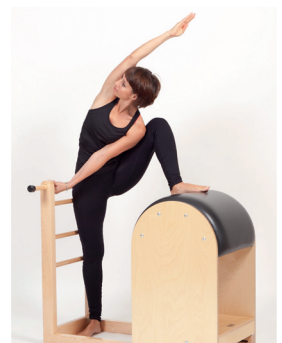




THE PILATES STANDARD



THE PILATES STANDARD - ENSURING THE LEGACY

WELCOME TO THE PILATES STANDARD

MAKE YOUR PASSION YOUR PROFESSION

Our Goal is to honor the original method of Joseph H Pilates. We stay true to the classical Pilates method, analyze it's fundamental concepts and teach with an in-depth and intelligent approach to our training programs.

The Pilates Standard Comprehensive, Mat and several continuing education workshops were designed by the late Bob Liekens, a second generation Pilates instructor coming directly from the Romana Kryzanovska lineage. Throughout his 35 year teaching career, Bob became one of the most sought out master trainers of all time. He entered Romana's studio in 1983 for his first Pilates workout, within a short time he became a teacher and continued to work closely with Romana for another 17 years. In 1997, Romana and Bob co-wrote the first Pilates teacher training manual ever. Bob chose to dedicate his life to teach the work of Joe Pilates and Romana, he kept Classical Pilates alive and inspired thousands of Pilates teachers and teacher trainers all over the world.

The Pilates Standard teaches the original method supported by bio-mechanic principles of the human body, and the teachers we develop have an enhanced understanding of the Pilates method and how to advance their students effectively. Our education curriculum encompasses the classical Pilates exercises on both the Mat and Apparatuses, the science of the anatomy and bio-mechanics, as well as special cases of various symptoms and illnesses.



An inspiring teacher

works from

a sharp mind

a warm heart

and a vibrant body.



MATWORK PROGRAM

THE PILATES STANDARD MATWORK TRAINING PROGRAM consists of 100 hours and contains 4 modules.

1. INTRO MAT

Intro Mat is the basis for all of our Training programs. Each program is built on the content of this course. In it you will learn 21 INTRO Level exercises on the Mat and become familiar with THE PILATES STANDARD teaching components (philosophy, teaching method, class structure).

2. IDEAL MAT

This course will improve your ability to teach people of any age or fitness level. You will learn 14 IDEAL Level exercises on the Mat and how to incorporate them into the INTRO Mat sequence.

3. BASIC ANATOMY AND ORTHOPEDIC FUNDAMENTALS

Knowing how to teach clients with chronic injury and/or specific illness is elemental in the daily work of a Pilates professional. In this course symptoms will be explained and the appropriate modifications of the exercises will be practiced:

cervical spine, thoracic spine, lumbar spine, herniated disc, disc protrusion, scoliosis as well as, pregnancy, Youth and Elderly population.

Additionally, this course covers how to modify a Mat class for participants with health issues. This practical content is of great relevance when integrated with physical therapy. (Physical therapists, sports therapists and gymnastic trainers do not need to take this course)

4. CHALLENGE MAT

CHALLENGE MAT The focus of this course is on basic bio mechanical principles, the complex Powerhouse Actions, and 12 CHALLENGE Level exercises on the Mat. Additionally, you will learn sophisticated variations and explore exercises from different angles and perspectives. CHALLENGE Mat focuses on teaching components, especially in the areas of cueing and flow, essential for cultivating the teaching skills in apparatus education as well.



EDUCATION GOALS

- Know the Pilates Standard Philosophy
- Application of the Pilates Standard teaching principles
- Teaching Pilates sessions for clients of all ages and physical capacities.
- Methodology and didactics
- Modifications and variations
- Anatomy pertinent to Pilates
- Deal with “Special Conditions/needs” clients
- Learn the Classical Mat exercises and teach a 55 Minute Mat Class

EXAM & CERTIFICATION

TO BECOME A CERTIFIED MAT INSTRUCTOR, YOU MUST COMPLETE ALL FOUR MODULES AND PASS THE FINAL EXAMS.

