

CERTIFY TO TEACH PILATES

SRI LANKA PILATES TEACHER TRAINING



COURSE BROCHURE

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WELCOME TO SANTOSHA



I'M SUNNY, THE FOUNDER OF SANTOSHA YOGA & PILATES INSTITUTE - WHERE FOR OVER 18 YEARS WE'VE BEEN EMPOWERING INDIVIDUALS THROUGH THE ART OF MOVEMENT, LED FROM THE HEART. I LOOK FORWARD TO WALKING ALONGSIDE YOU ON YOUR EXCITING NEW PILATES JOURNEY!

"Sunny!!!! I have to thank you so deeply and with so much love for creating such an incredible space for everyone to exist in. I cannot actually put into words how I feel as I feel it on a much deeper and sensorial level... I feel so much of your love shining through" - Marlo Benjamin, Santosha Graduate

Do you feel a deep longing for more purpose, passion, and meaning, but haven't yet accessed your true potential? *This is where your journey begins...*

We're honoured to guide you on the transformational path to becoming a confident, certified Pilates instructor - while having an adventure in paradise with new friends from all over the world.

This course is about so much more than certification. It's an opportunity to grow, heal, build confidence, and gain the skills and knowledge to truly make a difference in the lives of others.

By joining Santosha, you become part of a heart-led global community devoted to wellness, authenticity, and personal growth.

We can't wait to witness the incredible impact you'll create! *Welcome to the Santosha family.*

READY FOR A CHANGE?



WHY BECOME A PILATES INSTRUCTOR?

LOOKING FOR A FRESH START IN A REWARDING CAREER?

Mat Pilates offers you the opportunity to:

- **Transform Lives:** Help clients build strength, improve mobility, and feel their best.
- **Create Flexibility:** Teach group classes, private sessions, or even design your own programs.
- **Feel Confident:** Develop versatile teaching skills and inspire others through movement.

ALREADY A YOGA OR FITNESS INSTRUCTOR?

Take your teaching to the next level. Adding Mat Pilates to your skill set allows you to:

- **Broaden Your Offerings:** Complement your current classes with strength, stability, and mindful movement.
- **Attract More Clients:** Diversify your expertise to keep students engaged and coming back for more.
- **Boost Your Income:** Offer in-demand classes, private sessions, and specialty workshops.

START A REWARDING NEW CAREER



WHY PILATES?

Pilates practice is a powerful tool for transformation. As a teacher, you'll:

- **Empower others** to build strength, improve posture, and enhance flexibility.
- **Join a fast-growing career path**, abundant with teaching opportunities
- **Inspire confidence** by helping clients connect to their bodies through mindful movement.
- **Create change** with a practice accessible to all fitness levels, ages, and abilities.
- **Build a rewarding career** that allows for creativity, flexibility, and personal growth.
- **Contribute to well-being** by fostering movement, alignment, and balance in your clients' lives.

Becoming a Pilates Teacher is about creating lasting change. Gain the knowledge, confidence, and community to thrive in this fulfilling career.

Ready to make an impact? Let's get started!

GAIN THE SKILLS TO TEACH



"I AM NOW AT A POINT WHERE I AM SUPER KEEN TO TEACH."

"It was sincerely one of the best time of my life. I gained so much more personally out of the experience than I thought was possible and I will be forever grateful for that.

The course content was extremely interesting and gave me a greater holistic understanding than I ever expected. I am now at a point where I am super keen to teach.

I don't think I need to tell you how amazing the teachers are...They compliment each other extraordinarily well and are an absolute delight to be around. Their energy is infectious and talents to be admired. They made the experience extremely enjoyable and I have a special place in my heart for them."

Katie Burns, Victoria, Australia

REAL WORLD TEACHERS, REAL WORLD SKILLS



EXPERT GUIDANCE GIVING YOU THE CONFIDENCE TO TEACH

At Santosha Yoga and Pilates Institute, we're committed to providing **expert guidance from experienced, industry-leading instructors.**

With **years of teaching** behind them and a deep understanding of movement, anatomy, and both Mat and Reformer Pilates, our team ensures you **receive exceptional, high-quality training.**

Our instructors:

- **Bring Real-World Expertise:** Learn from professionals who've honed their skills in studios and training programs around the world.
- **Embrace the Santosha Philosophy:** Enjoy compassionate, supportive teaching focused on your growth and success.
- **Inspire Confidence:** Gain practical tools, insights, and mentorship from passionate teachers who want to see you thrive.

You're not just learning from the best - you're joining a supportive community of professionals dedicated to your success.

CERTIFY TO TEACH PILATES WORLDWIDE



CERTIFY TO TEACH WORLDWIDE

AFAA (Athletics and Fitness Association of America)

Our courses are approved by AFAA, a leading global fitness education provider; meaning your certification is internationally recognized

NASM (National Academy of Sports Medicine)

NASM is a global leader in fitness education, known for its evidence-based, corrective exercise approach. By completing our courses, you'll have credentials recognized by NASM,

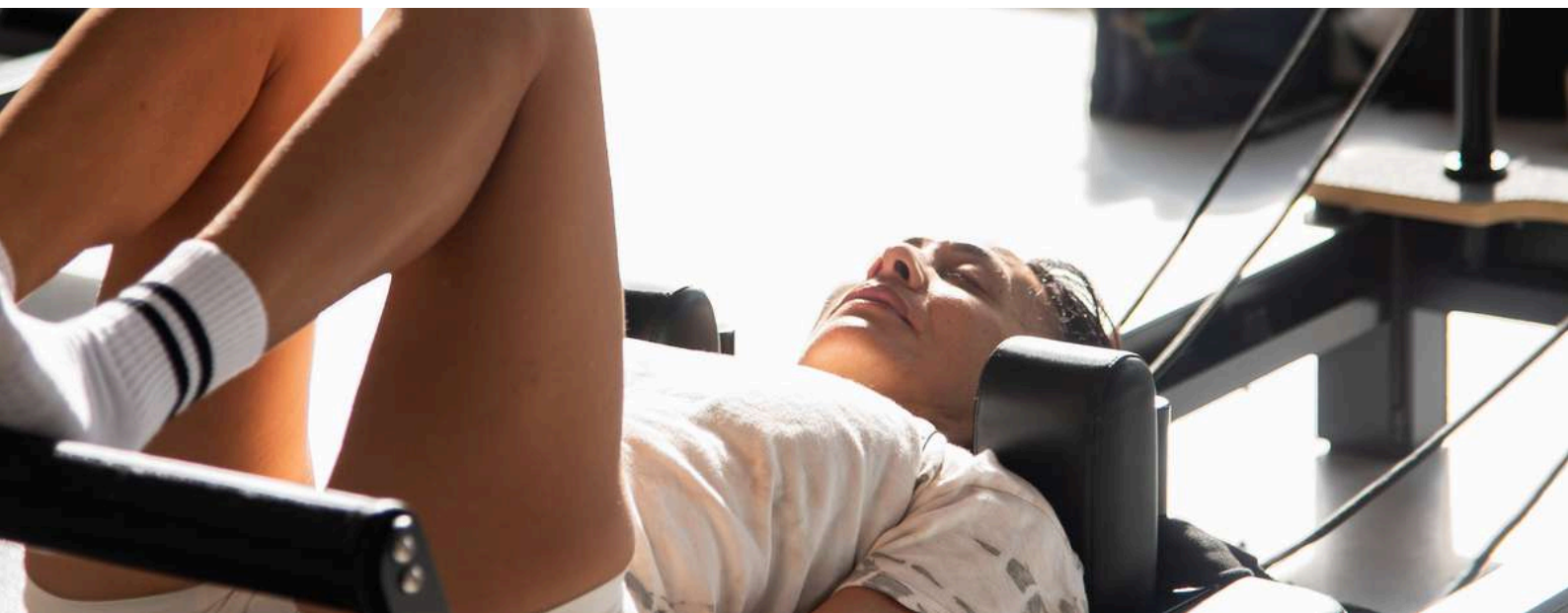
PHYSICAL ACTIVITY AUSTRALIA (PAA)

Your training is registered with Australia's National fitness registration body, ensuring your education meets the highest national standards, supporting your career opportunities, insurance, and industry credibility.

What This Means for You:

- Teach worldwide with an **international certification**
- **Credibility and trust** with clients and employers
- Enhanced **career opportunities** both locally and globally

GAIN THE CONFIDENCE TO TEACH



GRADUATE READY TO BEGIN YOUR NEW CAREER

With Santosha's Pilates Teacher Training, you'll **graduate ready to teach** confidently and safely, equipped with the skills, knowledge, and **hands-on experience**.

