

About BASI Pilates™

BASI Pilates® is the leading Pilates education academy, with a reputation for innovation, dedication and academic excellence.

Established in 1989 by world-renowned Pilates educator, Rael Isacowitz, BASI Pilates preserves the legacy of Joseph and Clara Pilates, while complementing their method with contemporary scientific knowledge.



BASI stands for **Body Arts and Science International**, which is both the name of the academy's holding company and an affirmation of its approach to Pilates studies. Though a BASI education is anchored in anatomy, physiology and scientific principles, its emphasis is on the aesthetic quality of every movement.

The mission of BASI Pilates is to create and maintain professional standards for the teaching of the method and to preserve and perpetuate the gift of Pilates by educating teachers of the highest calibre. Unlike other, all-in-one Pilates enterprises, the sole purpose of BASI Pilates is to educate Pilates instructors and maintain that education on the cutting edge of the discipline for the duration of their careers.

BASI Pilates Courses are presented at over

100 locations in 25 countries across the world.

BASI Pilates Offers the following:

Certification

- Pilates Mat Work Teacher Training Course (MWTT)
- Comprehensive Teacher Training Course (CTTC)
- ProBridge (CTTC)

Continued Advanced Education

- Post Graduate Courses
 - Mentor Program
 - Master Program
- Workshops
- Symposiums

Continued Support & Communication

- Monthly Newsletter
- Social Networking
- Video Support (Pilates Interactive)
- Consultancy

BASI Pilates South Africa



Since 1999 BASI Pilates South Africa has been a leader in educating top-class Pilates instructors in South Africa. BASI Pilates is the educational vehicle that drives numerous successful studios, supporting its graduates with advanced education and regular industry updates.

In 2008, program director Theo van der Riet/Botha obtained the BASI Pilates License for South Africa. That enables us to provide top-class education at affordable rates, while enjoying continuous support from the International Head Office in the USA and

associated partners. The headquarters of BASI Pilates South Africa are in Menlo Park, Pretoria.

BASI Pilates South Africa supports all regulatory requirements of local government, SRSA (Sport & Recreation South Africa) and REPSSA (Register for Exercise Professionals). The company is dedicated to ensuring that graduates stay informed about, and current with, all industry developments and requirements specific to South Africa.



Currently, BASI Pilates South Africa is going through an extensive accreditation process with CATHSSETA (Culture, Arts, Tourism, Hospitality and Sport Sector Education Authority) to ensure compliance with legislation and standards.

BASI Pilates South Africa has an open-door policy and invites all Pilates instructors to communicate any questions or concerns. Ultimately, it is the people that make BASI Pilates the singular company that it is.

Welcome to the family!
Contact us for all your Pilates requirements.

BASI Pilates South Africa
Theo van der Riet-Botha
Director
+27 12 460 9206

About Mat (MTTC) & Comprehensive Teacher Training Courses (CTTC)



BASI Pilates teacher training is for anyone who is serious about making a profession of Pilates.

It is a rigorous and demanding program of study, practice, apprenticeship and observation, which will

qualify you for a career at the highest levels of the Pilates Method.

The program includes several unique methodologies that have made the BASI teacher training the most contemporary and exciting of its kind.

BASI Pilates Course Prerequisites

Students will benefit from meeting these prerequisites, though they are not mandatory in order to begin a course.

Familiarity with the teachings of Joseph Pilates

It is highly recommended that a student be familiar with the theoretical basis of Pilates and be experienced in the work on both Mat and apparatus before embarking on this course of study. We recommend attendance at a minimum of 10 Pilates classes, preferably at a BASI Pilates studio, prior to the course.

Familiarity in basic anatomy and physiology

Specialization in a related area of study, such as physical therapy or massage therapy, is normally an added benefit. From 2015 we're offering an additional Anatomy Movement Course.

Experience in a related form of physical activity

Prior experience in an athletic activity develops body awareness and other attributes that are extremely beneficial to the study of Pilates.

Teaching experience is recommended

Teaching is both a natural talent and a learned skill. Any past teaching experience, even in an unrelated field, will contribute to your becoming a skilled teacher of the Pilates method.

Over the years BASI Pilates has taken many people through the programme, often people from very diverse backgrounds.

The student's success primarily depends on commitment and the willingness to go the distance, regardless of previous experience. The BASI Pilates Faculty is available to guide you through the process and assist you in reaching both your personal best and the high standards that BASI Pilates requires. Please ask for assistance should you require any.



