

Dear Polestar graduates and certified practitioners,

It is time for re-qualification for all individuals who graduated or certified prior to the year 2006. It is important that we maintain high standards in the Pilates industry. Polestar Pilates Education continues to improve and develop its curriculum and examination process. Like most high-quality education programs, re-qualification is an essential part of maintaining skills and quality of care. Polestar's certifications/qualifications are valid for five years, after which time re-qualification is required.

Included in this package is a fact sheet, application, and payment form. All applications must be submitted to the appropriate Polestar office or licensee. Graduates from US, Canada and countries that do not participate under one of our licensees will submit their applications directly to Polestar Education in Miami. Students who work under one of our international licensees will turn in their application to that licensee. When your application is approved you will receive a new certificate valid for 5 years.

Please pay attention to the due dates to avoid any late fees and to expedite receipt of your new certificate. Please feel free to contact Polestar Headquarters or your licensee regarding this process.

As you know, Polestar has continued to raise the bar in all of our education products. We thank you for your feedback on how we can continue to make our curriculum better.

Sincerely,



Brent D. Anderson, PhD, PT, OCS  
President

*Polestar Education supports the national Pilates certification examination established in 2005 through the Pilates Method Alliance (PMA), which will standardize the quality of Pilates practice. As a result, in the United States, Polestar will grant a diploma to students meeting graduation requirements. Polestar graduates will be eligible to sit for the national certification exam through the PMA. For details on the PMA's certification exam, please visit [www.pilatesmethodalliance.org](http://www.pilatesmethodalliance.org).*

*As there is not yet a standard international certification examination, we will continue to offer certification exams for participants in non-US countries.*

*Polestar Education will regard Polestar US students who have completed all graduation requirements as having gained the same qualification as someone certified internationally through Polestar Education.*

## RE-QUALIFICATION APPLICATION

Polestar Pilates Education continues to improve and develop its curriculum and examination process. Like most high-quality education programs, re-qualification is an essential part of maintaining skills and quality of care. Polestar's certifications are valid for five years, after which time re-qualification is required.

All Polestar Practitioners certified prior to 2004 should submit their re-qualification application by November 1, 2009

### REHABILITATION AND STUDIO PRACTITIONERS RE-QUALIFICATION REQUIREMENTS

In order to re-qualify, Rehabilitation and Studio practitioners must:

1. Teach Pilates or use Pilates as treatment 10-15 hours per week (minimum 2600 hours over a 5-year period);
2. Practice Pilates at least 2 hours per week;
3. Complete 80 hours of continuing education from an approved provider over a 5-year period.\*\*

### ALLEGRO AND MAT PRACTITIONERS RE-QUALIFICATION REQUIREMENTS

In order to re-qualify Allegro and Mat practitioners must:

1. Allegro and Mat Practitioners are required to teach 2-3 classes per week (minimum 520 hours over a 5-year period);
2. Practice Pilates at least 2 hours per week;
3. Complete 80 hours of continuing education from an approved provider over a 5-year period.\*\*

### APPROVED PROVIDERS FOR CONTINUING EDUCATION

All Polestar courses, workshops and our annual conference count toward re-qualification. Below is a listing of some of the other providers we accept. Courses provided by practitioners not listed may be eligible with approval. Please contact Polestar Education for more information.

- Body Arts and Science International (BASI)
- Body Kinetics
- Body Wise Studios
- Core Dynamics
- Greene Street Studio
- JL Body Conditioning Inc.
- Long Beach Dance Conditioning
- Mongoose
- Peak Performance Pilates Center
- Pilates and Beyond
- Pilates Center of Austin
- Pilates Downtown
- Pilates for Golf
- Pilates Miami
- Polestar Pilates Education
- Power Pilates
- Powerhouse Pilates
- Retro Fit School of Pilates
- Ron Fletcher
- Stott Pilates
- Studio du Corps
- The Moving Center
- The Physical Mind Institute
- The Pilates Center, Boulder
- The Pilates Studio™
- The Pilates Studio® of Los Angeles
- Turning Point Studios
- West Coast Pilates
- Well Tempered Workout

Information on these and other providers available at [www.pilatesmethodalliance.org](http://www.pilatesmethodalliance.org).

#### \*\*Breakdown of CEC provider information

Re-qualification Year	Number of hours from Polestar	Number of hours from approved provider
2009 and forward 56	hrs (70%) 24hrs	(30%)

Polestar Pilates Education  
Address 1500 Monza Ave Suite 350 Coral Gables, FL 33146 Phone 800.387.3651 305.666.0037  
Fax 305.666.1808 E-mail [education@polestarpilates.com](mailto:education@polestarpilates.com) Website [www.polestarpilates.com](http://www.polestarpilates.com)

Polestar® is a registered trademark of Polestar Education LLC

Feb 2009

## RE-QUALIFICATION APPLICATION

Please complete and submit application along with payment for re-qualification.

