

*The journey to greatness begins with a first step.  
Take it now.*



**A Leader in Pilates Education**

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program near you.  
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Rael Isacowitz is a thinker and innovator who has put his personal stamp on the universal practice of Pilates over the past three decades.

## BASI PILATES FOUNDER

**Rael Isacowitz** is a world-renowned practitioner and teacher of Pilates. With over three decades of Pilates practice and achievement, he is a prominent lecturer and teacher at symposiums, universities, colleges and studios around the globe.

He received his Bachelor of Education degree from

Israel's Wingate Institute, where he later joined the faculty, and earned a Master of Arts degree in Dance from the University of Surrey, England.

Rael's book, *Pilates*, now in its second edition, and *Pilates Anatomy*, co-authored with Karen Clippinger, have received worldwide acclaim and have been translated into multiple languages. He is a regular contributor to several industry publications, as well as the innovator of cutting edge Pilates equipment and online software.

Rael is noted in the industry for his unique athleticism; a synthesis of body, mind, and spirit. Creativity, passion and energy suffuse his work. Teaching Pilates is, for Rael, the ultimate gift.



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

*“BASI creates such a sense of community that it feels like a family with truly caring, passionate people. The spirit is contagious and inspires me to be more than I thought possible”.*

*E. Brown,  
Georgia*

## ABOUT BASI PILATES

Founded by Rael Isacowitz, Body Arts and Science International (BASI) is known as a leading Pilates education academy built on innovation, community, and mentorship. The mission of BASI is to grow in substance and not only in size. BASI strives to be true to art, science, knowledge and the intentions of Joseph and Clara Pilates. BASI upholds and perpetuates their work by educating teachers of the highest caliber.

### BASI Worldwide

Today, BASI partner studios can be found in 30 countries on every continent. We continue to expand our network of host locations, while never compromising the quality of education that our students receive. BASI Pilates provides a personal and unique experience to the individual interested in a solid and intense learning experience.





## BASI PILATES EDUCATION

*BASI Pilates has been providing top-level education for over 25 years. With our ever-evolving curricula and programming, there is a BASI program right for you.*

### Mat Program

This program is designed for those who want to gain thorough knowledge of the Pilates Mat repertoire as well as a foundation in kinesiology. Graduates are eligible to earn a BASI Pilates Mat teaching credential.

### Foundation Apparatus Program

Designed to give students' thorough knowledge of Pilates Mat repertoire, a solid foundation in kinesiology and insight into the full complement of Pilates apparatus, including BASI's proprietary AVALON system, the Foundation Apparatus Program (FAP) is a perfect springboard to the Comprehensive Apparatus Program (CAP).

### Comprehensive Apparatus Program

The next step in the study of Pilates and kinesiology, this program provides students with comprehensive knowledge of Pilates theory in addition to repertoire and teaching skills on all the Pilates apparatus. It is an enduring foundation for a career in Pilates. Graduates are qualified to

teach students of all levels on the full complement of Pilates apparatus, including the AVALON System.

### ProBridge Program

This specialized program credits the Pilates professional's prior Pilates education, credentials and experience. In addition to the entire repertoire taught in FAP and CAP, focus is placed on the principles and methodologies that make BASI unique and serves as a bridge into the BASI community.

### Dance Specialization

This intensive program is an expanded version of FAP and CAP with additional modules dedicated to both theory and repertoire specific to dance. The program is specifically suited for dance students and professional dancers.

### Comprehensive Global Format

This program encompasses FAP and CAP and includes in-depth study, both academic and practical, on the full range of Pilates apparatus including BASI's proprietary AVALON System (in select locations only). Graduates are qualified to teach students of all levels.





BASI Pilates  
educates  
and nurtures  
the world's  
leading  
Pilates  
instructors  
throughout  
their  
professional  
careers.

