



**PILATES DNA**

**CLASSICAL PILATES TEACHER**

**TRAINING PROGRAM**

**GUIDEBOOK**

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## **Congratulations!**

You have found this guidebook because you are seeking a proper education in Pilates, either as a new teacher or a current teacher with a different Pilates background.

The **Pilates DNA Teacher Certification Program** was born from the growing need for more robust education options. Teachers need better preparation in understanding: the depth of the exercises, teaching tools for all personalities and body types and critical thinking skills to best utilize the tools within the Pilates environment. We are dedicated to teaching the authentic work of Joseph Pilates the way it was meant to be taught and we intend to impart upon our trainees.

We believe that wherever your journey into teaching Pilates takes you, a strong foundation in the traditional work is key to a well-rounded, well-informed future as a movement professional. A lifetime of learning, discovery and empowerment—yourself and your future clients—awaits you and we are here to guide you on the right path.

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## **ABOUT OUR PROGRAM**

**Strong Body Pilates'** teacher certification program, **Pilates DNA**, is an extensive and unparalleled training program that successfully prepares candidates for a lasting career in teaching the Pilates method. Founded by Nicole Briggs and Keion Moradi Means, **Pilates DNA** elevates the teacher education experience. We provide immersive, guided application of the traditional work as passed down to us through our mentor, **Jay Grimes**, a first generation master teacher who studied directly under Joseph Pilates. Jay is a highly sought after mentor, celebrated for his authentic teaching style.

Conducted in a small group setting, the **Pilates DNA** teacher training program highlights the importance of concrete, hands-on and experiential training. The environment is equal parts rigorous and enriching, facilitating the requisite depth of training necessary to prepare you to teach this incredible method.

## **PREREQUISITES**

- Submit application
- Schedule and complete exercise assessment with senior teacher
- Medical clearance for exercise
- Obtain trainer insurance (see Materials/Other Costs section)

## **PROGRAM OBJECTIVES**

On completion of our 600-hour intensive training program, you will;

- Understand how to use the Pilates system to appropriately address client-specific needs, to bring the body back into balance through the mantras of strength, flexibility, coordination and control.
- Have the skills to work with different body types and their varying needs.
- Know the exercises and how to apply them to your clients.
- Learn to teach on all Pilates apparatus: The Universal Reformer, Cadillac, Wunda Chair, Electric Chair, Mat, Barrels, Guillotine, Arm Chair, Pedi-pole, Magic Circle, Free Weights, Push Up Device, Foot Corrector, Breath-a-cizer, Neck Stretcher, Bean Bag, Wall and Toe Exerciser.

## **PROGRAM COMPONENTS**

Below is listed the basic description of each required component included in tuition. Check the current schedule for days/times. See section descriptions for detailed information.

<b>Item</b>	<b>Total Hours</b>
Workshop Module Weekends, 15 hours/module	60
Review Sessions, 2 hour ea., 2/module	16
Private Lessons w/Senior Teacher, 1st module	4
Anatomy & Movement Workshop	2.5
Teaching Skills Workshop	2.5
Pushes, Pulls and Spotting Techniques Workshop	3
Practice Teaching	200
Self Practice	200
Observation	100
Evaluations, 1 hr ea., 2/module	8
Practical Tests, 1 hr ea., 3/module	12

Additional requirements: Students must complete a minimum of two private lessons and two group classes per month. See full description sections, for each requirement.

Apprentice teaching option will be available to earn credit toward private lessons with a senior teacher.

## **PROGRAM COSTS**

- Tuition \$6,500, paid in full or per module, due no later than seven days prior to weekend workshop.
- Privates/Classes, approximately \$2,700. Students must complete a minimum of two private lessons and two group classes per month.

## **DETAILED PROGRAM DESCRIPTIONS**

### **WORKSHOPS**

- Wear comfortable exercise attire and prepare to move. These are physically demanding workshops and practical experience is integral to your success as a teacher.
- Complete required reading and be ready to participate in discussion.
- You may bring note taking materials (paper, laptop...), but we do not allow recording devices of any kind.
- For weekend workshops bring snacks, get plenty of sleep and stay hydrated.

#### **Modules 1 – 4**

These are intensive workshops, comprised of 15 hours spread out over three consecutive days.

Students are introduced to the apparatus, the exercises, fundamental concepts and how to navigate the studio while working with clients. Each module progresses in difficulty. Our goal is to get you to teach the system and build confidence in the process. We work in a positive, supportive learning environment to encourage understanding and growth.

#### **Anatomy & Movement**

This workshop introduces basic anatomy and applies movement to it. Students learn how muscles and actions work together for ease of movement – the understanding of which will assist teachers to help choose the proper exercises for their clients.

The workshop will also cover common physical conditions that affect the body.

