

Hi. I'm Alicia Ungaro. I created this series for you specifically if you are one of the many people interested in becoming a Pilates instructor today. There are myriad programs out there. There are many paths to becoming an instructor. We hear lots of questions over and over in our teacher training program and I wanted to make sure that you were armed with all of the information that could help you navigate the difficult entry points and different entry points to a Pilates teacher training program.

As you move through this series, you're going to learn a few things. Some of them are about yourself and some of them are about Pilates and the industry, the professional industry. You will learn what we expect from our teacher trainers on the very first weekend in your program. You will learn what assessments are like and what you should be prepared for.

You might even learn that you don't want to become a teacher or that you love this with a passion, which of course we're hoping you will. There are so many little tidbits in here that should help inform your decision about going forward in this industry, and we hope that you appreciate all of the work that we've put into making this just for you.

If you're looking for the nitty-gritty of our program or anybody's program about hours and payments and structures, you're not going to find that in this series. This is really a 30,000-foot overview of what it feels like to be auditioning for a program or getting assessed for a program or investigating a program, and what it feels like to be inside of the program.

We've tried to give you the perspective of our lead trainers, our directors, our trainees, and even graduates so you can hear from them what their experience was like and what it might be like for you. If I did my job right in putting this together for you, you're going to leave this series feeling empowered to make a better decision, an easier decision, and really have a sense of what is expected of you in entering any program that you choose.

Thank you so much.