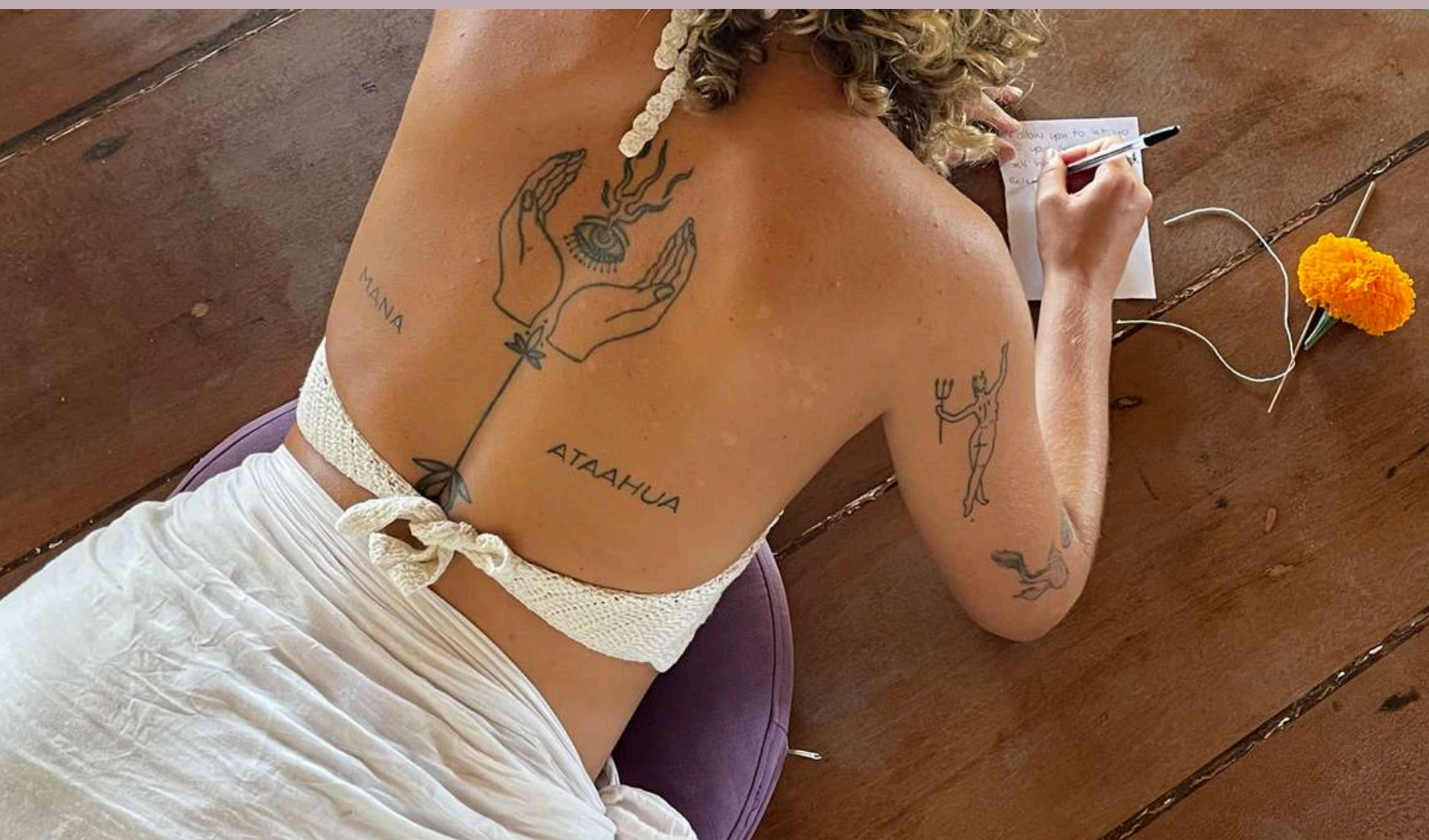
You'll learn to teach Pilates in thoughtfully designed sequences that can be adapted for all levels. Through **practical sessions and workshops**, you'll build a strong foundation in Pilates principles, movement anatomy, and exercise execution to ensure **safe, effective teaching**.

We focus on:

- **Safe Alignment and Execution:** Learn proper technique and modifications to help students move safely and effectively.
- **Intelligent Sequencing:** Design balanced classes for all ages, abilities, and physical conditions.
- **Hands-On Practice and Support:** Refine your skills with mentorship, feedback, and real-time teaching experience.

Our goal is to give you the **confidence and tools** to lead transformative classes that truly support your students.

CONQUER YOUR DOUBTS & FEARS



**DON'T BE SCARED, DON'T UNDERESTIMATE YOURSELF.
JUST COME PREPARED FOR A TRANSFORMATION."**

"Coming to Santosha has changed my life. I walked away with the same heart and a completely different body... I am free from the pain I have been experiencing for years. You will never be forced to do anything that you feel uncomfortable with. You won't be told "push through it" or any of that nonsense.

I walked away not only at peace with my body, but **LOVING** my body. Don't be scared, don't underestimate yourself. Just come prepared for a transformation."

Mallory Gross, USA

START YOUR CAREER IN PILATES TODAY



JOIN THE PILATES REVOLUTION

Pilates is booming in popularity, and with **classes in high demand**, now is the **perfect time to become an instructor**. Not only is Pilates teaching a fulfilling career, but it also **offers flexibility and high employability**.

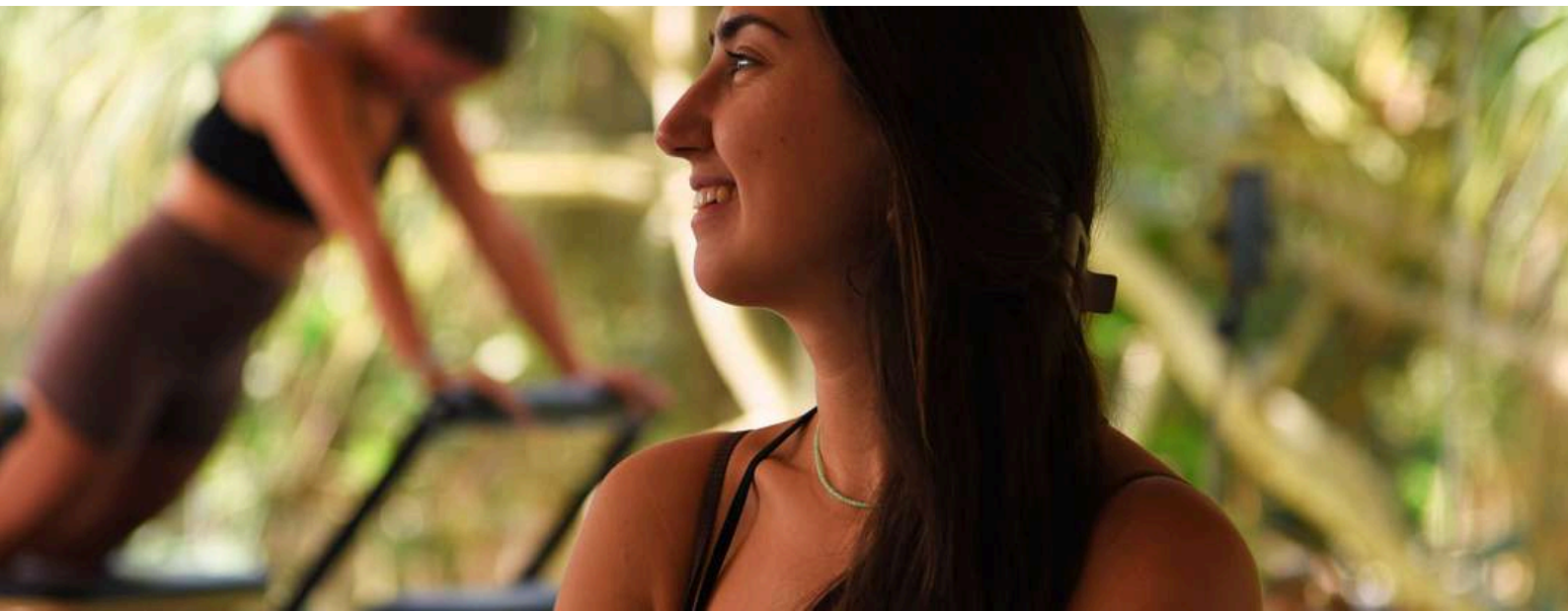
Our in-person course blends **expert instruction with hands-on practice** in a fun, supportive environment with plenty of **personalised feedback and mentored guidance**.

Train in Mat and/ or Reformer Pilates and upon completion, you'll **receive personal feedback and your diploma**, ready to share your professional and informed teaching style with the world.

We make learning **engaging and interactive**—no dull lectures, just real connections.

The best bit of all? You'll be **learning in paradise** with your new friends with **surf, sun and sea right on your doorstep!**

SUPPORTIVE TEACHERS AND STAFF



"THE COMMUNITY OF TEACHERS, ADMINISTRATORS, AND STUDENTS WAS SO HELPFUL AND ENCOURAGING" - ELIZA SANTAMARIA, SOUTH AFRICA

In the 18 + years we have been running teacher trainings our greatest joy has been seeing the **connections and community** that evolve during this beautiful journey.

Share this magical experience as part of an accepting and inclusive group, creating life-long friendships together.