BASI Pilates Course Requirements

Academic Study

All BASI Pilates Courses have a modular structure, which covers lectures, exercise analysis, practice and discussions. In the event that a student misses a module/s, private tuition is available from the Teacher Trainer at an additional hourly fee.

Practical Work

Mat Work Course (MTTC): 40 hours
Comprehensive Course (CTTC): 200 hours

Practical Work is individual practice on the mat or apparatus. Most host locations offer "studio time", during which students can practice on their own or in groups or you can practice at home at your office or wherever is convenient. Students to please make

arrangements with BASI SA Host studio for practice times.

- **Comprehensive Students:** CTTC Students may attend FREE Group Mat classes for 6 months from start date of course at all BASI SA Host studios (NOT AFFILIATED Studios).
- **Mat Students:** MTTC Students may attend FREE Group Mat classes for 4 months from start date of course at all BASI SA Host studios (NOT AFFILIATED Studios).
- **University Groups, (Mat Courses ONLY):** MTTC (UNI Groups) These students may attend FREE Group Mat classes for 6 months from start date of course at all BASI SA Host studios (NOT AFFILIATED Studios).

Observation

Mat Work Course (MTTC): 20 hours
Comprehensive Course (CTTC): 100 hours

Observation hours require that the student observe how seasoned instructors teach (mat & equipment) classes. Observation hours can also be done through Pilates Interactive. www.pilatesinteractive.com or www.pilatesanytime.com

Apprentice Teaching

Mat Work Course (MTTC): 40 hours
Comprehensive Course (CTTC): 200 hours

Teaching hours require that the student teaches at the host locations or at an affiliated studio (by prior arrangement). Students are welcome to teach friends and/or family at the host location OR at home or office or wherever is convenient. Log sheets are provided to keep track of required hours. Hours need to be signed off by a person of authority or by person being taught. Hours need to be uploaded to student dashboard www.basipilates.com

PLEASE NOTE: ALL students need to have their student cards on their person every time they enter a Host studio, as you receive free group Mat classes from the start and expiry

dates on your student card. No Card, No Free Group Mat class!!! If your expiry date has been reached and you still need to complete your hours unfortunately you will no longer be entitled to free group Mat classes, the student will then need to pay (Normal studio rates). If the student is still in need of observation or teaching hours after the student card expiry date has been reached the Host studio will charge the student on entry to the studio a daily surcharge of R50.00 for the use of the studio for teaching and observation hours.

“A great instructor does not mind spending 1000 hours or more in pursuing their passion” – Theo

Pre-existing physical conditions

Please advise the BASI instructor or HOST of the course location if you have any pre-existing conditions that inhibit normal movement abilities or if you are, or become, pregnant during the course.

Evaluation Process

In each course, the student is continuously evaluated in order to measure consistent progress. 'In Course' Evaluations consists of the following:

Mat Course:

- At Module 4: Quick Quiz

Mat Students need to register for Centralized Testing once all the required hours have been obtained. Set dates and locations are scheduled on the website and registrations need to be done online www.basipilates.co.za

Comprehensive Course:

- At Module 4: Quiz
- At Module 7: Midterm Written Exam
- At Module 7 & 12:
 - Informal Teaching & Demo Evaluations

Comprehensive Students need to register for Centralized Testing once all required hours have been

obtained. Set dates and locations are scheduled on the website and registrations need to be done online.

www.basipilates.co.za

Centralized Testing consists of:

- Theoretical Final to be done on student dashboard "Online" before Centralized testing.
- Teaching Evaluation
- Practical Demo Evaluation

Once all modules & logged hours are uploaded and complete, the student needs to register via www.basipilates.co.za for Centralized testing – additional costs apply for Centralized Testing when registering. In the year 2019 rates are as follows: R1000.00 (Incl. VAT) Testing consists of a Timed Online Theoretical Final, Practical demo & Teaching sections. All sections need a pass grade of 70% or higher.

If a section is unsuccessful (Practical demo or Teaching) please re-register via www.basipilates.co.za for the next available Centralized testing date – additional costs for 2019 of R500.00 per unsuccessful section will be charged (Testing rates for the year you register for testing apply)

*** If there is a NO SHOW by a student for the testing day the student forfeits the testing fee paid and will need to re-register and pay again.

