



P4 PILATES

Dear Client,

Thank you for your interest in the **STOTT Pilates Intensive Reformer Course** by Merrithew to be held from 15 to 25 September 2022 in Accra at P4 Pilates.

Since the launch of P4 Pilates in Ghana almost four years ago it has been our mission to spread awareness about Pilates in West Africa. It makes us very proud to announce that we have partnered with Merrithew (www.merrithew.com), Leaders in Mindful Movement™, to become West Africa's first Host Training Center for Pilates instructors.

Merrithew's Pilates training and equipment are sought-after by clients across industries around the world, from fitness and wellness to rehab, health care and hospitality. The company, which offers over 150 STOTT PILATES workshops globally, taught by 260 Instructor Trainers at 200 Training Centers, is recognized by high-level industry accreditation bodies, including The Register of Exercise Professionals and the American Council on Exercise.

Our instructor training course led by an international STOTT certified trainer will be **Intensive Reformer**, to be held from 12 noon to 5:30 pm daily at our Airport location for a maximum of 12 trainees. Course and related fees are as follows:

- **Intensive Reformer Course: \$2500**
Installments available (paid in Ghana Cedis at rate of the day). Please see Payment Schedule below.
- **Course material: \$370 (\$260 material + \$40 shipping + \$70 tax)**
Paid in full with 1st downpayment and purchased from P4 Pilates.

- **Human Anatomy Course: \$175**

This is a prerequisite for the Intensive Reformer course for all applicants, except certified Physiotherapists. The date will be confirmed but this will happen a few days prior to the training. Paid in advance.

Scope

- A Teacher Trainer from STOTT PILATES will be in Accra to teach the course
- The workshop is 5 hours long with a 30-minute break each day.
- Clients who successfully complete the course are eligible to take the exam in 6 months (also in Accra) after completion of practice hours
- P4 Pilates offers trainees the opportunity of doing 50 hours practice hours at P4 Pilates studios

Payment Schedule

Payments can be made in cash or bank transfer. We have put together a payment schedule for those who would like to pay the Course fees (\$2500 value paid in Ghana Cedis at the rate of the day) in installments:

- 1st payment to reserve slot: 20% (500 dollars) plus Course Material and Human Anatomy class by 15th May 2022
- 2nd payment: 40% (1000 dollars) by 1st June 2022
- 3rd payment: 40% (1000 dollars) by 1st July 2022

Early Bird Registration

A special rate of 2200 dollars if full payment is made for the course, Human Anatomy and Resource package by June 1st 2022.

Cancellation refunds policy:

- In case of cancellation before the training the reservation deposit of 20% will not be reimbursed. The remaining amount will be refunded to the client.
- Where the hosting facility cancels the course with less than 4-weeks notice any paid course fees will be refunded to the client.

Payment details

SWIFT CODE - **GTBIGHAC**

SORT CODE - **230102**

ACCOUNT NAME - **BREATH & BEING COMPANY LIMITED**

BANK ADDRESS - **25A CASTLE ROAD, AMBASSADORIAL AREA, RIDGE, ACCRA
GHANA**

ACCOUNT NUMBER (CEDI) - **2021172485110**
ACCOUNT NUMBER (DOLLAR) - **2021172485220**
ACCOUNT NUMBER (POUND) - **2021172485320**
ACCOUNT NUMBER (EURO) - **2021172485420**

Terms and Conditions

Students must attend and participate in all classes. If a student must miss a STOTT PILATES class, s/he will have to make up missed time with an Instructor Trainer. If the student misses more than 5 hours they must make up the same amount of hours missed (1:1 ratio). If a student misses less than five hours of a course, they need to make up half the time in private review at their cost (2:1 ratio of hours missed to hours made up).

Make-up hours should be done in a timely manner especially if the missed hours occur in the middle of a course. Any make-up hours will be done on a 1:1 ratio due to the density of the course material and the expectation that it will take the same amount of time to teach one student as to teach a group.

For further information and registration

Contact Sylvia Ampadu
Call/Whatsapp: 055 321 1826
Email: sylvia.p4pilates@gmail.com

We are excited to have you as part of our first cohort!

Best
Management, P4 Pilates