This is a **supported experience**, with founder Sunny and her incredible team of **experienced master teachers** and mentors journeying alongside you, **supporting you at every step along** the way, as you learn and grow together on the path.

Our caring, knowledgeable teachers will **take your understanding to new levels and help you with whatever arises** during your transformational journey on this course.

Leave with life-long friendships - and the confidence, skills and a Pilates teaching certification to teach Pilates anywhere in the world.

LIVE & LEARN IN PARADISE



“THERE IS SOMETHING SPECIAL ABOUT TAKING YOURSELF AWAY FROM YOUR REGULAR WORLD”

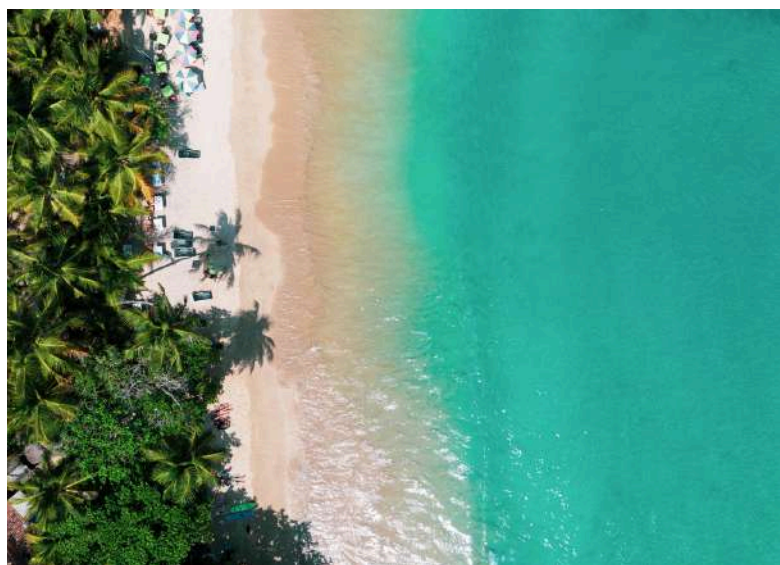
"There is truly nothing like it, and it allows you to completely surrender to the teaching when you open your heart to it. I was in exactly the place I was to be in that moment.

Being surrounded by people that are on journeys themselves causes you to become close with them very quickly. I was so honoured to share this journey with them, and so happy that I chose to do it at Santosha. This was the best place to be, for so many reasons"

- Michelle Boyd, Canada

OUR COURSE LOCATION

SRI LANKA'S MOST STUNNING SURF PARADISE, HIRIKETIYA



HIRIKETIYA, SRI LANKA



HEAVEN FOR NATURE LOVERS, SURFERS AND YOGIS

Experience breathtaking Sri Lanka; **warm tropical beaches, colourful temples, surf and sun**. Our students love this alluring island and we know it will enthrall and enchant you!

Surfing, Swimming, Massage and Relaxation

Enjoy the beauty of Hiriketiya – a horse-shoe bay with **white sand, world-class surf breaks, stunning sunsets, and safe swimming**. Chill out in this charming beach village, enjoying daily swims and massages.

Abundant Nature, Culture and Adventure

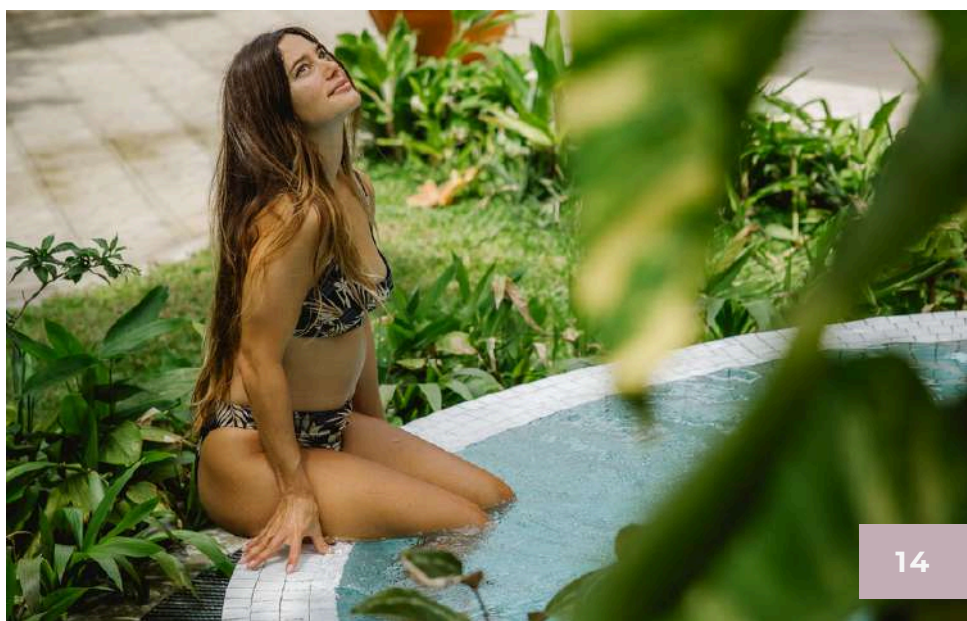
Enjoy **hiking mountains, discovering ancient temples, spotting elephants and leopards in the wild**, and much more – there are so many fun-filled experiences on offer on one tiny island!

Wellness and Rejuvenation Paradise

Discover the **health benefits of Ayurveda**! Receive **massages and treatments** and enjoy **healthy and delicious cuisine**, packed full of medicinal herbs and spices. Leave the island thriving, full of renewed energy and well-being.

OUR COURSE VENUE

LEARN AND STAY IN RETREAT PARADISE SOMA LIVING



SOMA LIVING



STAY IN COMMUNITY

Welcome to SOMA Living, a set of **boutique homes** set in lush tropical grounds, with **indoor and outdoor living spaces, kitchen facilities, and stylish rooms.**

Our SOMA Villas also include a **sumptuous plunge pool**, while SOMA House offers a **budget-friendly studio dorm option**, with an **ocean view**.

SOMA Living sits nestled in **pristine jungle**, just 15-minutes walk from the incredible **Hiriketiya Beach** – a famous **surf spot, with chilled cafes and ocean swimming.**

Let this unique sanctuary become your home away from home, a place to **learn, grow, and connect in the heart of paradise.**

SOMA LIVING offer a convenient **meal package**, enabling a full immersion during your days of study.

Please see our **Sri Lanka Travel + Accommodation Guide** for more information on rooms, meals and costings.

COURSE STRUCTURE: MAT PILATES

YOUR AMAZING REVOLUTIONARY COURSE CLASSES - LIVE ONLINE AND IN-PERSON IN SRI LANKA.

As soon as you sign up, you can experience online live classes and practices with us - or watch them at any time you choose (optional).

You may prefer to wait until you are with us in Sri Lanka to learn from our in-person classes and workshops:

ONLINE AND IN-PERSON CLASSES AND WORKSHOPS INCLUDE:

- Anatomy: Basics, Shoulder, Trunk, Hip, Knee & Ankle
- Pilates Alignment
- Pilates Principles, History, and Original Exercises
- Class Preparation and Client Communication
- Mobilisation
- Fundamentals Repertoire (Level 1)
- Beginner Repertoire (Strength and Stability)
- Intermediate Repertoire (Dynamic Movement)
- Standing Series
- Stretch, Mobilisation, and Cool Down
- Pre and Post Natal Modifications
- Sequencing and Class Planning
- Practical Assessment

COURSE MODULES: MAT



ANATOMY BASICS

Understand foundational anatomical principles related to Pilates, including the fascial and muscular systems, skeletal structure, and planes of movement. This module builds essential knowledge for effective and safe Pilates instruction.



ANATOMY OF THE SHOULDER

Explore the anatomy of the shoulder complex, including key muscles and bones, and learn how to teach exercises that promote scapular stability and shoulder health.



ANATOMY OF THE TRUNK

Dive into the muscles and bones of the trunk, including the spine and the abdomen to teach effective and safe abdominal and mat exercises.



ANATOMY OF THE HIP

Examine the anatomy of the hip and learn to guide students in hip-focused exercises with proper alignment and joint safety in mind.



ANATOMY OF THE KNEE + ANKLE

Study the structure of the knee and ankle and their roles in Pilates movements, with an emphasis on safe alignment and mobility in leg-focused exercises.

COURSE MODULES: MAT



ALIGNMENT

Master the principles of proper alignment, including neutral spine and pelvis, to ensure safety, effectiveness, and optimal posture in Pilates practice.



PILATES PRINCIPLES

Learn the key principles of Pilates—breathing, flow, stability, mobility, and integration—and discover how to incorporate them into your teaching and practice.



THE HISTORY OF PILATES AND ORIGINAL EXERCISES

Gain insight into the origins and evolution of Pilates, exploring Pilates' original exercises and their modern adaptations for contemporary practice.



CLASS PREPARATION AND CLIENT COMMUNICATION

Learn how to prepare your class space, communicate effectively with clients, and ensure client safety while maintaining professional boundaries and a welcoming atmosphere.