ONE FINAL TEST AND ONE RETEST IS INCLUDED IN THE PROGRAM FEE. THERE IS A CHARGE FOR ANY ADDITIONAL TESTING BEYOND THE RETEST (MAX 3 TESTS PER MAT PROGRAM).

PREREQUISITES

- PRIOR TO COURSE: 10 PILATES SESSIONS
- AFTER WEEKEND 1: 10 PILATES SESSIONS
- BETWEEN WEEKEND 2 AND 3: 10 PILATES SESSIONS
- BETWEEN WEEKEND 3 AND 4: 10 PILATES SESSIONS



COMPREHENSIVE PROGRAM

The Pilates Standard Apparatus training is the most comprehensive program available today.

The Apparatus Training is a 9 month course with 450-600 required practice hours. The program consists of exercises encompassing all levels, including exercises on the Mat, Reformer, Cadillac, Barrels, Pedo-O-Pull and Magic Circle. This program is also offered in a 12 Day intensive format. You will learn how to train people of any age and physical fitness level on every apparatus using the TPS system of: First Timer, Intro, Ideal and Challenge levels

Six Intensive Weekends:

- 1. First Timer**
- 2. Intro Level**
- 3. Ideal Level pt.1**
- 4. Ideal Level pt. 2**
- 5. Ideal Level Pt.3 (Anatomy and Orthopedic Foundation)**
- 6. Challenge Level**

You must complete 450-600 in an affiliated studio of the Pilates Standard. The Pilates Standard reserves the right to decide number of observation hours required by each student. A recommendation for students is to attend one Pilates class and teach one beginner lesson each week. After the first weekend apprentices will begin observation hours. Please submit hours each week to the studio after completing them. The duration of the course is 9-18 months. If the timeframe is extended, additional cost may be required.

You will receive your Pilates Standard Comprehensive Certification after successfully completing your final exam. One final exam and one retest is included in the program fee. If you require a 3rd test, an additional fee will be charged.

PREREQUISITES

- A MINIMUM OF 10 SESSIONS ON THE PILATES MAT TAKEN IN AN AFFILIATE STUDIO OF THE PILATES STANDARD OR OTHER APPROVED STUDIO.**
- A MINIMUM OF 15 SESSIONS ON THE PILATES APPARATUSES TAKEN IN AN AFFILIATE STUDIO OF THE PILATES STANDARD OR OTHER APPROVED STUDIO.**



EDUCATION GOALS

- Teaching Pilates sessions for clients of all ages and physical capabilities
- Systematically structuring sessions using all pieces of equipment
- Application of the Pilates principles throughout the FIRST TIMER, INTRO, IDEAL AND CHALLENGE level exercises.
- Absorbing the methodology and didactics
- Learning to apply the PILATES STANDARD philosophy and teaching principles
- Learning modifications and variations
- Expanding knowledge of anatomy pertinent to Pilates
- Dealing with “Special Conditions/needs” clients

OBSERVATION HOURS INCLUDE THE FOLLOWING:

- **OBSERVE LESSONS IN APPROVED STUDIO**
- **ASSIST OTHER TEACHERS**
- **PRACTICE INDEPENDENTLY, TAKE CLASSES AND SESSION FROM OTHER CERTIFIED TEACHERS AND TEACHER TRAINERS**
- **ATTEND CLASSES ON A REGULAR BASE**
- **SET UP, CLEAN AND MAINTAIN EQUIPMENT**

WORKHOPS

All prospective apprentices interested in The Pilates Standard teaching certificate need to know that the real learning begins after finishing your training. Continuing education and developing of your teaching practice is part of the profession of being a Pilates instructor.

How many CEC's do I need?

- To uphold your Mat certification, you will need 8 CEC's every two years.
- To uphold your Comprehensive certification, you will need 15 CEC's every two years. If you are comprehensively certified there is no need to renew your Mat certification.