#### **Teaching Skills**

Develop the requisite senses to make useful observations on how your clients are moving in space and to navigate your sessions with purpose. The teaching skills workshop will also cover vocal techniques, gesturing and other communication skills that will help you guide your clients toward their goals.

#### **Pushes, Pulls & Spotting Techniques**

Joe Pilates referred to his stretches, spots and assists given to clients as “pushes and pulls.” These techniques will help you guide your clients with confidence, underpin the goal of each exercise and positively progress them. Learn how to use your body safely and effectively and develop teaching techniques that deliver the right amount of guidance and support.

## **PRIVATE LESSONS**

There are four private lessons included in the first module (55-minutes each). These lessons are scheduled with a senior teacher. The instructor will work with you on specifics for your body, but you may request to work on program material, as a private review.

A minimum of two private lessons and two classes per/month is required. Additional private lessons, duets or classes may be purchased at the current student discounted rates.

## **REVIEWS**

Students review with the senior teacher(s) and/or assistant instructor(s), in a small group setting, addressing questions and obtaining clarification on workshop material, including exercises, apparatus, fundamental concepts, spotting techniques, etc.

There are four mandatory reviews, two per section (two hours each). Check the schedule for review times. If you are unable to attend a review, you may schedule a private session with the head instructor, at additional cost.

## **PRACTICE TEACHING**

Requirement = 200 hours. We recommend stretching your practice teaching hours in concert with the pace of the program, so as to ensure adequate time spent on new material.

Practice teaching begins about two weeks after the first set of workshops. Students need to practice exercises on themselves, to be familiar with safe set up and gain skills such as the ability of flow, to work with practice bodies clearly.

Most trainees start out teaching one another and friends and family members to acclimate themselves toward verbalizing movements, spotting clients and constructing a cohesive session. We highly recommend trainees work with many different body types to work on problem solving, to inform how much resistance to use during specific exercises, how strength and flexibility affect the process of change, etc. It is beneficial to begin your practice teaching on those without limiting physical conditions, so as to pinpoint the “natural” progression of the work on a healthy body. Over time and with guidance, you will be able to work with clients from any background. If you are unsure of how to address a client's physical condition, request advisement from the senior teacher(s).

While practice teaching, paying studio clients have priority over the space and apparatus, so please conduct your scheduling and practice teaching accordingly. You may be asked to move to a different apparatus.

Practice bodies can be your test subjects and we want you to witness the power of the method unfold as your understanding of the work grows. We recommend seeing practice bodies a minimum of twice a week. If you need help finding practice bodies, consult with the studio for referrals.

Classmates receive a half of a self practice hour if they are the student. The trainee teaching logs each hour as a full practice teaching hour.

Choose a practice body for your test, who will be able to perform all exercises properly and follows your instruction on the apparatus. If you find, at any time, your practice body is struggling, contact the head instructor for a referral body.

Practice teaching is a good way to build life-long clients.

### **SELF-PRACTICE**

Requirement = 200 hours. This is a time for self-workouts, as a large component of teaching the method is an experiential understanding of the exercises. Self-practice objectives may include learning the exercises, setting up apparatus and memorizing the exercise order, if applicable.

Clients take priority over self-practice, so please schedule and work around Strong Body Pilates clients. You may be asked by an instructor to move to another apparatus.

Privates and classes taken at Strong Body Pilates count as full, self-practice hours.

### **OBSERVATION**

Requirement = 100 hours throughout the program, 20 of which must be done at Strong Body Pilates. Observe experienced instructors (see head instructor for current, approved instructors teaching at Strong Body Pilates or elsewhere). Log hours on the hours sheet, including the instructor(s) observed.

Please be courteous to instructors while they are teaching. Sit at a comfortable distance and hold questions until after the session is over. It is a good idea to take notes while observing. The following observations can be particularly helpful:

- Specific exercises
- How instructors alter exercises for certain conditions
- How instructors verbalize instructions
- How instructors use touch as a way to communicate
- Tone/inflection of instructor
- Rhythm of movement
- How instructor works with difficult personalities
- Does the instructor give homework?
- Does the instructor teach clients how to use Pilates in every day life?

Check with the studio on how to access the schedule to determine your observation hours. Clear your proposed schedule with the head instructor.



## EVALUATION SESSIONS

Evaluation Sessions are one hour each and scheduled with a senior teacher. Sessions will occur close to the practical tests, but with enough time to prepare. These sessions are with your practice or test body. The senior teacher evaluates your teaching skills and familiarity with exercises and apparatus. The teacher will give you notes on exercises, ways to progress your teaching and / or advice on how to work with certain body types. Notes will be given in a timely manner in written or verbal form. Check with your teacher for his/her mode of delivery.

## PRACTICAL TESTS

There are four practical tests in the Pilates DNA Teacher Training Program. The passing score for each test = 85%.