Centralized testing dates and locations can be found on www.basipilates.co.za

Research Paper

Only applicable to Comprehensive students: complete and upload research paper to student dashboard on www.basipilates.com at least one week before Centralized Testing date. If a Student needs to re-do sections for testing, that student needs to re-register online for the next available testing date. A fee of R500.00 (VAT incl.) is charged per section that needs repeating.

Tutorials

All South African Host locations offer 6 hours of **free** student tutorials (Not compulsory) bookings essential,

teachers review the work, do (Q&A) and focus on teaching techniques. If students request more than the 6 free hours you may arrange with your teacher to host more student tutorials at an additional R250 per student.

Important Note: *Students need to register for Centralized Testing within 1 year from Module 6 for Mat Students and Module 12 for Comprehensive Students.*

Issue of Certificate

Once all requirements have been met (All payments are made in FULL, all testing is passed with 70% and above and all hours are complete), a request is e-mailed to BASI HQ (USA) for certificates to be issued. Certificates are then e-mailed to South Africa. Once soft(digital) copy is received, student files are updated and letters including soft (digital) copy are emailed to each student, there will no longer be printed copies of the certificate, as per BASI HQ (USA).

VIDEO Recording of classes is Prohibited!!!

Audio recordings of modules are allowed, provided it is discreet and does not disrupt the class. Video recording are NOT allowed.

Host Studios: A Host Studio is the studio where the BASI courses and testing are conducted.

Partner Network BASI Studio's & Instructor's:

These are Affiliated Studio's or instructor's which are BASI graduates. Students wishing to complete required hours at an affiliated studio should contact the affiliated studio to enquire about availability, costs and studio protocols. Be part of the BASI Partner networking studios & Instructors and subscribe (Annual subscription fee & prerequisites apply) for more info visit www.basipilates.co.za



Mat Work Teacher Training Course (MTTC)

The mat work course is a steppingstone to the full comprehensive course. It is advised

for students who do not have the time or resources to study the comprehensive course, or for those in locations without adequate Pilates equipment.

The mat course is very affordable, flexible as regards to setting and introduces people to the foundations of Pilates. Students study the full complement of Mat Work exercises (basic to master level) and the integration of small apparatus into the program.

BASI encourages students to use this program as a springboard to the (CTTC).

Upon completion of the Mat course, you will be qualified to:

- Work according to the principles of Pilates and introduce them to clients and students
- Assess posture and posture types, as well as detect postural deviations
- Solve problems and provide effective exercise solutions to many physical conditions
- Compile comprehensive and safe Pilates Mat work programs tailored to individual and group needs
- Adapt a class to different settings and environments
- Integrate small apparatus into a Mat class to achieve optimum results
- Use the BASI@ Block System to successfully administer Mat work classes

- Analyze and understand the Pilates exercises based on anatomical and biomechanical principles
- Demonstrate at a high level the vast repertoire of classic Pilates exercises as well as a wide range of original BASI exercises
- Modify exercises according to the needs and goals of the individual

Mat Course Syllabus



The course structure is modular. A student can make up or repeat each of the 6 modules (4-5 hours each) at any BASI Pilates host location around the world. Each module consists of practical and theoretical components.

Module 1, The Fundamentals: The principles, the pelvis, breathing, exercise description, historical overview, safety.

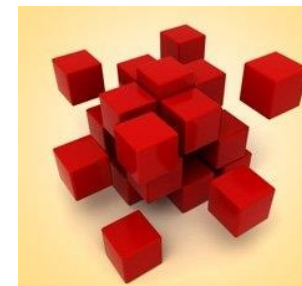
Module 2, Anatomy Part 1: Anatomy overview & terminology, joints, centre of gravity, cueing & imagery.

Module 3, Anatomy Part 2: Anatomical movement analysis, muscles, aerobic & anaerobic exercise, the BASI Block system.

Module 4, Posture Assessment: Principles of alignment, posture and posture assessment; types of faulty posture.

Module 5, Core Strength – Back & Abdominals: Core strength, effective exercise, contraindications for the spine, guidelines for successful teaching, being a teacher.

Module 6, Exercise Adaptation: Exercise adaptation, exercise progression, modifications to exercises, using small equipment, constructing a complete and comprehensive program.