MOBILISATION

Discover the importance of joint mobility and learn to guide clients through effective mobility exercises using both verbal and non-verbal cues to enhance flexibility and reduce tension.

COURSE MODULES: MAT



FUNDAMENTALS REPERTOIRE

Master the fundamental Pilates exercises and teach them with confidence. Ability to teach the core fundamentals of Pilates with precise cueing and strong foundational knowledge.



BEGINNER REPERTOIRE

Teach beginner-level Pilates exercises emphasizing form and alignment. Focus on teaching clear and concise alignment cues, helping beginners build strength and control in their movements.



INTERMEDIATE

Teach intermediate and dynamic Pilates exercises that elevate the heart rate challenge the clients' strength, stability, coordination and proprioception. Master the ability to teach and modify intermediate Pilates exercises based on client needs and abilities.



STANDING SERIES

Master the art of teaching advanced standing Pilates exercises, emphasizing balance, control, and alignment. Explore techniques for mobilizing the spine, maintaining a neutral spine, and finding your center.



STRETCH, MOBILISE, AND COOL DOWN

Stretching and relaxing the muscles that were challenged throughout the class. Lowering the heart rate and bringing focus back to mindful breath.

COURSE MODULES: MAT



PRE AND POST NATAL MODIFICATIONS

Understand how to modify Pilates exercises to safely support prenatal and postnatal clients, ensuring movements are gentle, effective, and tailored to their unique needs.



SEQUENCING AND CLASS PLANNING

Explore principles of intelligent sequencing and class planning to create effective, adaptable sessions for both group and one-on-one clients, aligned with their goals and abilities.



EXAMPLE CLASSES

Observe real-world Pilates classes, analyze teaching styles and techniques, and learn how to apply theoretical concepts to practical, client-centered instruction.



PRACTICAL ASSESSMENT

Provides students with hands-on teaching experience, allowing them to apply their knowledge in a real-world setting. By designing and delivering a 60-minute Mat Pilates class, students refine their teaching skills, demonstrate technical proficiency, and receive valuable feedback to build confidence and adaptability as instructors.

Our course provides a **functional pathway** to be an expansive, confident, and knowledgeable instructor. Designed to be **easy to complete**, with a mix of live instruction and connection; having fun along the way!

Course Requirements

To graduate, you'll need to complete the following:

- **48 Hours of In-Person Training in Sri Lanka:** Hands-on, instructor-led sessions to refine your technique and understanding.
- **25 Hours of Anatomy, Teaching Principles of Mat Pilates:** Online, through the course portal.
- **25 Hours self-study**
- **18 Hours of Observation and Participation:** Learn by watching experienced instructors teach, in-person. Actively engage in Pilates classes to embody the movements and perfect your personal practice.
- **12 Hours of Practice Teaching:** Gain confidence by teaching real students.
- **Open-Book Review:** Test your knowledge with a comprehensive, guided assessment online, through the course portal.
- **Filmed 45-Minute Class:** Submit a video of yourself teaching, demonstrating your skills and understanding.

Support Every Step of the Way

You won't be navigating this journey alone! Our program includes:

- **Four Live Zoom Sessions:** Connect with your teachers for in-depth review and guidance, helping you prepare for your final assessment video.

What's Next?

Once you've completed these requirements, you'll receive detailed, personalized feedback from our expert instructors. Upon meeting all criteria, you'll earn your certification and step into the world as a confident, world-class Pilates teacher. With Santosha by your side, your teaching journey is destined for greatness — let's begin!

COURSE STRUCTURE: REFORMER

YOUR AMAZING REVOLUTIONARY COURSE CLASSES - LIVE ONLINE AND IN-PERSON IN SRI LANKA.

As soon as you sign up, you can experience online live classes and practices with us - or watch them at any time you choose (optional).

You may prefer to wait until you are with us in Sri Lanka to learn from our in-person classes and workshops:

ONLINE AND IN-PERSON CLASSES AND WORKSHOPS INCLUDE:

- Anatomy Basics
- Reformer Foundations
- Springs
- Warm Up
- Core and Spine
- Lower Body
- Upper Body
- Jumpboards
- Sequencing and Creating Reformer Classes
- Advanced Techniques
- Practical Assessment

COURSE MODULES: REFORMER



ANATOMY BASICS

Gain a foundational understanding of key anatomical concepts relevant to Reformer Pilates. This module covers skeletal structures, movement planes, neutral spine, and postural types to support safe and effective instruction.



REFORMER FOUNDATIONS

Learn the essentials of Reformer Pilates equipment, including setup and the six guiding principles of Pilates. By the end of this module, students will confidently use the Reformer and apply its foundational principles.



SPRINGS

Master the spring grouping chart and learn to adjust spring resistance for different exercises. Students will be able to guide clients in selecting spring options to modify intensity and support individual needs.



WARM UP

Discover the components of a comprehensive 10-minute warm-up, designed to prepare the body for a Pilates class. Focus is placed on core activation, footwork, upper-body engagement, and gentle dynamic movements.



CORE AND SPINE

Learn to activate and strengthen core muscles through targeted exercises such as planks, pikes, and abdominal work. This module emphasizes teaching flow and developing core-focused sequences.

COURSE MODULES: REFORMER



LOWER BODY

Develop expertise in lower-body strengthening and mobility exercises using the Reformer. This module focuses on thigh, hip, and leg work, with verbal cueing and variations for clients of all levels.



UPPER BODY

Build strength and stability in the upper body through exercises targeting the chest, back, biceps, and triceps. Emphasis is placed on tactile corrections and designing effective upper-body sequences.



JUMPBOARDS

Enhance core strength, balance, and agility with Jumpboard exercises. This module focuses on dynamic movements like single-leg jumps, knee tucks, and leg sweeps, integrating trunk stabilization techniques.



SEQUENCING AND CREATING REFORMER CLASSES

Learn to design and sequence balanced, effective, and engaging Reformer Pilates classes. This module covers planning for different levels, creating progressions, and incorporating smooth transitions.



ADVANCED TECHNIQUES

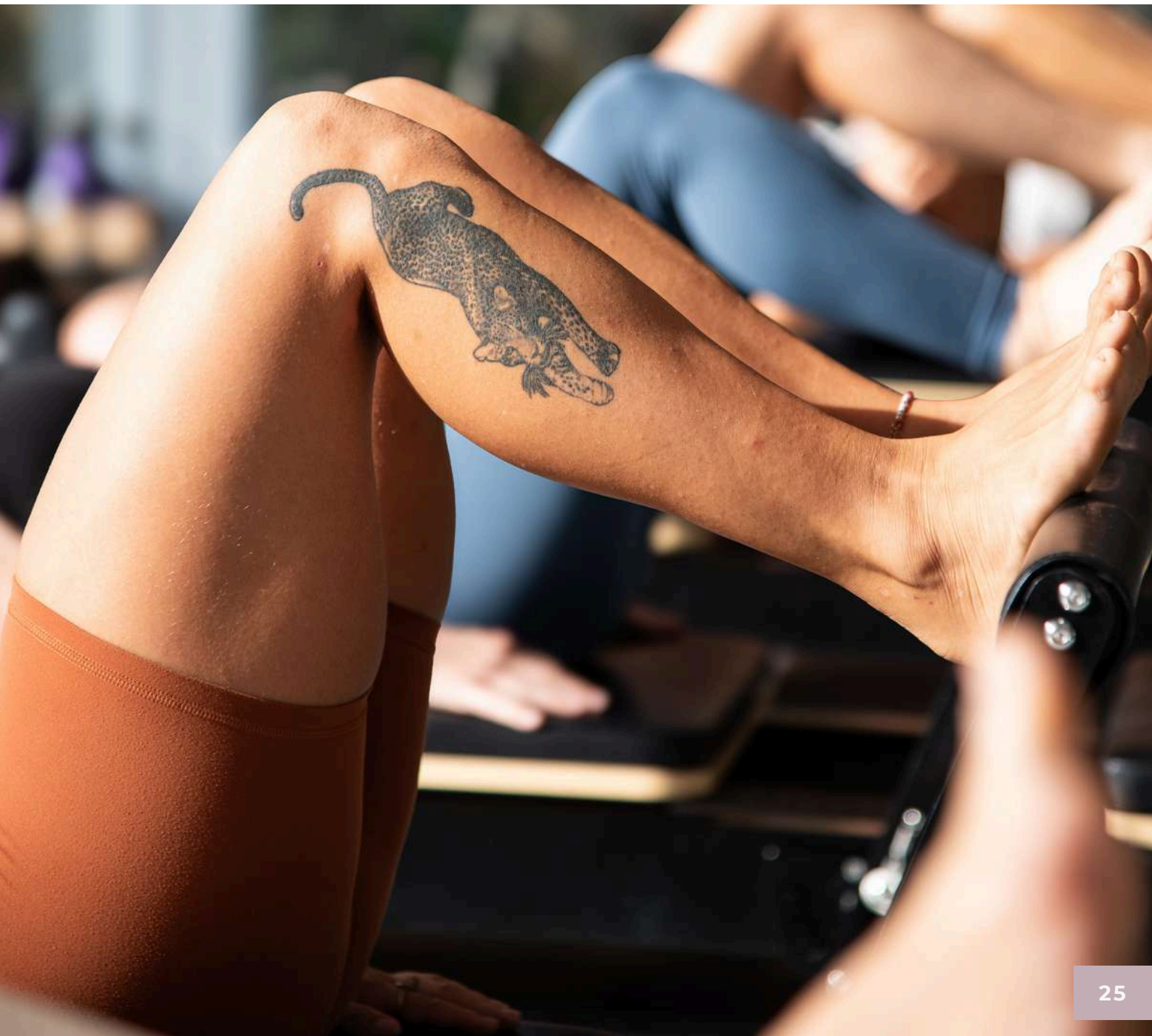
Synthesize learned techniques to create flowing, advanced Reformer routines. Focus on seamless transitions, complex sequences, and advanced cueing for experienced clients.