*"The BASI work is incredibly eye opening, every exercise has some magic touch that just makes all the difference. Master Rael and BASI's amazing faculty all help us on this wonderful journey".*

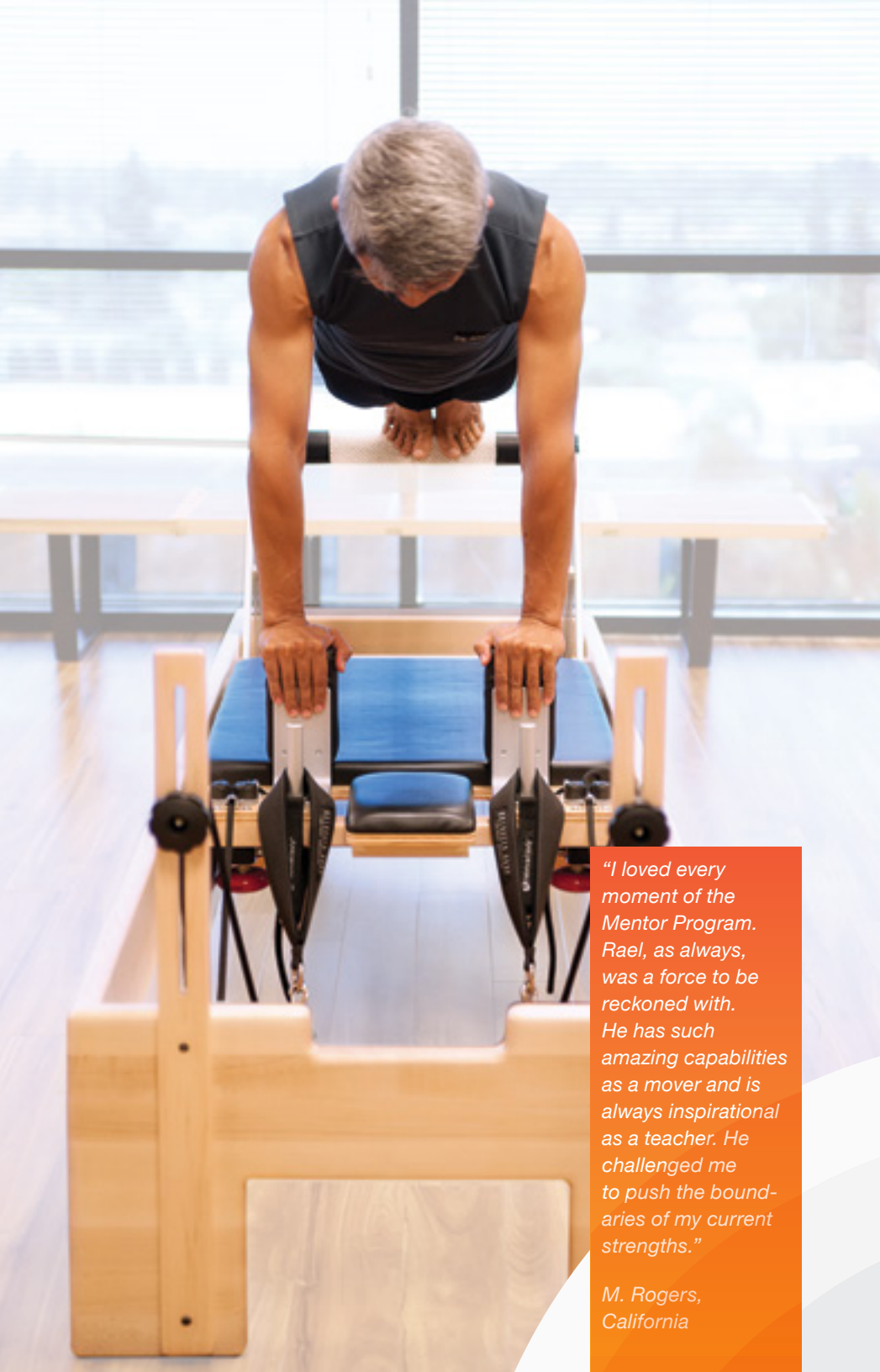
*D. Taddei,  
Spain*



## BASI PILATES PROGRAMS

Program Options	Learn	Lecture Requirements	Pre-Requisites	Teaching Credential	Educational Materials	USA Course	Global Course
<b>Mat Program</b>							
	<ul style="list-style-type: none"> <li>Over 100 exercises in the BASI Mat &amp; Accessory Repertoire</li> <li>Signature BASI Block System teaching methodology</li> <li>Principles of Movement</li> <li>Introduction to Anatomy</li> </ul>	6 Modules (24 hours)	Basic knowledge of Pilates	BASI Mat Teaching Credential	✓	✓	✓
<b>Foundation Apparatus Program (FAP)</b>							
	<ul style="list-style-type: none"> <li>Over 220 fundamental &amp; intermediate exercises on all Pilates apparatus</li> <li>Signature BASI Block System teaching methodology</li> <li>Principles of Movement</li> <li>Introduction to Anatomy</li> </ul>	6 Modules (36 hours)	Basic knowledge of Pilates	BASI Mat Teaching Credential	✓	✓	
<b>Comprehensive Apparatus Program (CAP)</b>							
	<ul style="list-style-type: none"> <li>Over 180 intermediate &amp; advanced exercises on all Pilates apparatus</li> <li>Fundamentals of workings with specific populations including athletes, specific injuries &amp; pregnancy</li> </ul>	6 Modules (36 hours)	Completion of Foundation Apparatus Program (FAP)	BASI Pilates Teaching Credential	✓	✓	
<b>ProBridge</b>							
	<ul style="list-style-type: none"> <li>Over 400 fundamental, intermediate &amp; advanced exercises on all Pilates apparatus</li> <li>Receive 36 PMA CECs</li> </ul>	6 Modules (36 hours)	Previous Pilates Training & Qualifications	BASI Pilates Teaching Credential	✓	✓	✓
<b>Dance Specialization</b>							
	<ul style="list-style-type: none"> <li>Over 400 fundamental, intermediate &amp; advanced exercises on all Pilates apparatus</li> <li>Additional dance specific repertoire</li> </ul>	19 Modules (120 hours)	Basic knowledge of Pilates & prior dance training	BASI Pilates Teaching Credential	✓	✓	
<b>Comprehensive Global Format</b>							
	<ul style="list-style-type: none"> <li>Over 400 fundamental, intermediate &amp; advanced exercises on all Pilates apparatus</li> <li>Signature BASI Block System teaching methodology</li> <li>Principles of Movement</li> </ul>	12 Modules (72 hours)	Basic knowledge of Pilates	BASI Pilates Teaching Credential	✓		✓

*Additional requirements such as observation, student teaching, written & practical examinations & final paper may apply*



*"I loved every moment of the Mentor Program. Rael, as always, was a force to be reckoned with. He has such amazing capabilities as a mover and is always inspirational as a teacher. He challenged me to push the boundaries of my current strengths."*