BASI Pilates Mat Course Costs

BASI Pilates South Africa offers a discounted rate for once-off course payments and offers tailored payment plans. If financing is an obstacle to you

obtaining quality Pilates education, please contact course director Theo van der Riet at theo@pilatessa.co.za to discuss financial planning.

	Once Off	6 Months	12 Months
Tuition	8680.84	9548.92	11 111.48
Registration ex VAT	1000.00	1000.00	1000.00
Manuals	500.00	500.00	500.00
	10 180.84	11 048.92	12 611.48
VAT	1527.13	1657.34	1891.72
Total	11 707.97	12 706.26	14 503.20

Payment Plan

	6 Months	12 Months	
Deposit:	0	3811.88	4350.96
Instalments:	0	1482.40pm	846.02pm

Registration Fee

The R1150.00 (VAT incl.) Non-refundable registration fee is required and must be paid on registration of the course.

Late Payments are subject to interest being charged on the outstanding amount. A Debit Order Instruction needs to be completed for any Payment Plan.

Note: Fees for Centralized testing is not included in the course fees: R1000.00 (incl. VAT) - If there is a NO SHOW by a student for the testing the student forfeits the testing fee paid and will need to re-register and pay again. Centralized testing fee is NON-Refundable if missed.

Stepping UP! Continuing with the Comprehensive Course after completion of the Mat Course.



Should a Mat Work graduate decide to continue with the CTTC, the following financial terms apply.

R5000.00 before VAT will be deducted from the CTTC Tuition amount and if you decide to use your Mat movement manual from MTTC, you will receive a further R500.00 before VAT which is deducted from your CTTC manuals amount.

The Mat Graduate will need to pay a non-refundable registration fee of (R1150.00) Incl. VAT and the cost of the additional manuals and the balance of the CTTC tuition fee. This financial arrangement is applicable to Mat graduates who did either once-off payment or payment plan options. Once the Mat Graduate registers for the CTTC, the Mat Graduate may review the full Mat sections again during the CTTC at no additional cost, but if the Mat Graduate prefers not to attend the Mat sections of the CTTC modules the Mat Graduate is welcome to join the group for only the equipment sections of the CTTC but please make arrangements with your Host studio. Doing a refresher on the Mat sections while busy with the CTTC is a unique opportunity and doesn't come around often so



rather sit in on those few extra hours.

Comprehensive Teacher Training Course (CTTC)

*Is simply more than a program of study, the BASI CTTC is an enduring foundation for a career in Pilates, with graduates qualified to teach all level of clients on the full complement of equipment **including Mat work.***

“Great to see how Pilates and physio are so interlinked! Very interesting, interactive and extremely exciting, although, of course, also challenging at times! I had a great workout” – Tuks physio student

“It is challenging but I am determined to practice till I have mastered it!” Anonymous

Upon completion of the course, you will be qualified to:

- Work according to the principles of Pilates and introduce them to clients and students
- Assess posture and posture types, as well as detect postural deviations
- Solve problems and provide effective exercise solutions for many physical conditions
- Compile comprehensive and safe Pilates programs, tailored to individual needs
- Direct a studio according to the highest professional standards
- Use the **BASI® Block System** to successfully administer individual and group sessions
- Analyze and understand the Pilates exercises, based on anatomical and biomechanical principles
- Demonstrate at a high level the vast repertoire of classic Pilates exercises, as well as a wide range of original BASI exercises.
- Use the full line of Pilates apparatus (Reformer, Cadillac, Wunda Chair, Barrels & Auxiliary Equipment) including the Mat Work.
- Modify exercises according to the needs and goals of the individual

Comprehensive Course Syllabus

The course structure is modular. A student can make up or repeat any of the 12 modules (6-7 hours each) at any BASI Pilates host location around the world. Each module consists of practical and theoretical components

Module 1, The Fundamentals: The principles, the pelvis, breathing, exercise description, historical overview, safety.



Module 2, Anatomy Part 1: Anatomy overview & terminology, joints, centre of gravity, cueing & imagery.

Module 3, Anatomy Part 2: Anatomical movement analysis, muscles, aerobic & anaerobic exercise; the BASI Block system.

Module 4, Posture Assessment: Principles of alignment, posture and posture assessment; types of faulty postures.

Module 5, Core Strength – Back & Abdominals: Effective exercise, contraindications for the spine, guidelines for successful teaching, being a teacher.

Module 6, Exercise Adaptation: Exercise adaptation, exercise progression, modifications to exercise, using small equipment, constructing a complete and comprehensive program.