COURSE MODULES: REFORMER



PRACTICAL ASSESSMENT

Apply your training in real-world scenarios by designing and leading classes with peer feedback. Gain confidence, refine your teaching style, and showcase creativity in a final recorded session.



Our course provides a **functional pathway** to be an expansive, confident, and knowledgeable instructor. Designed to be **easy to complete**, with a mix of live instruction and connection; having fun along the way!

Course Requirements

To graduate, you'll need to complete the following:

- **48 Hours of In-Person Training in Sri Lanka:** Hands-on, instructor-led sessions to refine your technique and understanding.
- **25 Hours of Anatomy, Teaching Principles of Reformer Pilates:** Online, through the course portal.
- **25 Hours self-study**
- **18 Hours of Observation and Participation:** Learn by watching experienced instructors teach, in-person. Actively engage in Pilates classes to embody the movements and perfect your personal practice.
- **12 Hours of Practice Teaching:** Gain confidence by teaching real students.
- **Open-Book Review:** Test your knowledge with a comprehensive, guided assessment online, through the course portal.
- **Filmed 45-Minute Class:** Submit a video of yourself teaching, demonstrating your skills and understanding.

Support Every Step of the Way

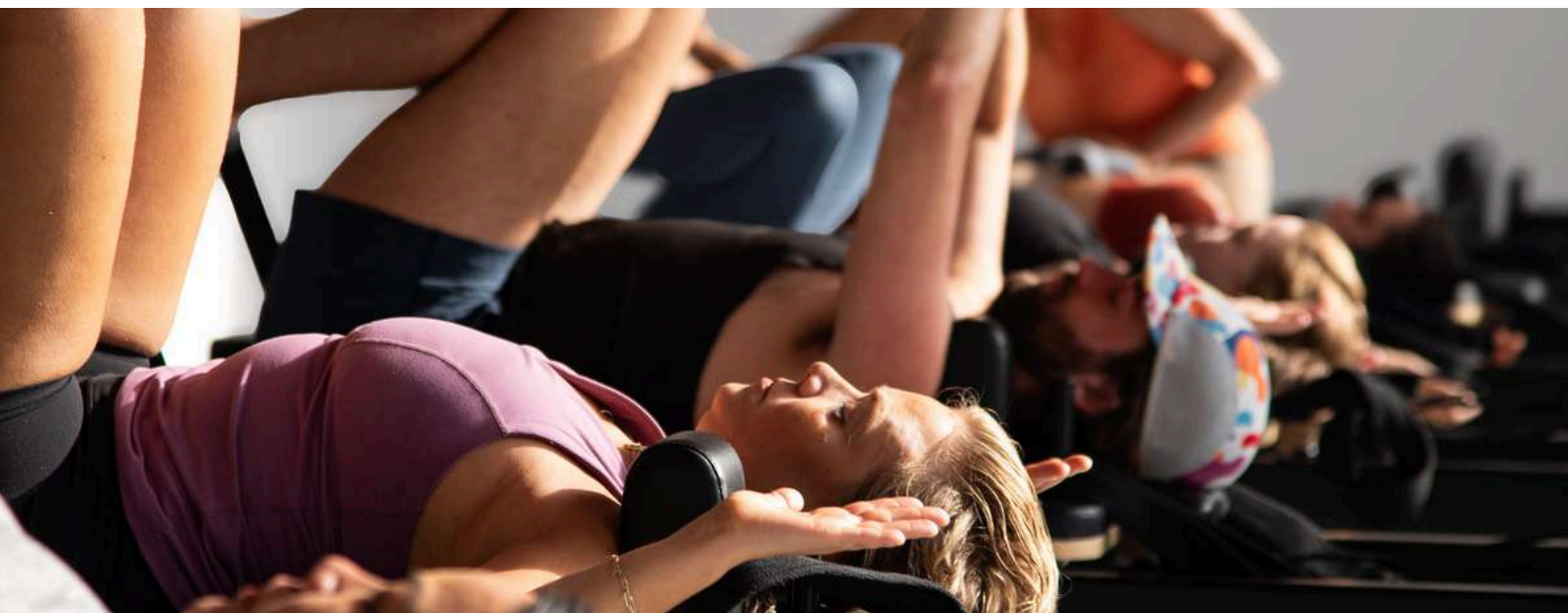
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- **Four Live Zoom Sessions:** Connect with your teachers for in-depth review and guidance, helping you prepare for your final assessment video.

What's Next?

Once you've completed these requirements, you'll receive detailed, personalized feedback from our expert instructors. Upon meeting all criteria, you'll earn your certification and step into the world as a confident, world-class Reformer Pilates teacher. With Santosha by your side, your teaching journey is destined for greatness — let's begin!

COURSE INCLUSIONS



- **Specialised Manuals:** Comprehensive training manual to guide you through each step of the course.
- **50-Hour Meditation Course:** Deepen your practice with a dedicated meditation course, enhancing both your teaching and personal growth.
- **Online Library:** Access a wealth of resources to support your learning.
- **Active Online Community:** Join a supportive community of like-minded teacher, offering connection and guidance.
- **Easy-to-Use Online Learning Portal:** Everything you need - course materials, videos, and more - all in one place.
- **Zoom Sessions with Senior Teachers:** After completing your in-person course, enjoy four additional Zoom sessions to refresh and dive deeper into your practice.
- **Authentic Practices for Transformation:** Experience genuine Pilates practices that foster real transformation, both in your teaching and your personal journey.
- **Love and Fun:** A positive, joyful learning environment filled with passion and enthusiasm!

50 HR MEDITATION COURSE



UPSKILL AND STAND OUT FROM THE CROWD WITH OUR BONUS FREE MEDITATION COURSE

Gain sought-after **meditation and mindfulness skills** to add value and additional skills as a teacher and make your classes **stand out from the rest.**

Incorporating meditation into a Pilates class **enhances the mind-body connection** that lies at the heart of Pilates practice.

Meditation fosters mental clarity, reduces stress, and encourages mindfulness, which complements the physical precision and control emphasized in Pilates. This fusion creates a **holistic experience** - nurturing physical strength and emotional balance, **leaving participants feeling rejuvenated and grounded.**

Gain immediate access to our [50-Hour Meditation training](#) after your time in Sri Lanka to add **valuable mindfulness skills to your teaching - and your own life!**

A TYPICAL DAY LEARNING IN PARADISE



7:00 – 8:30 am

Sunrise Pilates Practice to start your day



8:30 – 9:30 am

Enjoy a nourishing group breakfast onsite in community with your new friends.



9:30 – 10:00 am

Practice partner teaching to help you find your unique voice and build confidence.



10:00 am – 12:30 pm

Dive into theory, lectures or workshops led by our expert teachers and specialists.



12:30 – 1:30 pm

Take a quick, refreshing dip in the pool, followed by a nourishing lunch onsite.



1:30 pm – 4:30 pm

More groupwork, workshops, labs and classes with our expert teachers.



4:30 – 6:30 pm

Swim, walk, surf, have a massage or spa treatment, or simply relax by the pool - then sunset dinner at a local cafe with your new friends.



Intentional Evenings – 6:30 – 8:30 pm

End the night with a dedicated time to truly absorb what you've learned, and let it settle into a far deeper level of embodiment. Spend this time completing any of the day's learning tasks, re-reading your notes, and practicing your skills.

NOTE: This is a sample only. Exact days will vary!

COURSE INVESTMENT

MAT PILATES COURSE ONLY - \$1,299 USD

REFORMER PILATES COURSE ONLY - \$1,299 USD

COMBINED MAT + REFORMER COURSE - \$1,949 USD

AUD

MAT PILATES COURSE ONLY - \$1,997 AUD

REFORMER PILATES COURSE ONLY - \$1,997 AUD

COMBINED MAT + REFORMER COURSE - \$2,997 AUD

APPROX EURO

MAT PILATES COURSE ONLY - 1,117 EURO APPROX

REFORMER PILATES COURSE ONLY - 1,117 EURO APPROX

COMBINED MAT + REFORMER COURSE - 1,675 EURO APPROX

ACCOMMODATION COSTS @ SOMA LIVING

Accommodation costs will depend on your choice of room and length of stay.

