



## **Residential Pilates Teacher Training in Spain 2016**

This week long training, in a residential training school, is aimed at professionals already involved in the health/fitness industry- or candidates with previous anatomy and physiology training at college level.

The course provides the knowledge needed to teach groups Pilates mat ,with or without props, to beginners & intermediate level students. Thus ensuring candidates have an excellent set of exercises and modifications for a substantial repertoire of Pilates classes and levels.

From the fundamentals of Pilates method to the addition of portable and effective equipment usage on the mat, the course aim is to marry functional anatomy with Pilates exercises, modified from the original 34, in a safe and effective way. In doing so, we aim to give participants a true understanding of Pilates Method and a deeper understanding of the teaching skills needed to teach The Method to the general public.

### **Duration**

One week. Additional apprenticeship hours between 5 and 30, will be required based on candidates previous experience, ability and understanding

### **Course modules**

- Pilates history, philosophy and principals
- Applied anatomy
- Pilates mat exercises level I&II including modifications and progressions
- Teaching skills, cuing, safety & effective communication
- Postural analysis and its impact on Pilates students
- The business, hospitality and ethics of Pilates.
- Foam roller, Fit Circle and Resistance Bands

### **Prerequisites**

A qualification in a movement discipline which includes Anatomy & Physiology. 20 hours Pilates experience. Practical experience in health & fitness, Yoga, Dance, Physiotherapy, Martial arts or Physical education.

### **Certification**

After passing the final examination and supervised teaching, students will receive a teaching certificate accredited by the Complimentary Therapists association UK (formerly Embody), and insurance can also be provided by this organisation.



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| <b>Day 1</b>       |  |
| <b>15.00</b>       | Check in venue   |
| <b>16.30</b>       | Introduction. Course format. Learning outcomes, expectations, rules etc.       |
| <b>17.30</b>       | Class plus fundamental principals of Pilates                                   |
| <b>19.30</b>       | Dinner   |
| <b>Day 2</b>       |  |
| <b>08.00-09.00</b> | Breakfast  |
| <b>09.00-13.00</b> | Class.<br>History and principals of Pilates.<br>Pilates fundamental exercises. |
| <b>13.00-15.00</b> | Lunch and chill  |
| <b>15.00-17.30</b> | Anatomy for Pilates  |
| <b>17.30-19.30</b> | Pilates warm up exercises  |
| <b>19.30</b>       | Dinner   |
| <b>Day 3</b>       |  |
| <b>08.00-09.00</b> | Breakfast  |
| <b>09.00-13.00</b> | Class.<br>Level 1 supine, prone & seated exercises in detail.                  |
| <b>13.00-15.00</b> | Lunch and pool time  |
| <b>15.00-17.30</b> | Teaching skills  |
| <b>17.30-19.30</b> | Posture and Pilates  |
| <b>19.30</b>       | Dinner   |
| <b>Day 4</b>       |  |
| <b>08.00-09.00</b> | Breakfast  |
| <b>09.00-13.00</b> | Class.<br>Rolling, side-lying and plank- exercises in detail                   |
| <b>13.00-14.00</b> | Lunch  |
| <b>14.00-16.30</b> | Demonstrating, cueing teaching and imagery                                     |
| <b>16.30-19.30</b> | Pilates exercises modifications and progressions                               |
| <b>Day 5</b>       |  |
| <b>08.00-09.00</b> | Breakfast  |
| <b>09.00-13.00</b> | Class.<br>Level 1 & 2 exercises revision<br>Business and ethics of Pilates     |
| <b>13.00</b>       | Lunch  |
| <b>14.00</b>       | Teaching Pilates Mat 1 & 2   |
| <b>19.30</b>       | Dinner   |
| <b>Day 6</b>       |  |
| <b>08.00-09.00</b> | Breakfast  |
| <b>09.00-13.00</b> | Class<br>Pilates practical examination- alternative exam date in London or     |



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|               | Dublin available   |
| 13.00-14.00   | Lunch  |
| 14.00-15.30   | Pilates written examination- alternative exam date in London or Dublin available |
| 15.30-19.30   | Fit Circle and Foam roller Pilates   |
| Day 7         |  |
| 08.00-09.00   | Breakfast  |
| 09.00-11.00   | Pilates with the resistance band   |
| 11.00 – 12.15 | Q & A  |
| 12.30         | Return Malaga airport  |