



The Bermuda Integrative Health Cooperative  
Nautilus House Lower Level  
82 South Shore Road,  
Warwick WK 08

## Instructor Upgrade

# NOTICE

As a result of our most recent assessments, we are proud to announce that the following instructors will graduate to a higher teaching level as of October 1<sup>st</sup>, 2008. Rates will change in accordance with teaching levels, so renew your packages now because all purchases made prior to October 1<sup>st</sup>, 2008 will be honoured at the original rate. Please see the list below for details.

Instructor	Current Status	New Teaching Level	New Rate
Todd Crews	Certified Instructor	Senior Instructor	\$80.00
Shirley Hardy	Certified Instructor	Senior Instructor	\$80.00
Severin Gibbons	Certified Instructor	Senior Instructor	\$80.00

## Teaching Level Descriptions

### Apprentice

Has completed the ten (10) week Physical Mind Institute Pilates training course, the mandatory two hundred seventy five (275) hours of instruction, and is working toward certification.

### Associate Instructor

An apprentice with three (3) – six (6) months of consistent teaching experience.

### Certified Instructor

Has a minimum of nine (9) months teaching experience and certification from a credible institution.

### Senior Instructor

Has a minimum of two (2) years teaching experience w/ exception based on assessment, certification from a credible institution and experience teaching on Pilates apparatus.

### Integrated Instructor

Has a minimum of two (2) years teaching experience in each of two (2) or more modalities, certification from credible institutions and experience using all relevant props and / or apparatus.

## RENEW YOUR PACKAGES NOW!

Certified Instructor Packages	5 Lessons	\$275.00
	10 Lessons	\$550.00
Senior Instructor Packages	10 Lessons	\$640.00
	5 Lessons	\$360.00

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