CATALOG 2026/2027

4613 Lakeview Canyon Rd
Westlake Village, CA 91361

Phone: 805-298-6679

dailybreathpilates@gmail.com **www.dailybreathpilates.com**

Table of Contents:

Introduction & Mission Page 3

Daily Breath Pilates Training Program Page 3-4

Director's Credentials / Bio Page 4

Tuition Page 5,6

Facilities /Admission / Attendance / Requirements Completion

Page 7,8

Conduct, Leave of Absence, Dismissal, Educational Services, Progress Page 9

Transfer, Refund, Student Grievance, Sexual Harassment

and Non Discrimination page 10

Code Of Ethics And Scope Of Practice Page 11,12

Student Contract and Other Policy Documents - Avail. By Request

INTRODUCTION and MISSION

Thank you for your interest in the Daily Breath Pilates (DBP) Teacher Training Program. DBP offers one of the most effective full Body Conditioning Fitness Method.

Our goal is to provide Trainees information and skills to teach a safe, fun and challenge Pilates Class.

The Daily Breath Pilates, LLC is a California Limited Liability Company with EIN 47-3632534, which has been active since 03/30/2015. The owner is Renata Oliveira. Daily Breath Pilates has been offering teacher training since 2015.

"Daily Breath" Pilates Training Program

The Daily Breath Pilates Teacher Certificate Program is an International teacher program that has a flexible classroom schedule and is taught by Nationally Certified Pilates Teacher (NCPT) and Exercise is Medicine Credentialed professional: Renata Oliveira. The program is split in 2 levels (Beginners and intermediate) and (advanced).

First Level:

1) DBPilates Foundation
2) DBPilates Mat (Beginners and intermediate)
3) DBPilates Reformer (Beginners and intermediate)
4) DBP Cadillac/Springboard and Spine Corrector ((Beginners and intermediate)

Second Level:

5) DBPilates Advanced Mat, Reformer and Cadillac/Springboard
6) Wunda Chair and Ladder Barrel

Both levels are required to qualify to sit for the Comprehensive Diploma Exam. After completing the level 1 you may continue your teacher journey with the DBPilates Advanced to become fully trained on all levels

Students may earn a certification at each level by attending all modules, successfully completing assessments and submitting logged hours. To earn the Daily Breath Pilates Full Certification, you must complete all program levels and logged hours, and receive passing scores on all assessments. Our expertise will give you a well-rounded education to be prepared with the challenges presented with a wide range of clients and bodies. After this program you will be able to teach both group classes and individual sessions at any fitness facility or on your own. Program is based on Classical Pilates Method, Contemporary styles and other types of conditioning training which we feel is of great importance to prepare you or any teaching environment.

DIRECTOR'S CREDENTIALS AND BIO

Renata Oliveira, creator of the **Daily Breath Pilates Method**, brings more than 25 years of experience in exercise, movement, and Pilates education. She is a **Nationally Certified Pilates Teacher (NCPT)** and holds bachelor's degrees in **Exercise Science** and **Nutrition**, completed in 2000 and 2005, respectively.

Renata began her comprehensive Pilates education through **Polestar Pilates**, completing more than 450 hours of intensive training that included anatomy, observation, assisted teaching, supervised instruction, and self-practice to develop proficiency in the Pilates Method. She has continued to expand her education through specialized training in areas including prenatal Pilates, osteoporosis, scoliosis, and advanced Pilates practice, as well as ongoing participation in professional workshops, courses, and Pilates conferences. Her continuing education has also included training with first-generation Pilates teacher **Lolita San Miguel**.

Beyond her work as an educator, Renata is actively involved in **Pilates research** and has authored scientific work published in the *Journal of Bodywork and Movement Therapies*. She has been invited to present her researchs four times at the **PMA Virtual Research Forum**, contributing to the growing body of evidence supporting Pilates practice and education.

Drawing on her background in exercise science, nutrition, Pilates, and strength training, Renata developed this training program to address what she identified as an important gap between traditional Pilates teacher education and the principles of resistance training, exercise science, and physical conditioning.

Today, she teaches **Integrating Strength Training into the Pilates Method** and developed the **Pilates Strength Training Specialist** continuing education program, approved for CECs through the National Pilates Certification Program. Her educational approach is centered on integrating the Pilates Method with evidence-based principles of strength, conditioning, and human movement.

The goal of this program is to provide Pilates professionals with a strong foundation for working with a wide variety of individuals, abilities, and body types while developing the knowledge and confidence to integrate Pilates with contemporary exercise science and strength-training principles.

