



PMA CEC Requirements for Recertification:

The PMA requires all PMA Certified Pilates Teachers to earn 16 CECs every 2 years.

CASTLE Worldwide, Inc. emails PMA-CPTs recertification reminder notices 6 months, 3 months and 1 month prior to expiration. Please make sure that CASTLE has your correct email address for this purpose. CASTLE will also mail a copy to the home address on file 6 months prior to expiration.

Cost:

Active PMA Members pay \$94.50 to renew their certification prior to its expiration, and \$130.50 after the date of its expiration. 'Non PMA members' pay \$105 and \$145 respectively. Completion of a recertification form is also required. The recertification form and payment must be sent directly to CASTLE Worldwide for processing.

Required hours:

- 10 hours of credit must be from PMA approved CEC coursework.
- 6 hours may be from accredited college or university exercise science, biomechanics or anatomy coursework.
- 6 hours may be from PMA approved online or DVD coursework. (No petitions will be allowed for this category)
- Current CPR certification, will count as 3 PMA approved CEC hours

Events where you can earn PMA CECs:

- PMA conference
- Body Mind and Spirit conference
- BBU's Pilates On Tour events
- Inner IDEA Conference

Petitioning:

If you are unable to locate a PMA approved CEC provider near you, you may petition for **10** credits for non-PMA approved coursework. Please submit the following items relating to the coursework you wish to petition to the PMA office for review, prior to sending your recertification form and fee to CASTLE Worldwide. Please be aware that a petition will only be approved if the coursework is presented by a PMA Certified Pilates Teacher™ (delivering Pilates-based content), or a licensed healthcare professional or person with an advanced degree (delivering non-Pilates-based content which must relate directly to advanced degree).

- Workshop Title
- Presenter/Instructor
- Resume or CV of Presenter/Instructor
- Number of CEC hours
- Workshop Objectives
- Date
- Bibliography

Questions:

Anna Alvarez: petitioning or CEC related issues, annaa@pilatesmethodalliance.org