Module 7, Muscle Balance and Imbalance: The meaning of balance, imbalances in strength and flexibility as a cause of injury, functional versus isolation exercises, muscle testing and function.

Module 8, The Lower Limbs: The hip joint, the knee joint, the ankle-foot complex, the gait cycle.

Module 9, The Shoulder: The shoulder region, working with clients with shoulder problems, the shoulder region in the Pilates repertoire.

Module 10, Program Design: Principles of training, components of health-related physical fitness, dividing repertoire into levels, working with a broad range of clientele.

Module 11, Specific Populations: Athletic populations, teaching methodology.

Module 12, Pregnancy: Teaching men and women, body types, different objectives, different approaches.



BASI Pilates Comprehensive Course Costs

	Once Off	6 Months	12 Months
Tuition	26 042.50	28 646.75	33 334.40
Registration ex VAT	1000.00	1000.00	1000.00
Manuals	2965.00	2965.00	2965.00
	30 007.50	32 611.75	37 299.40
VAT	4501.13	4891.76	5594.91
Total	34 508.63	37 503.51	42 894.31

Payment Plan

	6 Months	12 Months	
Deposit:	0	11 251.05	12 868.29
Instalments:	0	4375.41pm	2502.17pm

Registration Fee

The R1150.00 (VAT incl.) Non-refundable registration fee is required and must be paid on registration of the course.

Late Payments are subject to interest being charged on the outstanding amount. A Debit Order Instruction needs to be completed for any Payment Plan.

Note: Fees for Centralized testing are not included in the Course fees: R1000.00 (incl. VAT) Once Testing fees are paid, they are Non-refundable.



Tuition & Fee Policies

Payment Terms
Once-off payments and/or deposits must be paid 4 weeks prior to the start of the course. A student can be denied access to the course should payments not be up to date.

Manuals

At the start of the course, each student receives high quality, glossy, illustrated Movement Analysis Workbooks and a theoretical Study Guide.

Administration

Invoices, receipts and student statements can be obtained from the head office in Pretoria.

info@basipilates.co.za (Also see Invoices & banking details when scrolling down on your automated response after registering)

Extra Costs to take into consideration

PLEASE NOTE: ALL students need to have their student cards on their person every time they enter a Host studio, as you receive free group Mat classes during your start and expiry dates on your student card. No Card No Free Group Mat class!!! If your expiry date has been reached and you still need to complete your hours unfortunately you will no longer be entitled to free group Mat classes, the student will then need to pay (Normal studio rates). If the student is still in need of observation or teaching hours after the student card expiry date has been reached the Host studio will

charge the student on entry to the studio a daily surcharge of R50.00 for the teaching and observation hours.

Centralized testing Fee: Non-refundable fee of R1000.00 (Including VAT) applicable when registering online www.basipilates.co.za the applicant registers on a set date found on the site. Payment is due on registration. If there is a no show for the testing the student forfeits the testing fee paid and will need to re-register and pay again.

Extra Books to complement your studies: It is the student's choice to invest in additional Anatomy books that the course provider recommends.



Online subscriptions: Pilates Interactive is the live version of the entire BASI repertoire covered in the course. It is a wonderful learning tool and observation and practical hours can be completed through Pilates Interactive. Subscription in dollars - extra cost to yourself - approximately R150 per month.

Lectures missed: In the event of missing a module or part of the course, it is the responsibility of the student to arrange catch up times with the instructor trainer to make up for any missed material/modules. R600.00p/h fee applies, and this is to be paid directly to the instructor trainer, these additional fees for missed material / modules are over and above the normal course fees.

Cancellation Policy

No refunds are given after Module 2.

Students can transfer funds to a subsequent course at the same location or another course at a different host location. Valid for 1 year.

No refunds are given if:

- Student misses one or more modules
- A student chooses to leave the course of her/his own volition

- A student fails to attend the course, following BASI Pilates notification of acceptance and confirmation by the student
- A student fails to attend the course without reasonable prior notification

Bank Details

BASI Pilates South Africa

Standard Bank

Menlyn, 012 345

Current Account Nr: 414449274

Reference: Name, Surname and Order No#

Please email the proof of payment to

info@basipilates.co.za



BASI Pilates Post Course Info, Support & Guidance

Developments in Pilates specific to South Africa and the fitness

industry in South Africa is currently going through a regulation process that affects Pilates directly. BASI Pilates South Africa is committed to complying with all requirements of government legislation and is dedicated to ensuring that BASI graduates stay informed of, and current with, developments and requirements in the industry.