Please see our **Sri Lanka Travel + Accommodation Guide** for more info on rooms, meals, travel and room pricing.

FAQS - MAT PILATES

WHO IS THIS COURSE SUITABLE FOR?

This course is perfect for anyone looking to become a certified Mat Pilates instructor, fitness professionals wanting to expand their skillset, or Pilates enthusiasts seeking a deeper understanding of the practice.

DO I NEED PRIOR PILATES EXPERIENCE?

While some familiarity with Pilates is beneficial, our course is beginner-friendly and designed to guide you step-by-step through all the foundational and advanced techniques.

HOW ARE THE COURSES STRUCTURED?

The course consists of theoretical modules, practical exercises, and hands-on teaching practice, including anatomy, Mat Pilates principles, repertoire breakdowns, class planning, and assessments.

WHAT CERTIFICATION WILL I RECEIVE?

Upon completing the course and passing the practical assessment, you will receive an International Certification that allows you to teach Mat Pilates globally in gyms and studios.

HOW LONG DOES THE COURSE TAKE TO COMPLETE?

The training is typically completed over a few weeks, with self-paced components and scheduled practical sessions.

IS THERE SUPPORT AFTER THE COURSE?

Yes, we provide ongoing Zoom support, resources, and access to our community of instructors to help you succeed in your teaching journey.

FAQS - MAT PILATES

WHAT IS COVERED IN THE PRACTICAL ASSESSMENT?

You will design and teach a 60-minute Mat Pilates class, demonstrating proficiency in cueing, modifications, and sequencing.

WHAT ARE THE PRE-TRAINING REQUIREMENTS FOR THE SANTOSHA MAT PILATES COURSE?

There are no formal pre-training requirements for this course. Before the in-person training, you'll be given access to the course portal, where we recommend that you spend some time familiarising yourself with the manuals and watching the introductory videos.

These resources are there to support your learning and help you feel more confident and prepared, but you're also welcome to work through them during or after the in-person training at your own pace.

HOW MANY HOURS OF IN-PERSON TRAINING WILL I RECEIVE?

You will receive 48 contact hours of hands-on training in the studio. This is where you'll focus on Pilates techniques, teaching methods, and practical application.

WHAT ONLINE SELF-STUDY IS REQUIRED?

There are two components to your online self-study:

- 25 hours of anatomy self-study: You'll access online modules to learn about key anatomical concepts relevant to Pilates.
- 25 hours of self-study on exercises, principles, techniques, and cues: This review will help you apply what you've learned in practice.

FAQS - MAT PILATES

WHAT DOES THE OBSERVATION AND PARTICIPATION REQUIREMENT INVOLVE?

You'll need to complete 18 hours of observation and participation:

- Observation hours: Watch Mat Pilates classes either in-person or online to observe techniques and teaching methods.
- Participation hours: Actively engage in Mat Pilates classes to get hands-on experience.
- You can decide the balance between observation and participation to suit your learning needs.

HOW MANY HOURS OF TEACHING PRACTICE ARE REQUIRED?

You will need to complete 12 hours of independent practice teaching. This involves teaching Mat Pilates classes to at least one individual.

HOW LONG DO I HAVE ACCESS TO THE ONLINE COURSE MATERIALS?

After enrolling, you will have unlimited access to the online modules for nine months. You will also have an additional three months to complete your practical hours and submit your final assessment.

WHAT IS THE FINAL ASSESSMENT FOR THE COURSE?

For your final assessment, you will need to submit a 45-minute video of you teaching a Mat Pilates class to 1-3 participants. You'll also need to include a detailed class plan along with the video. You'll receive personal, comprehensive feedback on your teaching.

FAQS - MAT PILATES

WHAT ONGOING SUPPORT WILL I RECEIVE DURING THE COURSE?

- Four Live Zoom sessions: After your in-person training, you'll have the opportunity to attend live Zoom sessions with your teachers to review, refine, and get guidance on preparing for your final video assessment.
- Recorded Q&A sessions: If you can't make any live sessions, you can access the recorded sessions for additional support. You'll also have access to an exclusive online community for continued learning and mentoring.

CAN I COMPLETE THE COURSE AT MY OWN PACE?

Yes! The course is designed to be flexible, so you can complete the online modules, observation hours, and teaching practice at your own pace. However, it is important to note that you must complete the course within the 12-month window (9 months for online modules and 3 months for practical hours and assessment).

IS THERE ANY SUPPORT IF I HAVE QUESTIONS DURING MY TRAINING?

Yes! Throughout the course, you'll have access to mentoring and guidance through the live Zoom sessions, recorded Q&A, and our exclusive online community. This ensures you have the support you need to succeed.

FAQS - REFORMER PILATES

WHAT IS THE DIFFERENCE BETWEEN MAT AND REFORMER PILATES TRAINING?

Mat Pilates focuses on bodyweight exercises performed on a mat, while Reformer Pilates involves the use of the Reformer machine, which adds resistance and a variety of movements to the practice.

DO I NEED TO OWN A REFORMER MACHINE TO TAKE THIS COURSE?

No, but access to a Reformer machine for practice is essential. Many students arrange practice sessions at a studio or facility with Reformers.

IS REFORMER PILATES HARDER TO LEARN THAN MAT PILATES?

Both have unique challenges, but Reformer Pilates requires learning to use the machine's springs, straps, and carriage effectively. Our course ensures you're guided through each step.

WHAT CERTIFICATION WILL I RECEIVE?

You will receive a globally recognized certification to teach Reformer Pilates professionally.

DO I NEED TO COMPLETE MAT PILATES TRAINING BEFORE ENROLLING IN REFORMER TRAINING?

It is not mandatory, but having Mat Pilates knowledge can provide a solid foundation for understanding the principles applied in Reformer training.

FAQS - REFORMER PILATES

HOW IS THE REFORMER COURSE STRUCTURED?

The course includes anatomy, Reformer-specific exercises, class planning, and teaching strategies, with a mix of online modules and hands-on practice.

IS THERE A PRACTICAL ASSESSMENT?

Yes, the practical assessment involves designing and delivering a 60-minute Reformer Pilates class, showcasing your ability to use the equipment safely and effectively while meeting client needs.

CAN I TEACH REFORMER PILATES IN A GROUP CLASS OR PRIVATE SETTING AFTER COMPLETING THE COURSE?

Absolutely. The certification prepares you to teach both group classes and private sessions.

IS THE TRAINING SUITABLE FOR ALL FITNESS LEVELS?

Yes, our training teaches modifications for all fitness levels, so you can work with a wide range of clients.

WHAT ARE THE PRE-TRAINING REQUIREMENTS FOR THE REFORMER PILATES COURSE?

There are no formal pre-training requirements for this course. Before the in-person training, you'll be given access to the course portal, where we recommend that you spend some time familiarising yourself with the manuals and watching the introductory videos.

These resources are there to support your learning and help you feel more confident and prepared, but you're also welcome to work through them during or after the in-person training at your own pace.

FAQS - REFORMER PILATES

HOW MANY IN-PERSON TRAINING HOURS ARE INCLUDED IN THE COURSE?

The course includes 48 contact hours of hands-on training in the studio. This part of the program focuses on learning Reformer Pilates techniques, exercises, and teaching methodologies.

WHAT DOES THE ONLINE SELF-STUDY COMPONENT INVOLVE?

- 25 hours of anatomy self-study: Explore the key anatomical concepts that relate to Reformer Pilates through online modules.
- 25 hours of repertoire self-study: Review exercises, techniques, cues, and principles, focusing on how to apply them in practice.

WHAT DOES THE OBSERVATION AND PARTICIPATION REQUIREMENT INCLUDE?

You need to complete 18 hours of observation and participation, divided as follows:

- Observation hours: Watch Reformer Pilates classes in-person or online to observe different teaching styles and techniques.
- Participation hours: Actively participate in Reformer Pilates classes to deepen your understanding.
- You can decide the balance between observation and participation that works best for you.

HOW MANY TEACHING PRACTICE HOURS ARE REQUIRED?

You are required to complete 12 hours of independent practice teaching. This involves teaching Reformer Pilates classes to at least one individual to refine your instructional skills.

FAQS - REFORMER PILATES

WHAT IS THE FINAL ASSESSMENT?

For your final assessment, you'll submit:

- A 45-minute video of you teaching a Reformer Pilates class to 1-3 participants.
- A detailed class plan that aligns with the video.
- Your submission will be reviewed thoroughly, and you'll receive personal feedback to help improve your teaching.

WHAT KIND OF ONGOING SUPPORT IS PROVIDED DURING THE COURSE?

- 4 Live Zoom sessions: These sessions with your instructors will help refine your skills, answer questions, and prepare you for your final assessment.
- Recorded Q&A sessions: If you miss a live session, you can access recordings for valuable guidance.
- Exclusive online community: Connect with fellow trainees and mentors for additional support and collaboration.