*M. Rogers,  
California*

# BASI Pilates Advanced Education provides professionals with the opportunity to deepen their knowledge of Pilates for select populations & teaching practices.

## FURTHER YOUR EDUCATION

### Workshops

Members of the BASI Faculty, associate faculty or distinguished guest teachers regularly present workshops on a broad range of topics. Designed to enhance the professional's knowledge, these stimulating workshops delve into specific facets of the Pilates Method and the teaching of Pilates.

### Certificate Courses

BASI Certificate Courses regarded as post-graduate specializations that are a minimum of three days with a focus on a particular track of study. Experts from different disciplines work with Rael and the BASI team to tailor in-depth programs specifically for Pilates professionals.

### Learn From the Leaders

International Symposiums and conferences are a part of BASI's Advanced Education offerings. We also work in tandem with the Pilates Method Alliance (PMA) to ensure that our program participants earn PMA Continuing Education Credits (CECs) whenever possible.



## EDUCATION RESOURCES



Pilates Interactive is an online educational platform and resource with well over 500 categorized exercises from the BASI repertoire and other Pilates schools. One of the first online educational tools for Pilates enthusiasts and professionals, Pilates Interactive can also be used as a powerful client management system (CMS). Subscribe now at [PilatesInteractive.com](https://www.pilatesinteractive.com)

### BASI Block System

Devised by Rael Isacowitz, BASI Block System is the foundation of the BASI teaching methodology. It is a unique and specialized 'filing' system for the hundreds of exercises in the Pilates repertoire, which categorizes them in a logical sequence. BASI Block System guides the progressive structuring of classes within a flexible framework.

### AVALON System

Designed by Rael Isacowitz, the AVALON System is a contemporary interpretation of Joseph Pilates' classic equipment, with significant physiological, biomechanical and ergonomic enhancements. This revolutionary system retains all the functionality of the original pieces, adding a unique and highly adjustable resistance mechanism. This multiplies the available options and provides accurate angles of resistance.

### Kathy Grant Memorial Scholarship

The Kathy Grant Memorial Scholarship program assists deserving students in achieving their educational and career goals in Pilates. It is open to all students who wish to study the BASI Pilates approach and are able to demonstrate both financial need and deep commitment to the cause of Pilates education.

