



Dear Polestar graduates and certified practitioners,

Polestar's certifications/qualifications are valid for five years, after which time re-qualification is required. 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.

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, 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.

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.



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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. 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.

Note: Courses/workshops conducted by approved providers other than Polestar will be awarded 50% of contact hour, and courses/workshops conducted by Polestar will be awarded 100% of contact hour. Of the 80 required hours of continuing education credits, only 30% of the credits earned from the approved providers can count toward re-qualification. The remaining 70% of the credits must come from Polestar.

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

Information on these and other providers available at www.pilatesmethodalliance.org.



RE-QUALIFICATION APPLICATION

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

Name: _____

Home Address: _____ City/Town: _____ State/County/Province: _____ Zip/Postal Code: _____ Country: _____

Primary Phone (Cell/Work/Home?): _____ Secondary Phone:(Cell/Work/Home?): _____

Email: _____

Certification/Qualification Date: _____ Rehab Studio Allegro Mat

YEAR: _____ WEEKLY SUMMARY

Site Name	Site Address (City, State, Zip)	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 (City, State, Zip)	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 (City, State, Zip)	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 (City, State, Zip)	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 (City, State, Zip)	Site Phone Number	Supervisor's Name	Average Weekly Hours x Wks/Yr	TOTAL Hours per Year
				___ x ___	=
				___ x ___	=
				___ x ___	=
				___ x ___	=

5-YEAR TOTAL =

CONTINUING EDUCATION: FIVE YEAR SUMMARY

Date	Course or Conference	Location	Provider	Phone Number	Total Hours

Please use an additional sheet of paper if more space is needed **TOTAL CONTINUING EDUCATION HOURS** =

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

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RE-QUALIFICATION APPLICATION

RE-QUALIFICATION DEADLINES AND FEES

Applications received by November 1 of corresponding year: USD \$75.00

Applications received November 2 – April 30 of following year. USD \$150

Checks made payable to Polestar Pilates Education

MasterCard Visa American Express Discover

Credit Card Number: _____

Expiration Date: _____

Cardholder's Name: _____

Cardholder's Signature: _____

** 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, check or credit card information and **copies** to Polestar Education or your country's Licensee.

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 _____