HOW LONG WILL I HAVE ACCESS TO THE ONLINE COURSE MATERIALS?

You will have unlimited access to the online modules for 9 months after enrolling. Additionally, you'll have an extra 3 months to complete your practical hours and submit your final assessment.

CAN I COMPLETE THE COURSE AT MY OWN PACE?

Yes! The program is designed with flexibility in mind, allowing you to complete your online modules, observation hours, and practice teaching at your own pace. However, all requirements must be completed within the 12-month window.

WILL I RECEIVE A CERTIFICATE UPON COMPLETION?

Yes! Upon successfully completing all requirements, including the final assessment video, you will be awarded a certificate, qualifying you to teach Reformer Pilates.

FAQS - REFORMER PILATES

CAN I COMPLETE THE COURSE AT MY OWN PACE?

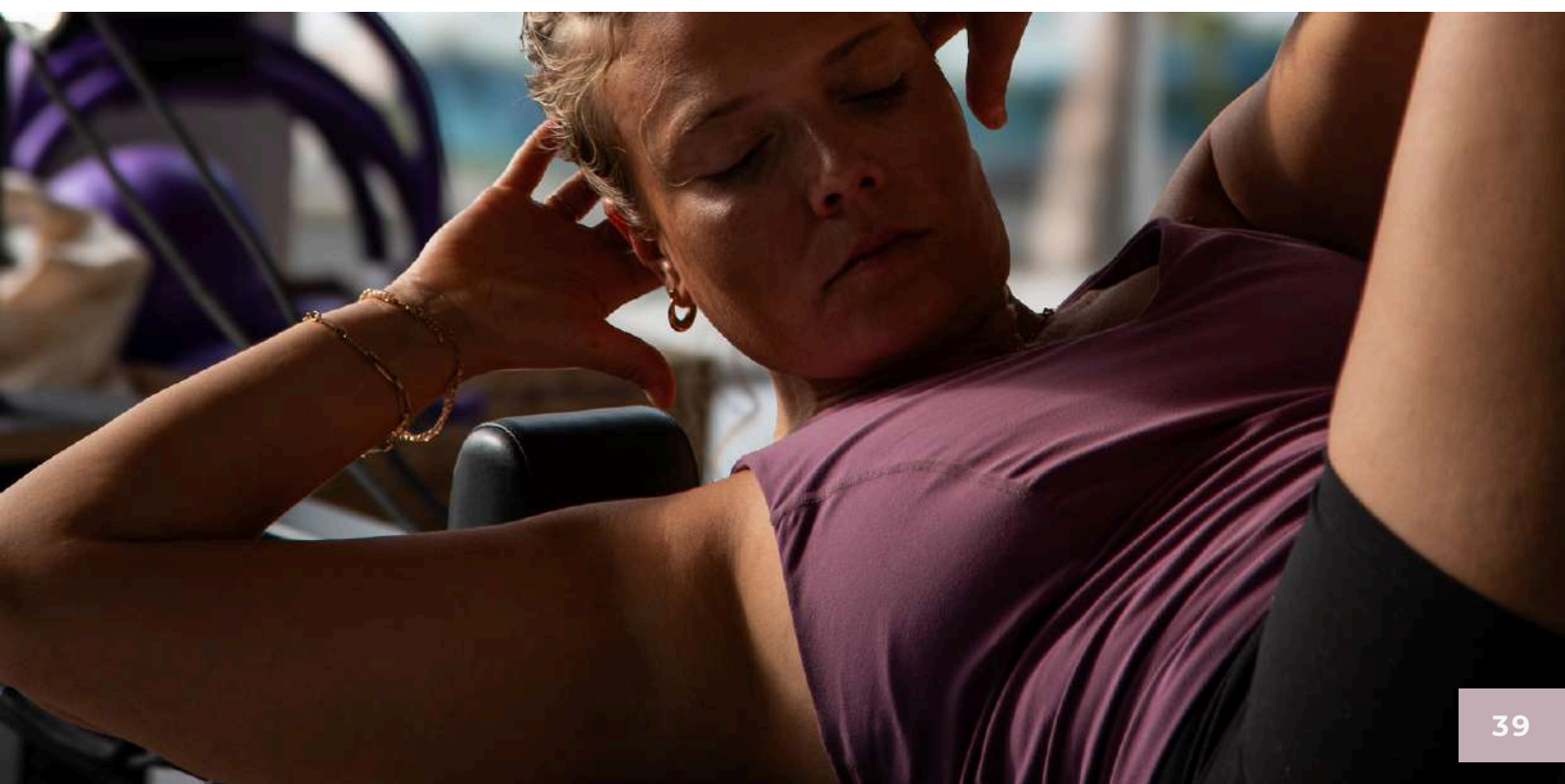
Yes! The program is designed with flexibility in mind, allowing you to complete your online modules, observation hours, and practice teaching at your own pace. However, all requirements must be completed within the 12-month window.

WHAT TOPICS AND EXERCISES ARE COVERED IN THE COURSE?

The course includes modules on Reformer anatomy, alignment, Pilates principles, and repertoire for the lower body, upper body, trunk, and core. Exercises include foundational movements such as the Frog Stretch, Bridge Variations, Side Plank, Reformer Footwork, and advanced repertoire like the Snake, Teaser, and Long Stretch.

IS THIS COURSE SUITABLE FOR BEGINNERS?

Yes, this course is open to all levels. It provides a solid foundation in Reformer Pilates and builds up to advanced techniques. Modifications and progressions are taught to ensure accessibility for every student and client.



FAQS - ACCOMMODATION

WHERE ARE YOUR SRI LANKA TRAININGS HELD?

Our Sri Lanka courses are held at SOMA Living, in the cosy beach town of Hiriketiya, Sri Lanka. On Google: <https://share.google/0oxp4tUGl5Svaxdkf>

WHAT ARE THE ACCOMMODATION OPTIONS?

Choose from either a Private King Room at SOMA Villas, or a Dorm Studio Room at SOMA House.

CAN I STAY OFFSITE FROM SOMA LIVING?

We are running our Sri Lanka Pilates Teacher Training in partnership with SOMA Living, so all students **must stay onsite** at SOMA Living.

I AM TRAVELLING WITH A PARTNER, CAN THEY SHARE MY ROOM?

Yes, they can stay in your private king room with you at SOMA Villas.



FAQS - ACCOMMODATION

HOW DO I BOOK MY ROOM AT SOMA LIVING?

Step 1 – Book Your Training

Secure your place by booking your training directly on our Santosha website. Once your booking is confirmed, our Student Support team will contact you for your accommodation choice.

Step 2 – Confirm Your Accommodation

Our team will email you to confirm your preferred choice - and CC SOMA's booking team.

SOMA's team will follow up directly to:

- Confirm your room choice
- Provide payment details for your deposit and final payment
- Upgrade your to a 3 x Meal Plan (if applicable)

Step 3 – Payment for Accommodation & Meals

All accommodation and meal payments are made directly to SOMA.

NOTE: Villas and House are booked on a first-come, first-served basis — early booking is recommended to secure your preference. If a room choice is no longer available, this will be **clearly marked** on this Accommodation Guide.

PLEASE SEE OUR SRI LANKA TRAVEL +
ACCOMMODATION GUIDE FOR MORE INFO ON
ROOMS, MEALS, TRAVEL AND ROOM PRICING

FAQS - TRAVEL & VISAS

HOW DO I GET TO SRI LANKA?

Fly into Colombo Bandaranaike International Airport, Sri Lanka

HOW DO I GET TO SOMA LIVING?

SOMA Living can assist in arranging an airport pick-up for you at cost. They will organise this with you at time of booking.

HOW DO I BOOK FLIGHTS TO SRI LANKA?

To book your flights, you can use sites such as Flyus.com, Skyscanner or Webjet to look for flight deals. We recommend looking for deals here and then booking them directly on the airline's website for less fees and the ability to communicate directly with the airline. If you do not feel confident booking flights yourself, then contact a local Travel Agency such as Flight Centre.

DO I NEED A VISA TO GET INTO SRI LANKA?

YES! Simply obtain your visas for Sri Lanka at least 7 working days in advance of travel from this official [Government site](https://www.eta.gov.lk/slvisa/visainfo/center.jsp?locale=en_US) (approximately \$50 USD for 30-180 days) Visit: https://www.eta.gov.lk/slvisa/visainfo/center.jsp?locale=en_US

DO I NEED TRAVEL INSURANCE?

Yes! You will need valid travel insurance to be able to apply for your visa and to enter Sri Lanka. We also require Travel Insurance for you to join us on the course.

OUR HAPPY STUDENTS!



WHAT OUR GRADUATES SAY



is with Jani

and 12 others.