There are three practical tests per section, at one hour each. Each hour is scheduled with a senior teacher, according to the trainee and teacher's schedule. The practicals are to be taken after the Evaluations and before the next workshop weekend. Notes will be given in a timely manner in written or verbal form. Check with your teacher for his/her mode of delivery.

Choose a practice body for your test, who will be able to perform all exercises properly and follows your instruction on the apparatus. You may not use another classmate as a test body.

If you cannot attend your scheduled test, or if you do not pass a test, you must reschedule in a timely manner, at additional cost.

## DISCOUNTS

Strong Body Pilates offers discounts for teacher trainees to take privates and duets. Note, there is no additional discount on classes. Students may purchase multiple classes at each studio's regular discount amount. Pricing subject to change.

Private	\$80
Duet	\$50 each

## ATTENDANCE POLICY

Full participation is crucial for completion of the Pilates DNA teacher training program. We expect students to arrive before all scheduled training and be prepared at the scheduled training time. If student misses any training, it is the student's responsibility to make up any lost time.

## **CANCELLATION AND REFUND POLICY**

Payment is due no later than seven days prior to the workshop weekend of each module, to secure your place.

A cancellation fee of \$100 will be charged if cancellation occurs within our 24-hour cancellation window. We do not offer refunds, but credit can be arranged to be used for other services.

In case of a medical leave (doctor's note required), you will be allowed to postpone your place in the program to the next scheduled program, for a \$100 administrative fee.

If your doctor deems you disabled, you will be refunded cost paid, minus materials, program administrative costs, and program services rendered, plus a \$100 administrative fee.

## **MATERIALS/OTHER COSTS**

### **Texts:**

*Your Health*, by Joseph Pilates. Reprint 1998. Amazon \$4 Kindle, \$16 paperback

*Return to Life Through Contrology*, by Joseph Pilates and William Miller. Reprint 2012. Amazon \$4 Kindle, \$15 paperback

*Concise Book of Muscles*, by Chris Jarmey. 3<sup>rd</sup> or 4<sup>th</sup> Edition. Amazon from \$23 (Kindle or paperback, approx \$20).

Optional: *The Anatomy Coloring Book*, by Elson & Kapit. Reprint 2013. Amazon \$19

### **Other Media:**

Optional:

[www.pilatesology.com](http://www.pilatesology.com) subscription service, free 10-day trial, then \$20/month or \$179/year. See senior teachers for approved teachers/videos.

<https://www.visiblebody.com>. Anatomy app from \$1.99/month or \$23.88/year.

**Insurance:**

You must purchase fitness insurance by the first workshop date. Cost starts anywhere from \$230/year. You must purchase the minimum of \$1,000,000 limit of liability plan and **add Strong Body Pilates**, with address, **as an additional insured**, and furnish the studio with a copy of insurance.

- K & K Insurance: kandandkinsurance.com. From the Health and Fitness category, choose the fitness instructors option. You will see Pilates listed as an eligible operation.
- www.ideafit.com
- www.sportsfitness.com

**APPRENTICE TEACHING CREDIT**

Teach people in a normal studio environment and earn credit toward private lessons with a senior teacher. This is a great way for clients who are new to Pilates to get an inexpensive private session and for you to build skills that will set you apart from the rest. Clients learn fundamentals from a teacher trainee and can grow with you as you complete your certification. Clients commonly stay on even after the teacher training program is complete.

Apprentice teaching for private lessons will be available after trainee completes 200 and at discretion of senior teachers. You will be notified you when you are approved for studio apprentice teaching.

The Strong Body Pilates system calls this session type an Apprentice Private.

Hours count toward program hours. Pricing for credit is as follows:

<b>Client Pays</b>	<b>Student Receives 40% Credit</b>
\$ 30	\$ 12 after completing 200 program hours
\$ 45	\$ 18 after completing 300 program hours
\$ 60	\$ 24 after completing 400 program hours

## **LOGGING HOURS**

Students are responsible for recording and turning in training hours. Hours sheet will look something like this (in full page form):

<b>Date</b>	<b>Practice Teaching</b>	<b>Observation</b>	<b>Self Practice</b>
03/02/15	2 (Julie 1, Joe 1)	1 (Nicole)	1
03/03/15	1 (Nathan)	2 (Julienne)	2
Total	3	3	3

You may record hours as partial hours. For example, 1.5 equals one and a half hours.

When your sheet is full, double check your totals, photocopy or snap a picture with your mobile device for your records, and turn in to a senior teacher.

A senior instructor will notify you in a lack of hours. A good estimation of time spent on the training program is approximately 20 hours/week. The amount of hours logged tends to be a reflection of how a student is progressing and gaining experience.

Program workshops, Review Sessions, included Private Lessons, and Evaluations count as part of your total hours, and do not need to be logged.