

Pilateslux Teacher's Training

Information for potential teachers

What is it?

- Learn the original Pilates Mat work from a **NPCP mentor** *that grants you Classic Pilates heritage.*
- Incorporate Pre-Pilates from Contemporary approach.
- Become a teacher, find new career prospects.

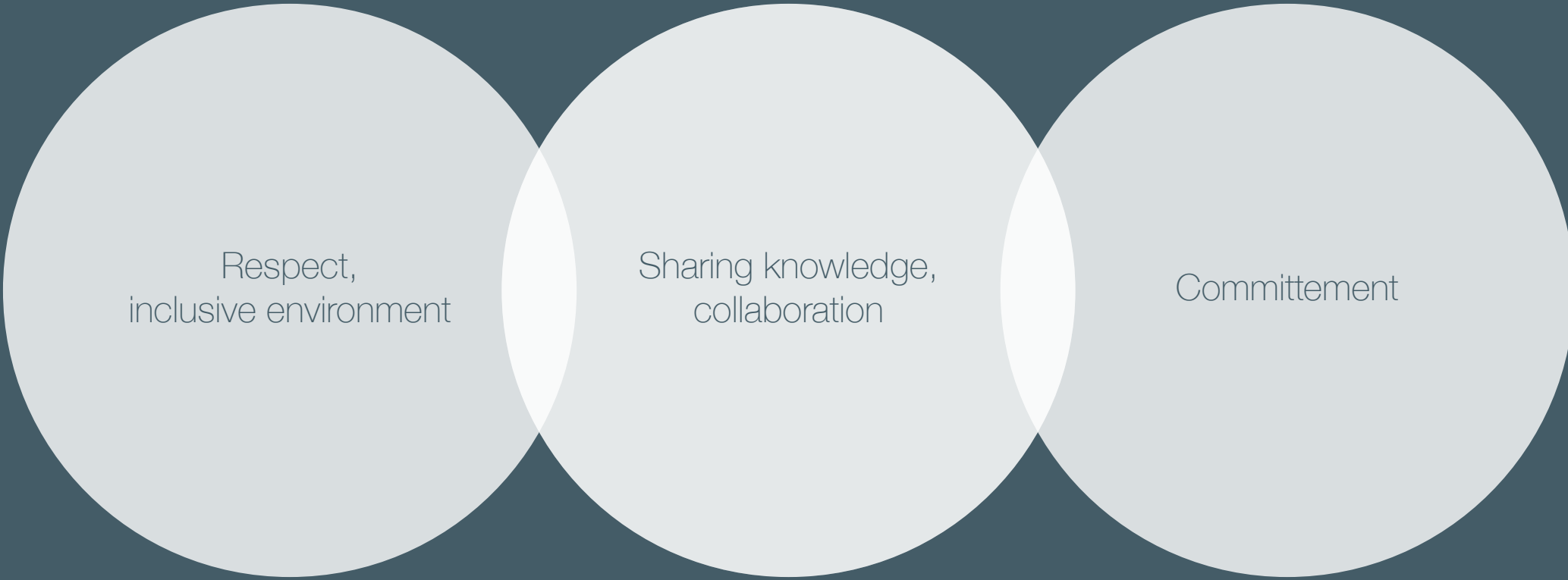
Pilateslux Training Program

Start from a strong foundation to strengthen the body and progress into Classic Pilates, learn body mechanics, develop teaching skills, cues, imaging, get to know who you teach.

Progress into Classic Pilates, learn the *repertoire* and its history by Joseph Pilates, advance your teaching skills.

Introduce Reformer apparatus and train on Mat, prepare for a Comprehensive Studio Pilates education.

Pilateslux Values



Respect,
inclusive environment

Sharing knowledge,
collaboration

Commitment

Pre-Pilates Mat

You will learn:

- Breathing techniques to help you improve performance.
- Client assessment.
- The body anatomy via your own practice.
- Your body work will focus on strengthening to prepare you to Classic Pilates exercises, you will use props (bands, yoga blocks, elastic bands), small Barrell and Magic Circle and the pre-foundation exercises, the 'mother' of the Classic Pilates Mat repertoire.

This is a all level workout for everybody.

Total 100 hours of teaching / lessons / practice / observation / homework plus self-practice.

You will need weekly individual or group classes with your mentor and sit an exam to gain a certificate of Pre-Pilates Mat completion.

Classic Pilates Mat

- **This is an advanced level with pre-requisite Pre-Pilates Mat** completion or for existing Mat teachers who have attended a contemporary Pilates education from a recognized school and wish to learn the Classic Mat repertoire.
- **You will learn the Classic Pilates Mat repertoire**, 34 exercises, from Joseph Pilates Return to Life and the history of the Pilates method.

Total 100 hours of teaching/lessons/practice/observation/homework plus self-practice.

You will need to attend weekly individual or group classes with your mentor and sit an exam to gain a diploma of Classic Pilates Mat instructor.

This diploma will give you access to the NCPC Pilates Mat Exam to obtain the NPCP-PMC.

Reformer on Mat

- It is for existing Classic Pilates Mat instructors, wishing to introduce apparatus in their education. You will train on Gratz Reformer, the only Pilates apparatus recognised as pure 'Classic', as well as on Mat, using props to simulate a Reformer, if you don't have apparatus.

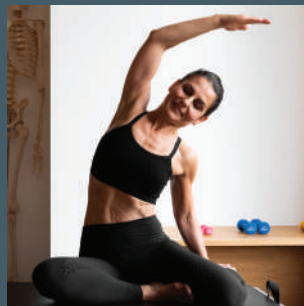
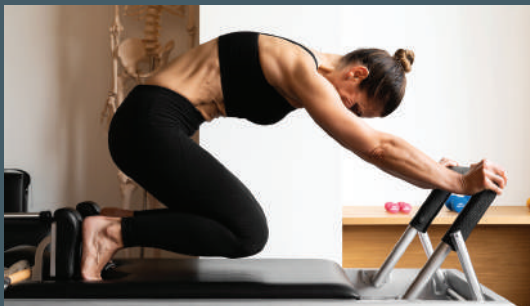
You will learn:

- Foundation exercises from Classic Reformer repertoire you will be able to teach on Mat

Total 100 hours of teaching/lessons/practice/observation/homework plus self-practice.

You will attend weekly individual or group classes and sit an exam to gain a certificate of completion of Reformer on Mat.

You can bridge to earn a diploma of Classic Reformer apparatus – all levels (*coming soon*).



How it works?



Each module requires 100 hours of teaching / private and group lessons / practice / observation in studio and online / homework plus self-practice.

There may be 'homework' or assignments and the student must keep record of hours ('diary').

Eligibility to obtain the NPCP-PMC credential

- Eligible to take NCPC Pilates Mat Exam to obtain the NPCP-PMC credential.
- For all information regarding NPCP-PMC Certification ([*click here*](#))

Price list and registration

- Each module has a 6-hour course, it is split into two days, and costs €450
- Exam fee: €100

Online registration is done via website or an email.

Terms and conditions, confidentiality agreement, intellectual property, student information and agreement, teacher's training regulation upon signature.

Enquiries: info@pilateslux.com