How to renew

When it is time to renew your Certificate just email us on **office@thepilatesstandard.eu** with your name and subject "Renew Certificate", write if it is Matwork or Comprehensive certificate.

If you have completed workshops by TPS, all CEC information is noted in our system. If you have completed workshops outside of TPS, please attach a certificate of completion as a PDF (1 hour non TPS workshop= ½ TPS CEC). When the renewal is approved you will receive an email and a printed certificate will be sent to your physical address after the old is expired



***ONLY WHEN YOU STAY INSPIRED
YOU ARE ABLE TO INSPIRE OTHERS.***



LEAP PROGRAM

What is the LEAP?

The LEAP is a 14 day (3 modules) Continuing education program. Two x 5 days and last module 4 days which includes presentation and mentoring.

- Explore in depth the exercises in the “Second Manual”.
- This means the full syllabus of the Method.
- We will also discover several of the archival exercises

For whom is the LEAP?

- The LEAP program is for you, a teacher with at least 3 years experience of teaching.
- Have gone through the Comprehensive/Studio program.
- Are in need of a challenge, to grow as a teacher, to know more about the history of Joe, the Equipment, the exercises.
- Like to dig deeper into the world of movement , applied anatomy and movement principles.
- Trained and mentored by one of our senior TT: Phoebe Higgins, Tony Rockoff and Petra Karlsson.

Manuals

- Manual with all exercises described in text and pictures
- Applied Anatomy
- Movement principles
- J. Pilates History
- A certificate of Completion is received after all 3 modules is completed.
- The LEAP program is approved with 16 PMA credit



Note

TERMS AND CONDITIONS

§1 General conditions

1.a. The Pilates Standard International AB (hereinafter "TPS") is offering Teacher training programs and Continuing education

(hereinafter "Program") in the name of The Pilates Standard. The head office is located in Helsingborg, Sweden.

1.b. When a payment is made for a Program the participants automatically approve these Terms & Conditions.

1.c. TPS reserves the right to cancel any Program up to one week prior to program start date, the participant then get a full

refund of their made payments.

§2 Cancellations

2.a. If a written cancellation for a Comprehensive/Matwork program is made one week prior to the Program start an administration

fee of EUR 50 will be charged.

2.b. If a written cancellation for a Comprehensive/Matwork program is made less than one week prior to the Program start an

administration fee of EUR 150 will be charged.

2.c. If a written cancellation for a Workshop is made one week prior to the workshop start, full refund will be made.

2.d. If a written cancellation for a Workshop is made less than one week prior to the workshop start an administration fee of

EUR 15 will be charged.

2.e. No refund is given for any cancellation received once the Program is started.

2.f. Rebooking to a similar TPS Program can be made without charge before the Program starts.

2.g. If the participant cannot participate due to sickness (a medical certificate is required) the participant has the possibility to

take the training in another Program (within 12 months).

§3 Certification of completion

3.a. After the final test is passed a The Pilates Standard Certificate is received.

3.b. The Certificate needs to be renewed every second year to be valid (see www.thepilatesstandard.eu for more information).

3.c. One final test and one retest is included in the Program fee, for the 3rd test 100EUR is charged (max 3 tests can be made per Program)

3.d. The maximum timelimit to finish the comprehensive program is set to 3 years. If the participants is not finished within this time the participant need to restart the program (50% discount of the second program) to be able to get certified.

3.e. Certified Matwork or Comprehensive instructors is allowed to teach clients in Classical Pilates in the name of The Pilates

Standard at their Certified level.

§4 Health status etc.

4.a. The participant acknowledges that he/she has sufficient mental and physical health to participate in this strenuous

Program.

4.b. The participant participate in the Program at his/her own risk and agree to release collectively all TPS employees from any

all liability.