Accreditation – South Africa

BASI Pilates South Africa is in the process of applying for accreditation through CATHSSETA, a governmental qualification authority. All Pilates course providers will need to go through this process to comply with national requirements.

In the event of additions to the existing courses, BASI Pilates South Africa will provide students and

graduates with the opportunity to ‘top up’ their education through affordable workshops.

Register for Exercise Professionals South Africa (REPS SA)

BASI Pilates South Africa supports REPS SA. REPS SA validates Pilates’ instructors’ qualifications and provides an amnesty period and assistance for Pilates instructors to comply with requirements. Visit www.repsa.com for all the info.

Online tools

BASI Interactive:

Subscribe to your own live library of BASI Pilates exercises.

www.basiinteractive.com

Pilates Anytime:

Subscribe and have access to classes by leaders in the industry. To stay current and inspired

www.pilatesanytime.com

Facebook:

“LIKE” and share our Facebook page [Pilates SA \(BASI Pilates South Africa\)](#). Stay informed on all the latest developments.

BASI Pilates Newsletter

Create a login profile on our website and then subscribe to receive our newsletters.

www.basipilates.co.za

BASI Pilates Continued Education

BASI Pilates regards education as the ultimate vehicle to success in the Pilates industry. Continue to learn and stay abreast with available workshops by regularly visiting the website www.basipilates.co.za for upcoming BASI SA workshops.

Consultancy – Theo Botha

BASI Pilates South Africa has an ‘open door’ policy. Graduates requiring support and guidance after the course can consult the Program Director, Theo Botha, with their issues and concerns relating to Pilates. This consultancy can range from guidance with setting up and administering a studio to buying equipment, ongoing education etc. Please feel free to come and

talk about your career and find out how to make the most of it. Or e-mail me: theo@pilatessa.co.za

Course Hosting Opportunities

Should you recognize the need for a BASI Pilates course in your town or institution, you are welcome to contact Theo Botha for more information at theo@pilatessa.co.za

Partner Network for BASI Studio’s & Instructors:

BASI graduates can become part of the BASI SA Pilates community by subscribing to the BASI SA Partner Network for BASI Studio’s and/or BASI Instructors, there are great benefits... visit www.basipilates.co.za for more info. (A small annual subscription fee & prerequisites apply)



BASI Pilates South Africa boasts with some of the BEST teachers in the industry.

Learn and be inspired by industry leaders.

**BASI Pilates Head Office – South Africa (Pretoria)
Theo Botha (Faculty)**



Pretoria – Body Intellect (BROOKLYN)

No 3, 14th Street, Cnr Brooklyn Rd
Menlo Park
Pretoria
(012) 460 9206
info@bodyintellect.co.za
info@basipilates.co.za

Pretoria – Body Intellect (MOOIKLOOF)

Holding 368, Atterbury Road East,
Zwavelpoort, Pretoria East
Tel: (012) 997 2561
mooikloof@bodyintellect.co.za
info@basipilates.co.za

www.bodyintellect.co.za
www.basipilates.co.za



Theo Botha
Director BASI Pilates South Africa

About Theo Botha

Theo van der Riet-Botha has been on the BASI International Faculty since 2002 and is currently one of only three principal instructors in the organization. Theo is also the proud owner of Body Intellect, a Pilates studio in Pretoria, South Africa and the headquarters of the BASI Pilates® franchise in South Africa.

Her career includes teaching at the On Center Conditioning studio in Southern California under her mentor, Rael Isacowitz. She has also taught the BASI teacher training courses around the world, including in the US, New Zealand, Brazil, Dubai, Hong Kong, London, China, Japan, Italy, Spain and Namibia.

Theo is also a Performance Stability Instructor Trainee and works in conjunction with medical professionals to assist clients in retraining strategies.

A firm believer in continuing education, Theo has hosted three International BASI Pilates® symposiums and presented at numerous presentations and workshops.

Theo earned her Bachelor of Education degree in Dance at the Pretoria Technikon. She enjoys spending time with her son, Stephan, daughter Inge and husband Riaan.