# A BASI Education is supported by a comprehensive library of resources, study materials, and interactive tools.

*"I chose BASI because of the high caliber of education and the precision and creativity in the work. I am also a Kathy Grant Memorial Scholarship recipient which has helped me continue my path in Pilates Education."*

*E. Banales,  
California*





## BASI PILATES ACADEMY

Under the direction of BASI Founder and Director, Rael Isacowitz, the BASI Pilates Academy is the international headquarters for BASI as well as a haven for local Pilates professionals and students. The studio, formerly known as On Center Conditioning, was one of the first in this region of California and has set the bar since 1991.

Conveniently located in Costa Mesa, CA, across from South Coast Plaza, the fully equipped, 9,000 square foot studio offers soaring views and a tranquil ambience that provides a pristine environment for the practice of Pilates.

## BASI PILATES COMMUNITY

BASI Pilates programs are taught by a select faculty of expert educators from around the world. Each faculty member is an experienced teacher and practitioner of the BASI approach. The BASI Faculty is eclectic and multicultural. Coming from diverse backgrounds they bring a wealth of knowledge and uniqueness to their teaching.

Today, the BASI network of faculty, licensee and hosts extends around the world and are unparalleled as teachers and mentors.

Our dedicated administrative staff is committed to support and guide the welfare of our students.

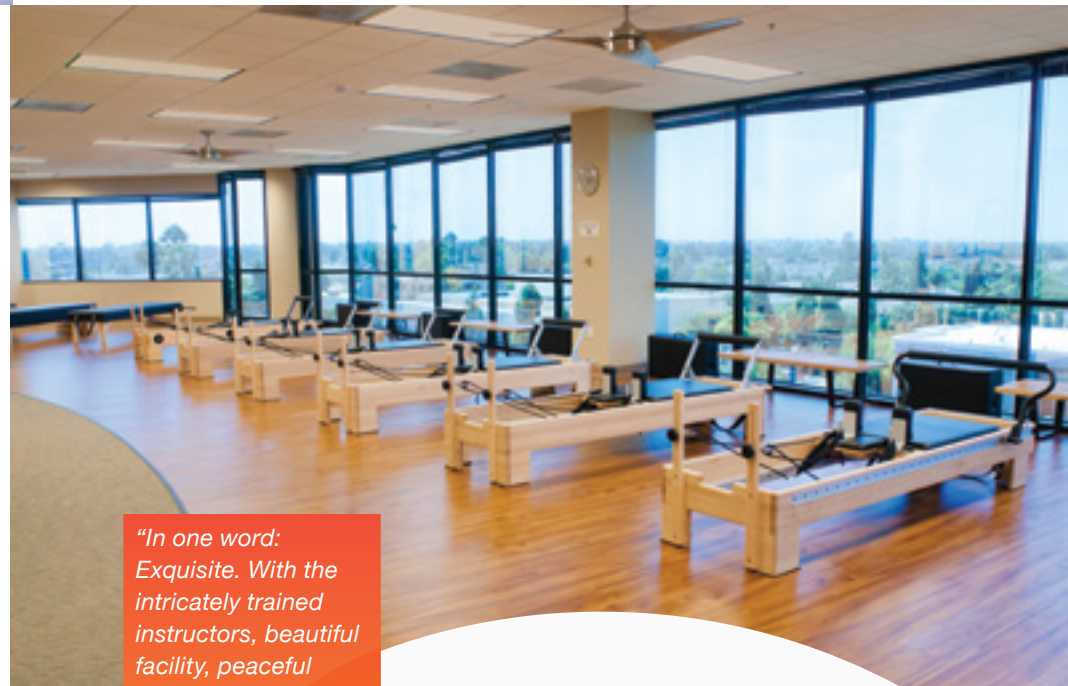
It is these dedicated people, plus the thousands of students and graduates, that make up the BASI family.

### Social Media

Our postings range from daily activities at the BASI Pilates Academy to lifestyle activities of our global BASI Family. We are constantly updating and adding instructional videos and classes. Follow us!



*We strive to bring forth the greatness in each person.*



*"In one word: Exquisite. With the intricately trained instructors, beautiful facility, peaceful atmosphere, passion for health and fidelity to Joseph Pilates, the studio is exquisite."  
C. Nina,  
California*