



PEARL PILATES STUDIO

PILATES & GYROTONIC®

PILATES FULL STUDIO CERTIFICATION PROGRAM

INTENSIVE ONE & TWO: 4/20-22/2018 & 5/4-5/6/2018

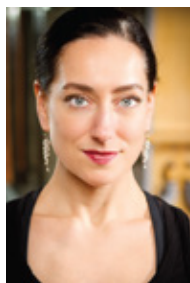
INTENSIVE THREE & FOUR: TO BE ANNOUNCED

Learn the Classical Work of Joseph Pilates

This course teaches you to design, teach and modify beginning, intermediate and advanced level classes, integrating small props to add variety and to meet the specific needs of your clients.

In Addition to the General Course Objectives You Will Learn

- ✓ System philosophy and 6 original principles of Joseph Pilates
- ✓ The 34 fundamentals that act as building blocks for all Pilates exercises
- ✓ All beginning, intermediate and advance Pilates exercises both on the mat and apparatus
- ✓ Client evaluation and program design
- ✓ Proper sequencing, modifications, and variations for all exercises
- ✓ Group class formats, verbal cueing, tactile cueing, rhythm and pacing
- ✓ Postural analysis, contraindications, special populations, faulty movement patterns



Instruction by Jeanni Chrisman, *Pilates, Gyrotonic®*, Teacher Trainer, Owner

Jeanni is an experienced and dedicated teacher whose clients include men and women of all ages and fitness levels, each seeking a personalized approach to their training. Her clients' goals include rehabilitation, dance and sports training, greater flexibility, pre/post natal fitness, ease in movement and a deeper connection to their own body. Jeanni's understanding of rehabilitative movement and her desire to help people keeps her energized to work with each individual to create a customized program to meet their needs.

Prerequisites

- Trainee should be proficient in Pilates to an intermediate level (Level III) having attended at least 25 classes or privates by a certified instructor preferably on both mat and apparatus.
- Trainees should have a working knowledge of basic anatomy.

Duration

- 72 contact hrs (12 days, 6 hrs/day)
- Course is divided into 4 segments with a significant break between the first two and last two intensives to allow integration time.
- CEU's for PT's/OT's as well as other disciplines may be available.
- For CECs, attendance is required and certificate of attendance provided.
- For certification purposes, an additional 408 apprenticeship hours are required.

Course Materials

- A Pilates Primer: The Millennium Edition (Return to Life & Your Health) by Joseph Pilates & William J. Miller
- Anatomy of Movement by Blandine Calais-Germain
- Anatomy of Movement: Exercises by Blandine Calais-Germain
- A Busy Person's Guide to Easier Movement by Frank Wildman

Apprenticeship Requirements

- Personal workout/review: 53 hrs
- Classes or privates with a certified instructor: 100 hrs
- Observation: 75 hrs
- Practice teaching: 130 hrs
- Assistant teaching: 20 hrs
- Total: 450 hrs (including 72 contact hrs)