September 15 at 5:56 PM · 🧑🏻

24 house since it became official! We are yoga teachers!!! Holding my certification is nice, but it pales in comparison to this entire experience! Falling in love with you goddesses, having the opportunity to learn from our amazing teachers, and getting to learn about myself with no judgement and surrounded by love is the true accomplishment! Thank you! #santoshayogainstitute #yoga #bali #love #philosophy #grateful



February 3 at 11:20 PM · 🌐

What a month..... I'm a Yoga teacher!! This month changed my life in more ways that I can explain with words. I learned deep roots about myself, my perspectives, habits, fears, blockages, beauties, powers, and gifts. I learned about love for myself and others. This journey was not easy at times, but it was truly worth every second. I cannot wait to continue practicing every day. I am blessed to share my teachings and help others on their journey in life, through yoga we discover peace, love and harmony. Thank you Sunny McKenzie Richards (Santosha Yoga Institute) Mian Meuthia Megan Mulrine Saukulak Andrea Santosha and Joanna, for the time, patience, teachings and knowledge you provided us. You made this journey purely magical.



is with Mian

and 17 others.

16 hrs - 22

1 month and so much more than just the certificate calling me a "RYT 200 hour Yoga Teacher" ... it's been totally different from what I expected and yet so much better than I could have thought of. As [Mian Meuthia](#) said at the very beginning, it has definitely not been a walk in the park, it has been challenging and intense and uncomfortable but also mind-blowing and rewarding and transforming and beautiful. And it has for sure been a not-a-walk-in-the-park in a truly magical place, which has made all the efforts feel like not so much of a strain after all 😊 Lembongan, that tiny island that already feels like a home away from home after 5 weeks and that makes me feel strange to leave behind today. And, most important, the connections made and the experiences shared with the wonderful girls I became friends with over the last few weeks. Each of you all has inspired me in her own way and I won't say goodbye but see you all again! ❤️



14 mins · Klungkung, Indonesia · 🧑🏻🧑🏻

Thank you soo much [Santosha Yoga Institute](#) for this wonderful, amazing, unforgettable, inspiring, stunning and beautiful journey 🍷👤!! It was one of the best decisions in my life and I am more than happy and grateful that I joined your [#yogateachertraining](#) 🍷👤! This experience I will never forget! I met so many lovely people and we are now one big family and I am sure we will see each other again somewhere in the world 🍷!



21 hrs -

🙏 Miss you all so so much... forever in my heart 💙



I DID IT!!!!!! It has been an absolute AMAZING experience!!! I've met the most open, loving, and beautiful people. I've laughed, I've cried, I've almost given up, BUT I didn't! I was up before the sun every morning pushing myself to be the best me I could be! The days were long and the heat was sometimes unbearable, but it was worth every second! To say that this was a life changing experience would be an understatement.... I am officially a Yoga Teacher 🧘🏻‍♀️💖 #santoshayogabali



hours of ✨Santosa✨
 blowing and thought provoking philosophy @aries_sv ✨ anatomy
 ureas, asana, self practice, breath and movement, sequencing, Bija
 ra, Yoga Nidra, Japa Mala, Tantra, mindfulness, learning, growing,
 resting, sharing, caring, crying, laughing, dreaming with 30 strangers
 become a family 💜
 ever grateful @santashayogaInstitute for bringing each unique and
 beautiful soul together in this wonderful environment 💜 for creating
 a nurturing and safe space, with no judgement; only love 💖
 and it ✨ Certified 200hr Yoga Teachers 🙏



Chu Thu Hang is 🌟 feeling fantastic with Johanna Pollet and 3 others at Jakarta International Airport (disambiguation).
February 1 at 4:28 PM · Tangerang, Indonesia · 🌐

I came to Indonesia as a dreamer and now I'm leaving it as an Yoga Teacher. 🙏 I've never learnt that much in such a short time. And ...the most important professional discovery is that "The success of Yoga does not lie in the ability to perform postures but in how it positively 🌟 changes the way we live our life and our relationships." T.K.V Desikachar.
I have got even more than knowledge... which is knowing the beautiful hearts and souls all around the world. And I know that wherever I go, I'll feel home with them, my Santosha's mates. ❤️
And yes "wish it, dream it and do it" 🙏



Lucie Kral is with Ellie West and 12 others.
Yesterday at 8:02 AM · 🌐

It has been 365 since I have started THIS amazing journey! This journey that has been the utmost important of all my travels so far! Journey towards myself...

My yoga teacher training has opened an undiscovered box in me and since then I am discovering little jewels. Like that I can really wake up at 5am 😊 Like that I can really listen to my body talking. Like the fact I CAN trust myself more. The magic happened in tiny island Nusa Lembongan in Bali. Our yoga purpose has brought together wonderful women from all over the world to find one thing we have in common. Thing which we often overlook. The inner power in ourselves. Always. Wherever we are. The understanding of everyday life, with its sweet moments of love and joy and smiles and the sour moments of struggle and pain and tears. And THE learning how to appreciate both in our life.

It seems the magic vibes has started a spiral of things happening. Things I did want in my life, but they were not meant for me. Things I didn't want in my life, but they were needed for me. Happening for so long until I realized, that all the things were happening FOR ME. To grow.

It has taught me to listen to the silence - that can speak the best. It is showing me the way to happiness - via expressing gratitude. It has taught me the hardest asana - letting go. Nah! Haven't nailed that... and it seems like a lifetime work in progress 😊

My deepest thank you goes to the most beautiful souls in [Santosha Yoga Institute](#) and personally to Thia Santosha Johanna Santosha Sebastian Valensi Megan Saukulak Andrea Santosha Words cannot express the feelings behind the photos that, but that unspoken energy ignites the fire in me in western world for past 365 days. And I am setting up a dedication for another 365 ahead.

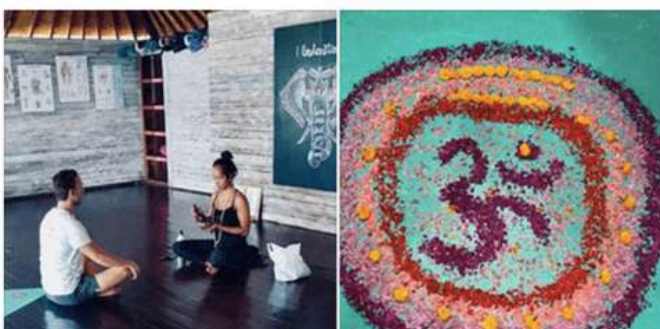
Andrea La Paglia
March 4 at 10:47 PM · 🌐

I've been fighting with my destiny, I've shared bread and wine, I've built and abandoned, I've been patted with the sin, I've ran and cried without breath, I've seen right and made it wrong, I've lost playing cards with myself. So many beautiful experiences during my 32Y, "Rccl" gave me the opportunity to travel-performed all around the world 🌐 met so many wonderful people, "Alua" gave me the opportunity to re-adapt;

But Now I'm Brand New, my "Talent" is back on 🔥 and it is with great respect and honor that I've awarded the Great Role of Yoga 🙏 Teacher, be able to give what is inside my heart, my passion, my love, my feelings, my Music 🎵 ... and given as it applies to others. And is just begin 🙏
Thank you to My Family for all the support as always.

Thank you Santosha Yoga Institute & Teachers for the memorable experiences, knowledge. Thank you to all the beautiful students I've been part of it.

🙏 Namaste 🙏
Andrea La Paglia
👍🙏🙏🙏🙏🙏🙏



Elizabeth Celestial
21 October 2018

It was an eye-opening, heart-touching and mind-expanding experience that words could not describe its full effect. We cried, we laughed, we faced the ego in us and acknowledged our heart and soul. We faced our fears and let love conquer. We went with the flow and it took us to the realisation that we don't always need to control things; there are things outside our control, we need to let go and surrender to the universe. We realised that there is an abundance of love within us that will never stop flowing. We can give and give and give and it will never run out. It was so humbling, I cried most days from gratitude. The locals here are so happy, their lives are so so simple. It's so true that the less you have the happier you are. I've seen things and experienced things that have changed my life completely and for that- I am grateful, and for that I will make use of my time to share as much as I can, to love as much as I can. I can now see more light in people, I can now believe that there are many many many people out there who want to make this world better. We are so blessed. I AM so blessed to have been surrounded with such beautiful people for the past month. We've all graduated and are now yoga teachers. But this was so much more than just a yoga teacher thing, it was a life thing 🙏💛 #grateful humbly bowing down to you all as the light in me honours and recognises the light in you. 🙏🙏 #namaste 🙏

WANT TO KNOW MORE ABOUT WHAT OUR STUDENTS LOVED ABOUT THEIR TIME WITH SANTOSHA? SEE MORE SANTOSHA STORIES HERE:

SANTOSHA REVIEWS



I'M READY TO JOIN!

Congratulations on making the incredible decision to step into an exciting new future! We are so looking forward to walking alongside you on this transformational journey.

Questions? We'd love to talk with you! Contact us anytime on mobile or WhatsApp - Sunny: [+61 428 190 029](tel:+61428190029)

To book your place simply click the 'BOOK NOW' button below to visit our webpage - or visit:

<https://santoshayogainstitute.com/pilates-teacher-training/sri-lanka/>

BOOK NOW


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