**Johannesburg – Body Mechanix Wellness Centre
Ashley Ritchie (Faculty)**



Body Mechanix Wellness Centre
119 Buckingham Ave,
Craighall Park
Johannesburg
082 413 8008
(011) 447 3487
bodymechanixjhb@outlook.com

About Ashley Ritchie

Ashley is the founder of Body Mechanix Wellness Centre, primarily a Pilates Studio, situated in Sandton, Gauteng, South Africa. Ashley embodies over 19 years as a Pilates Practitioner, 23 years of RAD Ballet training and 7 years of dance instruction - all wrapped together by the natural enthusiasm she brings to her teaching.

Ashley entered Pilates studying the New York Method. In 2000 Rael Isacowitz became her mentor and inspiration, resulting in her certification as a BODY ARTS AND SCIENCE INTERNATIONAL Pilates Instructor in 2001. Body Mechanix Wellness Centre became the host studio for BASI Comprehensive and Mat Courses in 2003. Ashley began lecturing for BASI in 2005. In 2007 she first presented “Pilates through Pregnancy” at the Learn from the Leaders Symposium

in South Africa. It was not only her Pilates training that focused Ashley’s deep interest in her work on pregnancy. It was also her life. She celebrated her first baby in her 20’s, her second in her 30’s and her third in her 40’s. Providing her with unique insights and understanding of pregnancy and childbirth and its effects on the body, spanning three very different adult life phases. Because the “Pilates through Pregnancy” workshop has become the most popular and well attended BASI course in South Africa, Theo van der Riet Botha encouraged Ashley to take this program to USA HQ. As a result, it is now part of the BASI Advanced Education Program. The three day “Pilates Through Pregnancy and beyond” has been presented worldwide.

Ashley continues as BASI Faculty, presenting the CTTC and MTTC courses around the globe. Always staying true to her mantra: "I do what I love and love what I do. What a blessing it is to be in a career that gives me the opportunity to share my passion and to make a difference in someone's life."

**KZN (Ballito) – TashB Pilates
Tash Barnard (Faculty)**



The Quarter Shopping Centre
Cnr Stewart Dr & Nandi Mthembu Dr,
Ballito, 4420
(083) 695 9121
(079) 219 7288
tash@tashbpilates.co.za
admin@tashbpilates.co.za

About Tash Barnard ““She loved life and it loved her right back.”

Tash Barnard is undoubtedly an embodiment of this adage. With her illuminating smile, infectious laugh and effervescent personality, Tash effortlessly exudes a characteristic warmth that endears everyone she

meets, to her. An international certified Pilates instructor, Tash originally had aspirations of being a professional dancer, graduating with honors in the Cecchetti Ballet and IDTA Modern Dance methods in 2000. This stood her excellent stead to flow naturally into an illustrious career in Pilates; she qualified as a BASI instructor after completing her studies directly under Rael Isacowitz in 2001. Now a BASI faculty member, Tash is extensively involved in building a strong, focused Pilates community through facilitating and teaching workshops and courses for BASI. Her energetic, patient teaching style has seen her share her knowledge across the globe including sessions in Morocco, London, Dubai, Salzburg and Hong Kong. She is also a guest teacher on Pilates Anytime.

Tash owns and operates a highly successful studio, Tash B Pilates, out of Ballito on the North Coast of South Africa. The studio is a beautiful marriage of Tash's tangible passion for Pilates and her heart for her clients: she and her band of instructors have created a caring, nurturing environment for students of all levels to flourish in.

Tash's unshakable faith undergirds her professionally and personally, as a wife to Andre and mother to Asia and Carter. Her humility precedes her, and her generosity is unrivalled; yet Tash remains firmly grounded. She is strong-minded and zealous about sharing the wonder of Pilates, which she believes has changed her life, and allowing it to do the same for others. This vision coupled with Tash's incredible heart for the community, sets her apart not only as a respected Pilates instructor but a woman of integrity, value and worth.

