

LEVEL 2

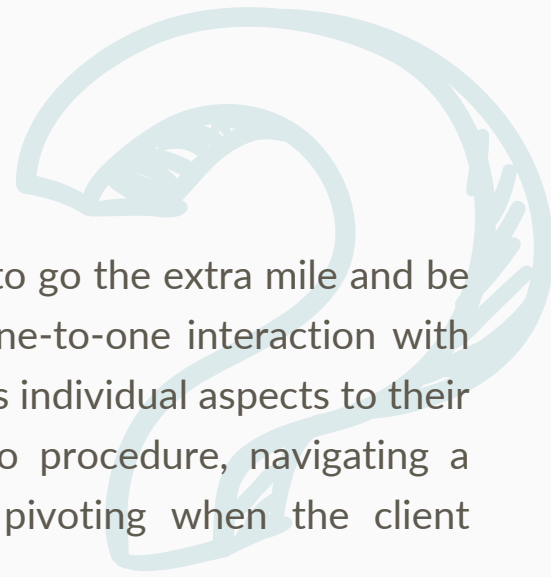
Mentorship with Dr. Suzanne Martin



*Deepen your Skills and earn the Requirements to be
Recognized as a Master Teacher of the Pilates
Therapeutics® Method*

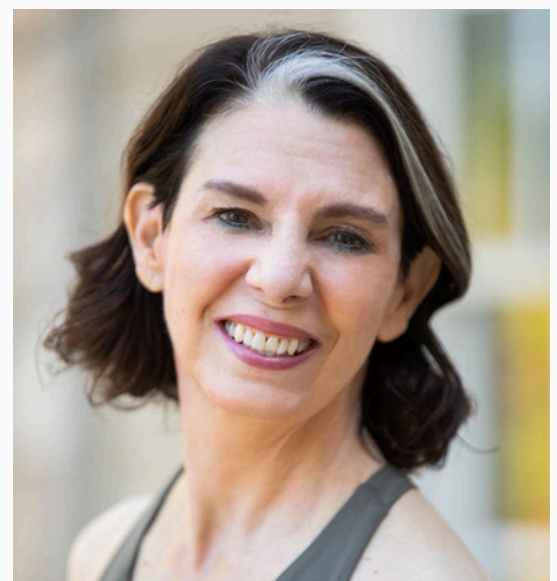
Who Is Mentorship For?

Mentorship is for teachers and therapists who want to go the extra mile and be recognized as a master teacher. The program is a one-to-one interaction with Dr. Martin on a specific case. Although each client has individual aspects to their case, going through the process gives insight as to procedure, navigating a trajectory for a client while troubleshooting and pivoting when the client responds in their unique way.



What You Will Learn

Mentees learn a thought process that helps them address their specific client with a specific issue, such as breast cancer restoration, foot function, scoliosis balance and management, performing arts enhancement, hypermobility or women's pelvic issues. It deepens knowledge of the subject and allows how to use the Pilates environment to be effective in that specific area. It builds confidence and not only empowers the Mentee, but also the client who benefits in their own ability to face their issue and learn principles of body/mind management from the inside out.



Spinal Asymmetry and Scoliosis Mastery Track



Level 2 Mentorship: An evidence-informed approach for Pilates Teachers

Outcome Level: Competent

Pre-requisite Requirement: Completion of Spinal Asymmetry Essentials - Level 1

COST

\$900: Yearlong Program (a \$1174 value)

\$1200: Includes the Level 1 Essentials (prerequisite of Level 2 if needed)

INCLUDED IN THE MENTORSHIP:

✓ Website Mentorship Subscription Access to:

- Distance Courses:
 - Spinal Asymmetry Essentials 18 CECs (\$325)
 - The Pelvic Core 5 CECs (\$60)
 - Fascia: Moves that Change Bodies 6 CECs (\$150)
 - Scoliosis 1 - 3 CECs (\$55)
 - Scoliosis 2 - 3 CECs (\$55)
 - Activ-Wedge Series 6 CECs (\$70)
- 1 year of access to the distance learning courses listed above (1 year - \$119.40 value.)

✓ Year-long study for 2 cases using Guidelines of Martin Method™

- 4 private sessions (quarterly) with Dr. Martin over 1 yearlong study to complete 2 cases: one of the teacher's choosing and one hypothetical (\$700 - 10 CE)
- Cases are to be documented according to the Martin Method™ Guidelines

THE PARTICIPANT WILL ACHIEVE:

- Martin Method™ Badge of recognition as authorized Scoliosis Management Practitioner for marketing
- Certificate of completion.
- Letter of reference
- Web recognition on the Pilates Therapeutics® website
- CE credits with NPCP
- Discounts for other Pilates Therapeutics courses
- Invitation to upcoming Advanced Fascial Applications for Scoliosis

LEVEL 3

Advanced Recognition Courses

Outcome Level: Proficient

- Inspiration for Expiration
- Aging with Asymmetry
- Degenerative Scoliosis
- Advanced Fascial Applications for Scoliosis
- Osteopenia, Osteoporosis
- Advanced Symposium TBA

[SUBMIT YOUR APPLICATION HERE](#)

Cancer Restoration Mastery Track



Level 2 Mentorship (Virtual or In-Person): An evidence-informed approach for Pilates Teachers

Outcome Level: Competent

Pre-requisite Requirement: Completion of Survivor Gap Essentials

COST

\$900: Yearlong Program (a \$1174 value)

\$1200: Includes the Level 1 Survivor Gap Essentials (prerequisite of Level 2 if needed)

INCLUDED IN THE MENTORSHIP:

✓ Website Mentorship Subscription Access to:

- Distance Courses
 - Survivor Gap Essentials 16 CECs (\$299)
 - The Upper Core 5 CECs (\$60)
 - The Pelvic Core 5CECs (\$60)
 - Breast Cancer Restoration 6 CECs (\$60)
 - Pilates Therapeutics® (TBD- CE) Lymphatic Flow Mat
 - Pilates Therapeutics® Inspiration for Expiration 6 CECs
 - MOTR: Breast Cancer Restoration 3 CECs (\$60)
 - MOTR: Abdominal Pelvic Restoration 3 CECs (\$60)
 - Fascia: Moves that change Bodies 6 CECs (\$150)

✓ 1 year of access to the distance learning courses listed above (1 year - \$119.40 value.)

✓ Year-long study for 2 cases using Guidelines of Martin Method™

- 4 private sessions with Dr. Martin over 1 yearlong study to complete 2 cases: one of the teacher's choosing and one hypothetical (\$700 - 10 CECs)
- Cases are to be documented according to the Martin Method™ Guidelines

THE PARTICIPANT WILL ACHIEVE:

- Martin Method™ Badge of recognition as authorized Cancer Survivor Gap Practitioner for marketing
- Certificate of completion
- Letter of reference
- Web recognition on the Pilates Therapeutics® website
- CE credits with NPCP
- Discounts for other Pilates Therapeutics courses

LEVEL 3

Advanced Recognition Courses

Outcome Level: Proficient

- Inspiration for Expiration
- Prolapse; The Good, The Bad and the Possible with Pilates
- Osteopenia, Osteoporosis
- Hypermobility
- Advanced Symposium TBA

[SUBMIT YOUR APPLICATION HERE](#)