher Certificate Program.

Disclaimer: "No Applicant Will Be Denied On The Basis Of Race, National Origin, Color, Creed, Religion, Sex, Age, Disability, Gender Identity, Gender Expression, Or Sexual Orientation" Admission requirements are subject to revision.

REQUIREMENTS FOR COMPLETION:

1. Complete 370 hours (95 hours self-practice, 95 hours assisting /observation, 95 hours practice teaching, and 82 hours classroom, 3 hours exam)
2. Pass written Pilates test by "Daily Breath Pilates" LLC
3. Pass personal demonstration of Pilates exercise competence
4. Successfully teach a client a private Pilates session

ATTENDANCE REQUIREMENTS:

Trainees are expected to complete the classroom hours of each module by being punctual to all classroom sessions or making arrangements with the Director of Education for make-up sessions (missed confirmed make up sessions can be made up but at the hourly rate of \$150). 90% attendance to all classroom sessions is required and, make-up classroom sessions are at the discretion of the trainer. Trainees are expected to class with proper materials. Instructors may request a trainee to withdraw from a course or a program if absences or tardiness exceed 70%. Trainees who are unable to continue classes for medical reasons or severe personal problems will be required to take a leave of absence until they are able to return to class. Proper documentation will be required to substantiate a trainee's withdrawal.



LEAVE OF ABSENCE:

DBP expects its trainees to finish a module they started. However, it is sometimes necessary or desirable for a trainee to take a leave from the program for a period of time. Such leaves may be voluntary or involuntary, and will be handled in accordance with the DBP trainee leave policy.

CONDUCT POLICY:

The training center is a fully functioning Pilates studio, so conversation is kept to a minimum and appropriate workout attire is required. Possession of weapons, illegal drugs and alcohol are not allowed at any time on school property. Any violation of school policies may result in permanent dismissal from the school. The training center is very busy with clients, teachers, and other trainees so everyone is expected to act maturely and professionally while respecting clients, other trainees and teachers at either studio.

DISMISSAL:

70 % or less attendance to all classroom session without prior approval from Director of Education will prompt dismissal from the training program with refund based on the refund schedule.

EDUCATIONAL SERVICES:

The Program has an open door policy for trainees to feel comfortable talking to the faculty about anything in the program.

PROGRESS POLICY:

The trainees in the Program will maintain 90% attendance and at least 80% score on all exams, practical and written, in order to stay in the program. Termination shall be at the school Director's discretion. The Director has final authority and shall notify the trainee of the final decision.

TRANSFER OF CREDIT POLICY:

Daily Breath Pilates will allow transfer of credits from another program but the trainee will need to complete a written and practical exam to show competency. The cost for Transfer Credit Examination is \$250 for mat module and \$400 for reformer module. No retakes are allowed.

REFUND POLICY:

| | |
|--|--------------------------------|
| Before first classroom meeting | - 90% less cancellation charge |
| After first classroom meeting | - 75% less cancellation charge |
| After 25% off classroom sessions but within first 50% of program | - 50% less cancellation charge |
| After 50% of classroom sessions | - No Refund |

Cancellation fee is 10% of module costs



TRAINEE GRIEVANCE PROCEDURE:

• Speak directly to the source of the grievance. • If this is not a reasonable option, or if such an option does not remedy the situation, contact Renata Oliveira at 805-298-6679. • If this is not a reasonable option, or if such an option does not remedy the situation, document all relevant facts and send documentation to: dailybreathpilates@gmail.com

SEXUAL HARASSMENT PROCEDURE:

Harassment due to sex will not be tolerated in the Daily Breath Pilates workplace. Such conduct is subject to disciplinary actions, up to and including termination. Procedure: Any trainee who feels they have been subject to sexual harassment should take the following actions:

- Speak directly to the source of the problem.
- If this is not a reasonable option, or if such an option does not remedy the situation, contact Renata Oliveira at 805-298-6679.
- Any trainee, staff, volunteers or vendors who believes he or she is a victim of sexual harassment must immediately report any incident to the company's designated EEO Officer. The company will not tolerate retaliation against any employee who complains of sexual harassment or provides information in connection with any such complaint. If you have any questions regarding this policy, please contact Renata Oliveira at 805-298-6679. dailybreathpilates@gmail.com

ACCESS TO TRAINEE FILES:

Trainees of the Daily Breath Pilates Certificate Program can review their file by requesting an appointment with the Director of Education. Each file must contain: - Picture identification (driver's license, immigration card, passport, etc.) - Completed application - Signed enrollment agreement - Signed sexual harassment policy - Signed non-discrimination Policy - All academic records - All faculty notes

SATISFACTORY COMPLETION:

Daily Breath Pilates will issue a certificate of completion (diploma) once the trainee has satisfactorily completed the requirements of each module and if all modules were satisfactorily completed, certificate of completion (diploma) will be issued. If a transfer credit for a module/s was issued for prior training at a different training program, only certificates of completion for each module taken at the Daily Breath Pilates will be issued.

NON DISCRIMINATION POLICY:

Daily Breath Pilates LLC does not and shall not discriminate on the basis of race, color, religion (creed), gender, gender expression, age, national origin (ancestry), disability, marital status, sexual orientation, gender preference, gender expression, gender identity or military status, in any of its activities or operations. These activities include, but are not limited to, hiring and firing of trainees, students, staff, volunteers and vendors, and provision of services. We are committed to providing an inclusive and welcoming environment for all members of our staff, clients, volunteers, subcontractors, vendors, and clients. Daily Breath Pilates LLC is an equal opportunity employer. We will not discriminate and will



take affirmative action measures to ensure against discrimination in employment, recruitment, advertisements for employment, compensation, termination, upgrading, promotions, and other conditions of employment against any employee or job applicant on the bases of race, color, gender, national origin, age, religion, creed, disability, veteran's status, sexual orientation, gender identity or gender expression.