Name: \_\_\_\_\_

Home Address:	Town:	County:	Postcode:	Country:
Phone:	Fax:			

Email: \_\_\_\_\_

Certification/Qualification Date: \_\_\_\_\_  Rehab  Studio  Allegro  Mat

**YEAR: \_\_\_\_\_ WEEKLY SUMMARY**

Site Name	Site Address	Site Phone Number	Supervisor's Name	Average Weekly Hours x Wks/Yr	TOTAL Hours per Year
				___ x ___	=
				___ x ___	=
				___ x ___	=
				___ x ___	=

**YEAR: \_\_\_\_\_ WEEKLY SUMMARY**

Site Name	Site Address	Site Phone Number	Supervisor's Name	Average Weekly Hours x Wks/Yr	TOTAL Hours per Year
				___ x ___	=
				___ x ___	=
				___ x ___	=
				___ x ___	=

**YEAR: \_\_\_\_\_ WEEKLY SUMMARY**

Site Name	Site Address	Site Phone Number	Supervisor's Name	Average Weekly Hours x Wks/Yr	TOTAL Hours per Year
				___ x ___	=
				___ x ___	=
				___ x ___	=
				___ x ___	=

**YEAR: \_\_\_\_\_ WEEKLY SUMMARY**

Site Name	Site Address	Site Phone Number	Supervisor's Name	Average Weekly Hours x Wks/Yr	TOTAL Hours per Year
				___ x ___	=
				___ x ___	=
				___ x ___	=
				___ x ___	=

**YEAR: \_\_\_\_\_ WEEKLY SUMMARY**

Site Name	Site Address	Site Phone Number	Supervisor's Name	Average Weekly Hours x Wks/Yr	TOTAL Hours per Year
				___ x ___	=
				___ x ___	=
				___ x ___	=
				___ x ___	=
<b>5-YEAR TOTAL</b>					=

**CONTINUING EDUCATION: FIVE YEAR SUMMARY**

Date	Course or Conference	Location	Provider	Phone Number	Total Hours
<b>TOTAL CONTINUING EDUCATION HOURS</b>					=

*Please use an additional sheet of paper if more space is needed*

Polestar Pilates Education  
**Address** 1500 Monza Ave Suite 350 Coral Gables, FL 33146 **Phone** 800.387.3651 305.666.0037  
**Fax** 305.666.1808 **E-mail** education@polestarpilates.com **Website** www.polestarpilates.com  
 Polestar® is a registered trademark of Polestar Education LLC  
 Feb 2009

RE-QUALIFICATION DEADLINES AND FEES

**Certified Practitioners, 2005 and prior, application due by November 1, 2010**

**For those Certified in 2006, applications due by November 1, 2011**

£75.00 fee for applications received by November 1 of corresponding year.

£150.00 fee for applications received November 2 – April 30 of following year.

Applications received after April 30 will not be considered, and re-examination will be required for re-qualification.

Cheques made payable to Polestar Pilates UK Limited

MasterCard  Visa  Delta  Electron  Amex  Switch

Credit Card Number: \_\_\_\_\_

Expiration Date: \_\_\_\_\_

Cardholder's Name: \_\_\_\_\_

Cardholder's Signature: \_\_\_\_\_

Security Code: \_\_\_\_\_

\*\* Credit Card payments are not valid without signature.

Instructions for Submission

1. Complete the Re-Qualification Application
2. Complete the billing and credit card information
3. Copy your continuing education certificates or receipts for each course/workshop attended
4. Mail completed application, cheque or credit card information and copies to Polestar Pilates UK Limited, 10 London Fruit Exchange, Brushfield Street, London, E1 6HB.

NOTE: Missing, incomplete or inaccurate information will result in delay of processing or possible rejection of application.

FOR OFFICE USE ONLY

Licensee Signature: \_\_\_\_\_

Polestar Representative Signature: \_\_\_\_\_

New Certificate Sent: \_\_\_\_\_ Date \_\_\_\_\_

Polestar Pilates Education

Address 1500 Monza Ave Suite 350 Coral Gables, FL 33146 Phone 800.387.3651 305.666.0037

Fax 305.666.1808 E-mail education@polestarpilates.com Website www.polestarpilates.com

Polestar® is a registered trademark of Polestar Education LLC

Feb 2009