PROGRAM/COURSE COSTS:

DBPilates Level 1 (Beginners and Intermediate)

Module 1 – Foundation, anatomy, biomechanical and assessments - $600
The Foundation - Introduce students to the Pilates principles and "powerhouse". Lessons focus on introductory pre mat work and Pilates history. Neutral pelvic, in-printing, anatomy, and biomechanical concepts. (required for all modules)

Module 2 - DBPilates Mat and accessories - $750

Module 3 – DBPilates Reformer -$1900

Module 4 – DBPilates SpringBoard and Spine Corrector - $1200

DBPilates Level 2 (Advanced) - $2000

Self-practice, assist/observations, practice teaching and mentorship are not included on Course Costs.

PROGRAMS & COURSES OFFERED:

LEVEL 1

DBP Foundation Module: 8 hours online instruction (History of Pilates, special population, teaching, cueing) + anatomy and assessments course.

DBP Mat Module: 9 hours lecture live virtual instruction in traditional and contemporary mat repertoire.

- Student Being Observed Teaching a Mat Pilates Class by Qualified Teacher Trainer - 1 Hour
- Self Practice: 20 hours
- Practice Teaching with the Student as the Instructor: 10 hours (must have a minimum of 2 clients)
- Observation : 10 hours (minimum of 10 hours must be live or live virtual)
- Mentorship with Qualified Teacher Trainer: 2 Hours
- Exams - 1 Hour Written Exam and 1 Hour Practical Exam

DBP Reformer Module: 15 hours lecture live virtual instruction in traditional and contemporary repertoire + DBP Foundation (4 hours lecture)

- Self Practice: 50 hours (Mat and Reformer workouts alone or with another trainee)
- Student Being Observed Teaching a Reformer Pilates Class by Qualified Teacher Trainer - 2 Hours
- Reformer Sessions with Qualified Teacher Trainer: 50 Hours
- Practice Teaching with the Student as the Instructor: 20 hours (must have a minimum of 2 clients with a combination of Mat and Reformer classes)
- Observation : 40 hours (minimum of 30 hours must be live or live virtual)
- Mentorship with Qualified Teacher Trainer: 5 Hours

DBP Springboard and Spine Corrector Module: 12 hours online instruction in traditional and contemporary repertoire.

- 20 hours self practice,
- 20 hours assisting / observation,
- 10 hours practice teaching

LEVEL 2

DBPilates (advanced) – 15 hours online instruction in traditional and contemporary repertoire (mat, reformer and springboard, Wunda Chair and Ladder barrel)

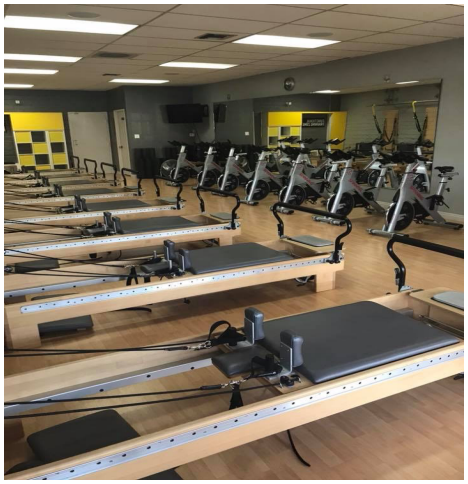
- Self Practice: 40 hours (Mat. Reformer and springboard or Cadillac workouts alone or with another trainee)
- Student Being Observed Teaching Pilates Class by Qualified Teacher Trainer - 2 Hours
- Pilates Sessions with Qualified Teacher Trainer: 40 Hours
- Practice Teaching with the Student as the Instructor: 20 hours (must have a minimum of 2 clients with a combination of Mat, Reformer and springboard or cadillac)
- Observation : 40 hours (minimum of 30 hours must be live or live virtual)
- Mentorship with Qualified Teacher Trainer: 5 Hours

Exams – 2 Hour Written Exam and 2 Hours Practical Exam

450 TOTAL HOURS
REQUIRED FOR COMPLETION plus satisfactorily performing exercises, passing a written test, and successfully teaching a pilates class.

FACILITIES:

Daily Breath Pilates, 4613 Lakeview Canyon Road, Westlake Village, CA 91361, is a Pilates studio with a total square area of 1200 sq. Ft. With 8 reformers / 7 Springboards, Mats, Foam rollers, balls and more.



ADMISSIONS REQUIREMENTS:

Prospective trainees must:

1) Have taken at least 10 equipment or mat classes

2) Physically Fit and Able To Lift 20 Lbs.

3) Complete and submit the completed program application for Admission to Daily Breath Pilates Teacher Certificate Program by the due date to the:

Director of Education
Daily Breath Pilates
4613 Lakeview canyon Rd, Westlake Village, CA, 91361

4) Costs Of Education Are Paid In Full Or Prior Arrangements Are Made With School Director.

5) Commits To Attend Classroom Sessions Or Prior Arrangements Are Made With School Director To Make Up Classroom Session To Be Missed.

