



CORPUS PILATES™

INSTRUCTOR EDUCATION PROGRAM



Pilates is continually growing in popularity and fully trained teachers are in demand, with plenty of job opportunities throughout fitness communities around the world.

TABLE OF CONTENTS

FOREWORD	3	MAT PROGRAM	COURSE DETAILS		
MANUALS & VIDEOS	4	MAT LEVEL 1	16	APPRENTICE HOURS	34
MEET THE TEAM	5	MAT LEVEL 2	18	DELEGATE PORTFOLIO	35
COURSE SEQUENCING	7	MAT LEVEL 3	19	EXAMS	36
WHAT WE OFFER	8			BRIDGE PROGRAM	37
PREREQUISITES		STUDIO APPARATUS PROGRAM		REGISTRATION & PAYMENT	38
FUNCTIONAL ANATOMY	13	INTRODUCTION	22	DIPLOMAS & CECs	39
		STUDIO APPARATUS LEVEL 1	24	FAQ	40
		STUDIO APPARATUS LEVEL 2	26	HOW TO REGISTER	42
		STUDIO APPARATUS LEVEL 3	27		
		ADDITIONAL EDUCATION MODULES	30		

MAT



REFORMER



CADILLAC



BARRELS



CHAIRS



We at Corpus Pilates™ are committed to providing the highest level of training and educational tools to help you become the best Pilates instructor you can be.

Corpus Pilates™ offers a Traditional Pilates Education with a contemporary approach; the teaching and philosophy is progressive and integrative. In addition to the core instruction modules, we provide personal coaching and group tuition throughout the training period. All this, plus use of Corpus Studios™ and partner studios for completion of apprentice hours and access to Mentor Teachers, promotes a community of collaborative learning. This dynamic builds confidence and encourages the sharing of knowledge & experimentation.

Training includes working knowledge of the Traditional and Contemporary Mat and Apparatus repertoire, functional kinesiology and physiological anatomy. You'll explore Pilates as a complete system of movement and learn to teach and program for collective and private classes. In addition, you'll receive guidance on how to plan out your career and continuously improve and develop as an instructor.

Upon completion of each training and apprentice hours you will receive a Certificate of Completion with the number of hours you have completed during your Corpus Pilates™ education. The hours can be used to build towards a comprehensive certification in all the progressive levels of Pilates Mat work and Studio apparatus including the Reformer, Cadillac/Tower, Chairs, Barrels and small equipment.

In addition to providing a high-quality training system, Corpus Pilates™ offers you the opportunity to gain a certificate of completion recognized by EuropeActive and EREPS in continental Europe upon successful completion of the Mat Level 1 training. This offers a method of quality assurance.

At Corpus Pilates™ we help you find your strengths. Empowered with the excellence of our education and the dynamics of the Pilates movement system, you'll leverage those strengths creatively to educate your students.

Choosing Corpus Pilates™ for your Pilates education will provide you with the experience and training to excel and become a truly great Pilates instructor.



Kelly McKinnon
DIRECTOR

MEET THE TEAM



KELLY MC KINNON
Senior Master Trainer

Kelly developed and founded Corpus Pilates Instructor Education Program in 2000. She gives courses in functional anatomy and kinesiology and gives instructor training courses, workshops and masterclasses in the methods of Classical & Contemporary Pilates, CoreAlign™, Bodhi, GYROTONIC® and GYROKINESIS® across Europe, The United Kingdom, Baltic States, Ukraine, Russia, Israel, Canada and the United States.

Kelly worked as a professional dancer, mover, choreographer, and director in dance and physical theatre. For 5 years, Kelly was head of the dance section at one of Europe's top circus education schools: Ecole Supérieur Artistique du Cirque (ESAC). Kelly holds a Dance BFA degree and Economics minor with two additional years studying kinesiology and many coaching certifications in fitness and personal training. She has 200 hours in human dissection and is currently a student in a 5 year Masters program at London School of Osteopathy.

In 2013, Kelly sat on on the European Health and Fitness Association's Technical Experts team. EuropActive passed a set of standards for Pilates Instructor Education programs into legislation in 2013.

Kelly is passionately committed to providing the highest quality education and students never cease to be captivated by her boundless energy, dynamism and desire to share her knowledge.