**Cape Town – Sea Point
Inge Pretorius (Faculty)**



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Suite 310, The Point Mall
76 Regent Road
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8005
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www.livinglifepilates.com
(074) 877 7387

About Inge Pretorius: Like many people I came to Pilates in a roundabout way. After a short, successful stint in the interior design industry I was left unfulfilled, uninspired, and unhappy. I knew I didn't want to carry on that way and focused all my energy on making a positive change in my life, and so found Pilates. I have a deep passion for the Pilates method, specifically the BASI approach and all it embodies. To me it is about more than just teaching Pilates as an exercise form,

I believe it should be integrated into all areas of one's life and that everyone can benefit from its teachings. Over the course of the five years that I've been teaching I've had the privilege of learning from some of the industry's most inspiring professionals including BASI founder Rael Isacowitz, and I look forward to sharing my Pilates journey with everyone I encounter along the way. I feel truly honored to be joining the incredibly inspiring BASI organization as a faculty member, and am excited for the challenges and triumphs that lie ahead

**Johannesburg – Bryanston
Monique Martinengo (Faculty)**



"Move with Mon"
273 Bryanston Drive,
Bryanston, Johannesburg
About Monique Martinengo:

Monique has a simple philosophy. Help others achieve their dreams and you will achieve yours!

Monique is the epitome of friendly, observant, understanding and professional.

Not afraid to challenge herself, Monique has gone from studying Consumer Science to exploring Europe while

working and cruising on a Yacht to diving into fashion retail.

After a short yet very successful career in retail, Monique decided that her purpose was more personal, and she found her calling in the world of Pilates. In 2008, Monique qualified as a BASI Comprehensive instructor under the guidance of Theo Botha. Having found her niche, Monique joined Ashley Ritchie's studio in Johannesburg and immediately hurled herself into learning and understanding the needs of clients and fellow instructors.

Monique has always been active and pursued a healthy lifestyle from a young age. In her earlier years she participated and excelled in many sports. Ballet was one of her true loves, which inspired her to follow the journey of Pilates. Good movement and understanding the principles of Pilates are what inspire Monique today to ensure that as many people as she can reach understand the essence of moving freely and with ease.

Monique continues with her own personal journey to learn and by doing so she ensures that her clients receive sessions that are current and relevant to their personal needs. Whether it is an individual session or group session, she delivers the same exceptional quality to ensure that her clients leave her studio feeling re-energised and inspired.

Monique's commitment to making a difference by doing what she loves has led her to become a BASI faculty member of which she is extremely honoured and incredibly proud to be part of such a dynamic global team.

Monique truly values the guidance and continued education she receives from many of the incredible international leaders, which she passionately shares with everyone. Having done the Mentor Program, Pilates for Injuries and Pathologies, Innovations in Pilates to name a few, Monique thrives on learning and sharing this knowledge with her clients and students. With this extensive armoury, Monique teaches the BASI method within South Africa and has travelled to China and South Korea. She is embarking on visiting new territories to share her extreme passion of the BASI Pilates method.

Other BASI Pilates Course Locations

East London

The Dynamic Body Studio

Vicky Luff
12 Strangers Way
Dorchester Heights
East London
dbstudio12@gmail.com
www.dynamicbodystudio.com
(073)941 6893

- **University of Pretoria**
Physiotherapy Department – TUKS Students
Human Movement Science Department – TUKS Students
- **University of the North West**
Biokinetics Department Potchesfroom

Namibia – Windhoek

Carol Sentefol - Core Control Centre

No 4, 27 Thift street
Windhoek, NAMIBIA
carol.sentefol@me.com
+264 81 128 6514

Knysna – Cape

Evolution Pilates

Tony Jardim
7 Long street
Knysna
tonyjarimrsa@gmail.com
(061) 421 1225

Nelspruit

Core360 (Nelspruit)

C/O Living Pilates (Shelley Voigt)

Kaapsehoop Rd (after Montana Nursery)
Nelspruit
livingpilates@webmail.co.za
www.livingpilates.co.za
(083) 280 1980

Stellenbosch

Pilates aan Rivier (Elna Hattingh)
5 Second Close, Brandwacht aan Rivier,
Stellenbosch
elijah@mweb.co.za

Rustenburg

Live Well Health Centre (Hanjoret Combrink)
179 President Mbeki Drive, Rustenburg
(014) 5929547 (Practice)
(082) 567 5508 (Hanjoret)
hanjoret@yahoo.com
www.livewellhealth.co.za

Gaborone - Botswana

The Pilates Place (Ulrika Egner)
Plot 3170, Morupule Drive, Gaborone,
Botswana
tpilatesplace@gmail.com
www.thepilatesplace.bw
(+267) 744 706 69
(+267) 392 6053

Port Elizabeth

Bend Studio (Shannon Gibs)

14 Recreation Str.
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Register at
www.basipilates.co.za