Daily Breath Pilates LLC do not promise employment, certification or success as a Pilates teacher upon completion of the Daily Breath Pilates Teacher Certificate Program.
Disclaimer: "No Applicant Will Be Denied On The Basis Of Race, National Origin, Color, Creed, Religion, Sex, Age, Disability, Gender Identity, Gender Expression, Or Sexual Orientation" Admission

requirements are subject to revision. However, Daily Breath reserves the right to refuse an application for course admission if there is reasonable evidence to suggest that the applicant is physically incapable of carrying out the necessary requirements of Pilates teacher training."

REQUIREMENTS FOR COMPLETION:

1. Complete 450 hours
2. Pass written Pilates test by "Daily Breath Pilates" LLC
3. Pass personal demonstration of Pilates exercise competence

ATTENDANCE REQUIREMENTS:

Trainees are expected to complete the classroom hours of each module by being punctual to all classroom sessions or making arrangements with the Director of Education for make-up sessions (missed confirmed make up sessions can be made up but at the hourly rate of $100). 90% attendance to all classroom sessions is required and, make-up classroom sessions are at the discretion of the trainer. Trainees are expected to class with proper materials. Instructors may request a trainee to withdraw from a course or a program if absences or tardiness exceed 70%. Trainees who are unable to continue classes for medical reasons or severe personal problems will be required to take a leave of absence until they are able to return to class. Proper documentation will be required to substantiate a trainee's withdrawal.

LEAVE OF ABSENCE:

DBP expects its trainees to finish a module they started. However, it is sometimes necessary or desirable for a trainee to take a leave from the program for a period of time. Such leaves may be voluntary or involuntary, and will be handled in accordance with the DBP trainee leave policy.

CONDUCT POLICY:

The training center is a fully functioning Pilates studio, so conversation is kept to a minimum and appropriate workout attire is required. Possession of weapons, illegal drugs and alcohol are not allowed at any time on school property. Any violation of school policies may result in permanent dismissal from the school. The training center is very busy with clients, teachers, and other trainees so everyone is expected to act maturely and professionally while respecting clients, other trainees and teachers at either studio.

DISMISSAL:

70 % or less attendance to all classroom session without prior approval from Director of Education will prompt dismissal from the training program with refund based on the refund schedule.

EDUCATIONAL SERVICES:

The Program has an open door policy for trainees to feel comfortable talking to the faculty about anything in the program.

PROGRESS POLICY:

The trainees in the Program will maintain 90% attendance and at least 80% score on all exams, practical and written, in order to stay in the program. Termination shall be at the school Director's discretion. The Director has final authority and shall notify the trainee of the final decision.

CONFIDENTIALITY

All materials created and produced by Daily Breath Pilates, LLC for any purpose of its businesses remain the property of Daily Breath Pilates, LLC and no copying, display, distribution, or any other unauthorized use will be allowed without the express written consent of Daily Breath Pilates, LLC. Daily Breath Pilates LLC retains the intellectual and copyright property to all studio and educational materials, systems, documentation, policies and procedures, modules, handouts, workbooks, brochures, photographs, and any material used within the context of the student work with Daily Breath Pilates, LLC. Unauthorized use of this material will mean that the student will be subject to the relevant legal proceedings and payment of any fees as determined by such legal proceedings.

TACTILE CUEING DISCLAIMER

Pilates uses tactile and hands-on cueing to facilitate proper alignment and movement patterns. We strive to respect each student's level of comfort with this type of cueing.

TRANSFER OF CREDIT POLICY:
Daily Breath Pilates will allow transfer of credits from another program but the trainee will need to complete a written and practical exam to show competency. The cost for Transfer Credit Examination is $250 for mat module and $400 for reformer module. No retakes are allowed.

REFUND POLICY:

Before first classroom meeting	- 90% less cancellation charge
After first classroom meeting	- 75% less cancellation charge
After 25% off classroom sessions but within first 50% of program	- 50% less cancellation charge
After 50% of classroom sessions	- No Refund
Cancellation fee is 10% of module costs	

TRAINEE GRIEVANCE PROCEDURE:

- Speak directly to the source of the grievance. • If this is not a reasonable option, or if such an option does not remedy the situation, contact Renata Oliveira at 805-298-6679. • If this is not a reasonable option, or if such an option does not remedy the situation, document all relevant facts and send documentation to: dailybreathpilates@gmail.com

SEXUAL HARASSMENT PROCEDURE:

Harassment due to sex will not be tolerated in the Daily Breath Pilates workplace. Such conduct is subject to disciplinary actions, up to and including termination. Procedure: Any trainee who feels they have been subject to sexual harassment should take the following actions:

- Speak directly to the source of the problem.
- If this is not a reasonable option, or if such an option does not remedy the situation, contact Renata Oliveira at 805-298-6679.
- Any trainee, staff, volunteers or vendors who believes he or she is a victim of sexual harassment must immediately report any incident to the company's designated EEO Officer. The company will not tolerate retaliation against any employee who complains of sexual harassment or provides information in connection with any such complaint. If you have any questions regarding this policy, please contact Renata Oliveira at 805-298-6679. dailybreathpilates@gmail.com

ACCESS TO TRAINEE FILES:

Trainees of the Daily Breath Pilates Certificate Program can review their file by requesting an appointment with the Director of Education. Each file must contain: - Picture identification (driver's license, immigration card, passport, etc.) - Completed application - Signed enrollment agreement - Signed sexual harassment policy - Signed non-discrimination Policy - All academic records - All faculty notes

SATISFACTORY COMPLETION:

Daily Breath Pilates will issue a certificate of completion (diploma) once the trainee has satisfactorily completed the requirements of each module and if all modules were satisfactorily completed, certificate of completion (diploma) will be issued. If a transfer credit for a module/s was issued for prior training at a different training program, only certificates of completion for each module taken at the Daily Breath Pilates will be issued.

NON DISCRIMINATION POLICY:

Daily Breath Pilates LLC does not and shall not discriminate on the basis of race, color, religion (creed), gender, gender expression, age, national origin (ancestry), disability, marital status, sexual orientation, gender preference, gender expression, gender identity or military status, in any of its activities or operations. These activities include, but are not limited to, hiring and firing of trainees, students, staff,

volunteers and vendors, and provision of services. We are committed to providing an inclusive and welcoming environment for all members of our staff, clients, volunteers, subcontractors, vendors, and clients. Daily Breath Pilates LLC is an equal opportunity employer. We will not discriminate and will take affirmative action measures to ensure against discrimination in employment, recruitment, advertisements for employment, compensation, termination, upgrading, promotions, and other conditions of employment against any employee or job applicant on the bases of race, color, gender, national origin, age, religion, creed, disability, veteran's status, sexual orientation, gender identity or gender expression.

SCHOOL CONDUCT POLICY

Student is expected to act maturely and is required to respect other students and faculty members, as well as the school's property, assets, and traditions.

CODE OF ETHICS AND SCOPE OF PRACTICE

Daily Breath Pilates, LLC abides by the PMA code of Ethics and Scope of Practice

Code of Ethics:

- Do no harm.
- Teach within your 'scope of practice' and give full attention to the comfort and safety of clients at all times. (See PMA 'Scope of Practice'.)
- Maintain professional boundaries. The following constitutes improper behavior:
- Inappropriate physical contact
- Financial exploitation
- Sexual exploitation
- Maintain client confidentiality.
- Direct clients to seek medical attention when necessary.
- Do not discriminate against clients or colleagues on any level.
- Do not intentionally solicit other Pilates professionals' clients.
- Treat clients and colleagues with respect, truth, fairness, and integrity.
- Comply with all applicable business, employment, and intellectual property laws.
- Maintain professional appearance and conduct.
- Do not misrepresent skills, training, professional credentials, identity, or services.
- Continue gaining education to enhance your skills and knowledge, and to provide the highest quality services to clients.
- Maintain appropriate insurance (liability, studio, content, etc.)
- Maintain appropriate teacher: student ratios in all class settings.

Scope of Practice:
The following is within the scope of Practice of a Pilates Teacher.

- Design Pilates exercise programs according to an individual's needs.
- Recognize conditions that would preclude a client from safely participating in a Pilates exercise program.

- Coach, provide general information, and direct clients to seek medical attention, as necessary.
- Receive exercise guidelines and clearance from medical practitioners, when appropriate, to ensure client safety.
- Document client progress and cooperate with referring medical practitioners.
- Promote exercise to improve overall health.
- Request permission to touch clients and observe practice laws within your jurisdiction.
- Use appropriate touch to facilitate movement, position the client, and prevent injury or damage.

The following is *BEYOND* the Scope of Practice of a Pilates Teacher:

- "Prescribing" an exercise program.
- "Diagnosing" a client with any medical, mental, or physical condition.
- Continuing to train a client with a condition that is beyond your knowledge without appropriate medical clearance.
- "Prescribing" diets or recommending supplements.
- Claiming to "treat" or "rehabilitate" injury or disease.
- Monitoring (measuring with instrumentation) the progress of clients referred by therapists or medical practitioners.
- Offering counseling.
- Claiming to be competent to offer professional education beyond the limits of your credentials.
- Applying inappropriate touch.
- Continuing to train a client who exhibits any of the following unusual symptoms: e.g. chest pain, prolonged dizziness, rapid

heart rate, shortness of breath, significant decrease in coordination, loss of consciousness, faintness, nausea, blurred vision, prolonged or increasing pain.