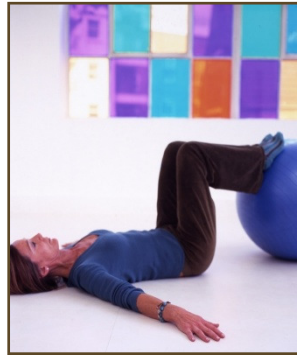
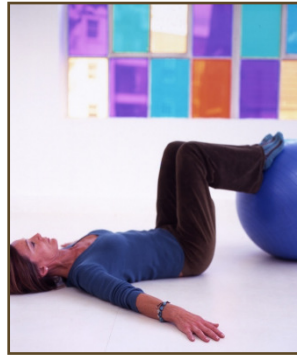


  
**PILATESSTUDIO**  
GSTAAD



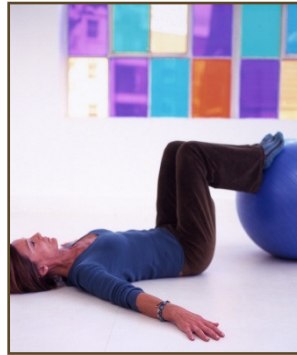
**PILATES MAT-WORK INSTRUCTOR  
TRAINING PROGRAM**

# INTRODUCTION



- This Pilates instructor training program offers comprehensive training in the principles of the Pilates Method, covering the mat-work based repertoire.
- The program is designed to follow the guidelines of the Swiss Pilates Foundation training syllabus, the only non-profit professional Pilates organisation in Switzerland dedicated to ensuring the highest standards of Pilates training, continuing education and code of conduct in Switzerland.
- The program covers –
  - The Principals and Fundamentals of the Pilates Method
  - Mat-work, classical and evolved repertoire
  - Pilates Specific Anatomy
  - Postural and Movement Analysis
  - Injury Rehabilitation
  - Prenatal and Postnatal Exercises
  - Teaching Methods

# REQUIREMENTS

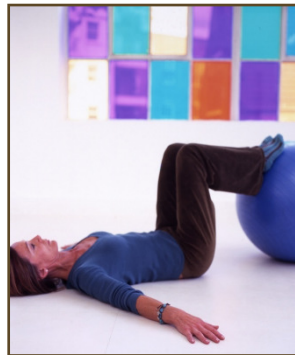


- Applicants will need to submit a curriculum vitae and go through an interview process.
- Applicants should have an exercise or movement background.
- Applicants with a movement based background must complete at least 30 hours of Pilates sessions before starting the training program.
- Applicants with no movement background must complete 60 hours of Pilates sessions before starting the training program.
- Applicants must hold a current first aid certificate.
- Applicants wishing to join the Swiss Pilates Foundation (Schweizerischen Pilates Verband, SPV) must complete an anatomy course recognised by the ErfahrungsMedizinischen Register (EMR) prior to the completion of the training program.
- Final acceptance for applicant will be based on their overall aptitude and commitment to this training program and Pilates Method as a whole.

# COURSE DURATION

- The duration of the training program is 12 months where approximately 495 hours are covered.
- Training will take place during two semesters: April – July and September - December (this may vary according to holidays)
- After each semester trainees will be assessed on their progress. If after the first semester the instructor trainer or trainee feels like the training relationship is not a successful match, the training contract may be terminated by either party. (See pricing for early withdraw fees)

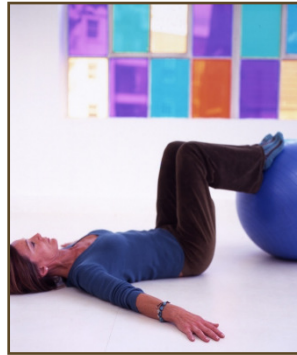
# COURSE SCHEDULE



- |   |   |
|---|---|
| • Lectures/workshops                          | 70 hours  |
| • Mat-work Classes                            | 10 hours  |
| • Private Classes (During terms only)         | 26 hours  |
| • Group Equipment Classes (During terms only) | 30 hours  |
| • Teaching Practice (supervised)              | 60 hours (20 Hours Mat-work Classes, 40 Hours Assisting Studio Teacher) |
| • Teaching Practice (unsupervised)            | 36 hours (24 Hours Case Studies, 12 Hours Mat-work Classes)             |
| • Observation                                 | 84 hours (6 hours per week for 14 weeks)                                |
| • Private study/revision                      | 180 hours (approx. 7 hours per 26 weeks)                                |

(During term times at least one Studio will be made available to trainees on Sundays for self-practice, case studies and study groups)

# COURSE CONTENT



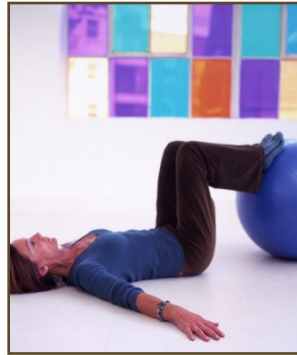
## PRACTICAL LECTURES

- 20 Hours Mat-work

## THEORY LECTURES

- 16 Principals and Fundamentals
- 18 Hours Remedial and Pregnancy
- 16 Hours Anatomy and Postural/Movement Analysis

# ASSESSMENT & PRICE



## ASSESSMENT AND EXAMINATION

During the course:

- Continual Assessment through homework assignments, attendance and attitude, essays, end of semester exams, mat-work classes and case studies
- Self Assessments

Final Assessment:

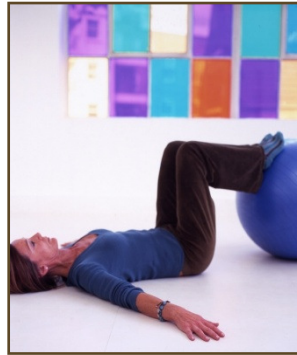
- Submission of Personal Log Book of Classes/Lectures
- 1 Written Case Study
- Written Exam 2Hrs
- Practical Exam 1Hr

(a minimum of 70% is required in all final assessments to successfully complete this training program)

## PRICE

- CHF 10'000
- Course fee includes all lectures, classes, and hand-outs. It excludes student insurance, provisional membership with the Swiss Pilates Foundation, classes in between terms, EMR anatomy course, first aid training, and books.
- CHF 5'000 deposit is required 4 weeks before the commencement of the program. This deposit is non-refundable, covers the first semester of training and also acts as an early withdraw fee.
- CHF 5'000 is then payable at the beginning of the second semester.

# CERTIFICATION



- Successful trainees will be issued a certificate from The Pilates Studio Gstaad stating the modules and hours completed to the standards set by the Swiss Pilates Foundation.
- Successful trainees whom have also completed an anatomy course recognised by the ErfahrungsMedizinischen Register will be invited to become fully qualified members of the Swiss Pilates Foundation.

## CONTACT INFORMATION



Natasha Lutz  
Proprietor & Instructor Trainer

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