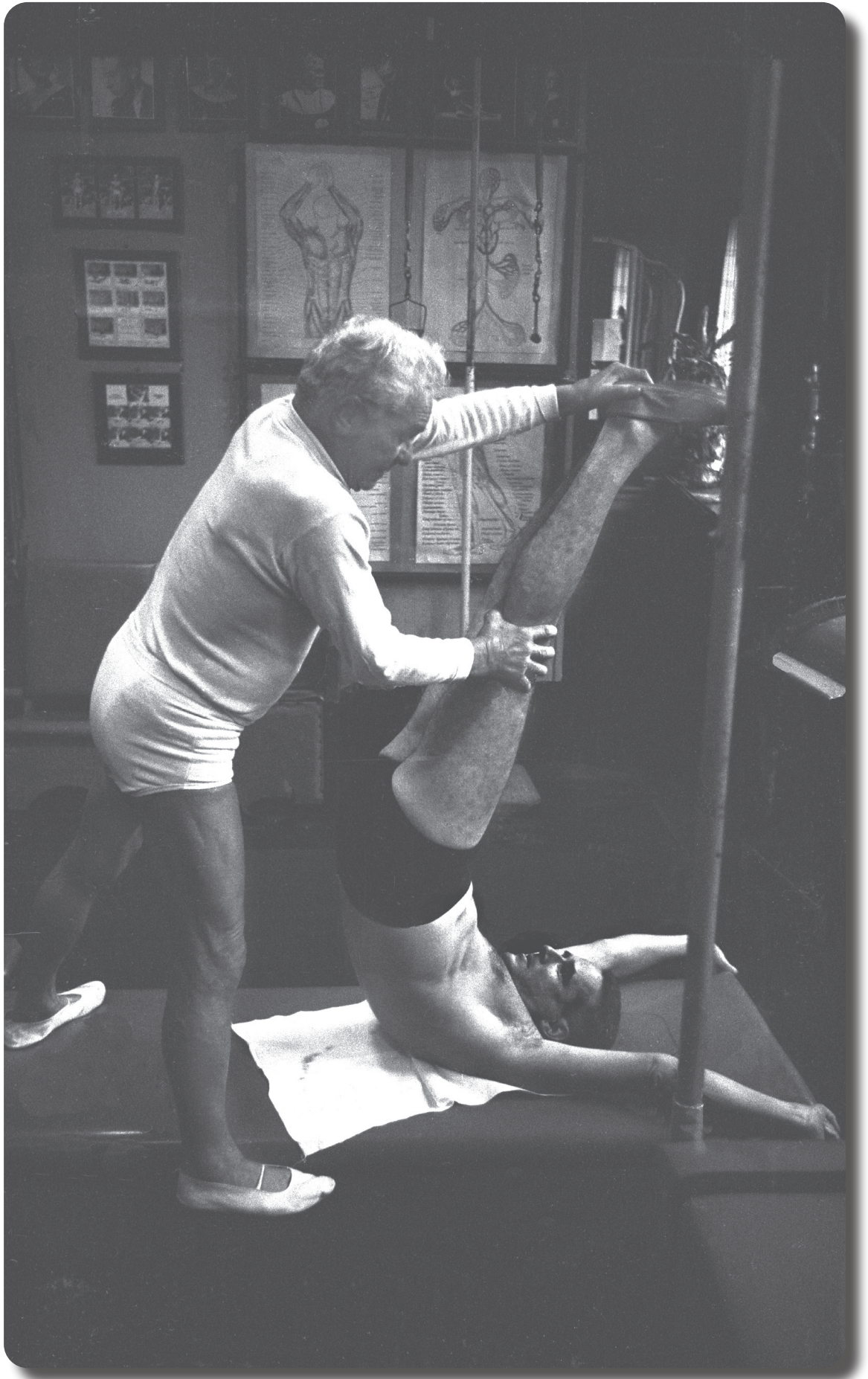
§5 Materials

5.a. Copyright © The Pilates Standard International AB, Logo, trademarks etc. belongs to TPS

5.b. Copying and/or reproduction of THE PILATES STANDARD manual is strictly forbidden. Content, text and images are the

property of THE PILATES STANDARD International AB.

5.c. Instructors with a valid Certificate is entitled to use TPS Logo on their website.





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