

Pilates Instructor Education System Three Phases of Training

Exploration phase-Feb/Mar/Apr/May: an independent and in-depth study and review of each piece of Pilates equipment with the corresponding core center exercises and movements associated. Each of the four weekends will be devoted to **one aspect** of the Pilates method: Mat work, Universal Reformer, Trapeze Table/Tower (Cadillac), Chair/Barrel.

Integration phase-Aug/Sep/Oct/Nov: an integrated approach to Pilates Instructor Education. Each weekend will be devoted to an in-depth exploration of **one level of the Pilates System** on every piece of equipment. Starting with the basics in the first weekend and moving through levels 1, 2, and 3 respectively with the following weekends. This approach allows an integrated study of all the exercises and movement associated with each particular level of Pilates training, as well as incorporating the concepts of horizontal and vertical layering.

Embodiment phase-June: an experiential approach to Pilates work, designed to allow every participant to personally feel the effects of each particular exercise or motion within the Pilates System of movement. Participants in this 3-day weekend intensive will have the opportunity to **practice every Pilates exercise and movement on each piece of equipment.**

Each student may begin her/his training in either the Exploration phase (Feb) or the Integration phase (Aug). Each weekend or entire phase may be taken as a continuing education seminar for the experienced, comprehensively certified Pilates Instructor.