

SOTERIA PILATES

Teacher Training Program Guide

Mat • Reformer • Comprehensive
PMA-Accredited | NCPT Pathway | Hybrid
Education

Maitland, FL & Winter Garden, FL | education@soteriapilates.com |
soteriapilates.com

Welcome to Soteria Education

*“Pilates is not choreography—it’s a
movement system.”*

WHY SOTERIA

Why Train at Soteria Pilates?

- PMA-Accredited Curriculum
- Expert Mentorship
- Hybrid Learning Model
- Leadership-Focused Education
- Career & Apprenticeship Support

CHOOSE YOUR PATH

Choose Your Teacher Training Path

- Complete Mat
- Track 1: Complete Mat + Complete Reformer
- Track 2: Full Comprehensive

TRACK COMPARISON TABLE

| | Complete Mat | Track 1: Mat + Reformer | Track 2: Comprehensive |
|-------------------------------------|--------------------|-------------------------|---|
| Total Hours | 100 | 250 | 500 |
| Best For | <i>Foundations</i> | <i>Group Classes</i> | <i>Advanced Rehab-informed Private Settings</i> |
| Complete Mat Levels 1-3 | ✓ | ✓ | ✓ |
| Complete Reformer Levels 1-3 | — | ✓ | ✓ |
| Jump Board | — | ✓ | ✓ |
| Spring Board/Tower | — | — | ✓ |
| Cadillac/Push Thru Bar | — | — | ✓ |
| Chair/Ladder Barrel/Spine Corrector | — | — | ✓ |
| In Studio Weekends | ✓ | ✓ | ✓ |
| Online Learning Platform | ✓ | ✓ | ✓ |
| PMA-accredited | ✓ | ✓ | ✓ |
| NCPT Eligible | — | — | ✓ |

Program Details

Soteria Pilates Teacher Training is delivered through a hybrid education model, combining self-paced online coursework with structured, in-studio training weekends.

This format allows students to absorb theory, movement principles, and anatomy online, then apply them in real time through hands-on practice, observation, and teaching labs.

Online Learning Platform

Students receive access to Soteria's immersive online learning platform, which includes:

- Foundational movement theory and Pilates principles
- Anatomy, kinesiology, and fascia-informed concepts
- Video lectures, demonstrations, and guided practices
- Quizzes, reflections, and applied assignments

Online coursework can be completed at your own pace within the program timeline.

In-Studio Training Weekends

In-studio weekends take place at Soteria Pilates – Maitland and focus on:

- Apparatus setup, safety, and sequencing
- Exercise breakdowns and progressions
- Hands-on cueing and teaching practice
- Observation and supervised teaching labs

These weekends are essential for developing confidence, clarity, and real-world teaching skills.

Practice Teaching & Mentorship

Throughout the program, students are supported through:

- Guided practice teaching hours
- Structured feedback from Soteria educators
- Opportunities to refine cueing, presence, and adaptability

Mentorship continues beyond certification for students pursuing teaching or apprenticeship opportunities.

Assessment & Completion

To complete the program, students must:

- Fulfill required education and practice hours
- Demonstrate safe, effective teaching skills
- Pass written and practical assessments

Graduates receive certification aligned with PMA standards and eligibility for the NCPT exam where applicable.

Time Commitment

While pacing varies by track, most students should expect:

- Weekly online coursework and practice
- Periodic in-studio weekends
- Ongoing observation and self-practice

We support students in creating a sustainable training schedule alongside work and family commitments.

What Sets This Program Apart

Soteria's education emphasizes:

- Understanding movement before memorizing exercises
- Teaching real bodies, not idealized ones
- Fascia-informed, nervous-system-aware cueing
- Intelligent progression and long-term sustainability

This is not a fast-track certification. It's an education designed to support a lasting teaching career.

Next Steps

Not sure which track is right for you?

Book a Free 30-Minute Discovery Call/In Studio Meeting

 education@soteriapilates.com

GRADUATE OUTCOMES

Graduates of Soteria Teacher Training leave with confidence, clarity, and real-world teaching skill.

- Teach safe, effective Mat & Reformer classes
- Design intelligent private sessions and progressions
- Cue breath, timing, sequencing, and 3D movement
- Modify for injuries, limitations, and diverse bodies
- Understand spring tension and apparatus logic
- Teach from principles—not memorization or choreography

TESTIMONIALS

“This training completely changed how I see movement.”

“I finally feel confident teaching real bodies.”

“The mentorship alone is worth it.”

STUDIO PARTNERSHIPS

Bring Soteria Teacher Training to Your Studio

Soteria partners with select studios to deliver on-site teacher training, certifications, and continuing education rooted in fascia-informed movement and intelligent Pilates principles.

Partnership Options

- Mat, Reformer, or Comprehensive Certifications
-
- Continuing Education Workshops
-
- In-house instructor development tracks
-
- Community-based certification cohorts
-

Emails Us:

Apply for a Studio Partnership: education@soteriapilates.com

Preferred Partners
Greater Tampa Area

- The Pilates Krewe - Westchase, South Tampa, Tampa Heights
<https://pilateskrewe.com/>

Ready to Take the Next
Step?

Book a Free 30-Minute
Discovery Call or an In
Studio Meeting



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