INGE CROUX
Master Trainer

Corpus Pilates Master Trainer, Inge Croux, is based in Antwerp and is a practicing Physiotherapist with many specializations, notably in pelvic floor rehabilitation and pre- and post-natal physiotherapy. She is also a Relaxation Therapist.

In search of an exercise method accessible to all populations and designed to prevent injury, Inge began exploring Pilates and met Kelly McKinnon in 1999. Inge and Kelly have been professional soulmates ever since - learning from each other and sharing what they know. Inge followed Pilates Mat and Studio Apparatus training with Kelly at all levels and later added CoreAlign and the Bodhi Suspension System. Inge became a Corpus Pilates Master Trainer in 2016.

Using the Pilates Method with many patients over the years, time and again she has seen the striking results it brings - smoothing out faulty movement patterns, correcting functional abnormalities, overcoming structural and soft tissue injuries. Inge constantly deepens her knowledge of Pilates - following workshops and courses with world-renowned Pilates experts and schools.



KAISA MARRAN
Master Trainer

Kaisa Marran brings Corpus Pilates Instructor Training to Estonia, where she runs her own, fully equipped Pilates studio. She embarked on her Pilates career as an experienced dancer and fitness trainer, looking for something deeper that truly connects mind and body - she found it in Pilates and explores it every day in her own body and with her students. She trained first with Kelly McKinnon as a Corpus Pilates teacher and later as a Master Trainer. She continually deepens her knowledge through regular programs and workshops with Master trainers around the world including Pilates elder, Lolita San Miguel and 2nd generation teachers.

Kaisa firmly believes that each person can realize their full, hidden potential, given the right encouragement, environment, structure and tools. This belief in her students is the foundation of her teaching as she helps them discover how to be healthy, build strength, move safely and with ease.



PIROSKA BALLA
Master Trainer

Piri practiced various gymnastics-related sports from being a teenager. Her attention turned to Pilates in 2006 after she had been injured during her high impact workout and ever since Pilates has become part of her daily life, experiencing its benefits as complete mind and body training for any body.

She completed her comprehensive Pilates education under the guidance of Kelly McKinnon at Corpus Studios and in 2014, Respirit Pilates in Luxembourg. Piri is a Master Trainer in the Corpus Pilates Instructor Education Programme.

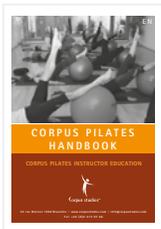
Piri actively maintains her knowledge through regular attendance at Pilates conferences and workshops.

MANUALS & VIDEOS

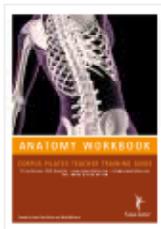
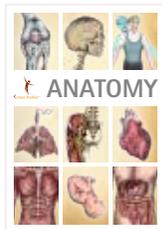


MANUALS: CORPUS PILATES™ INSTRUCTOR EDUCATION

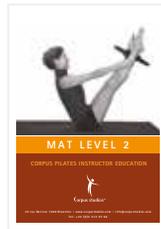
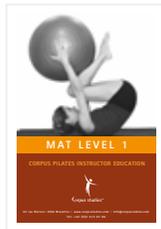
HANDBOOK



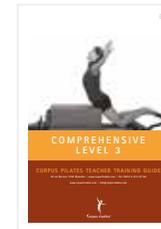
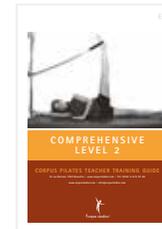
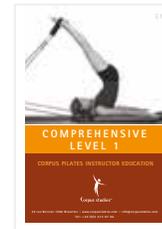
ANATOMY



MAT COMPREHENSIVE



STUDIO COMPREHENSIVE



VIDEOS: CORPUS PILATES™ INSTRUCTOR EDUCATION

MAT



CADILLAC / TOWER / REFORMER



BABY, HIGH & WUNDA CHAIR



BABY ARC, SPINE CORRECTOR & LADDER BARREL



COURSE SEQUENCING AT A GLANCE

Whether your end goal is to become:

a **CORPUS PILATES™ MAT INSTRUCTOR**
 and a **CORPUS PILATES™ STUDIO APPARATUS INSTRUCTOR**
 or a **CORPUS PILATES™ COMPREHENSIVE STUDIO INSTRUCTOR**
 the course sequence at the start of your training, is the same.

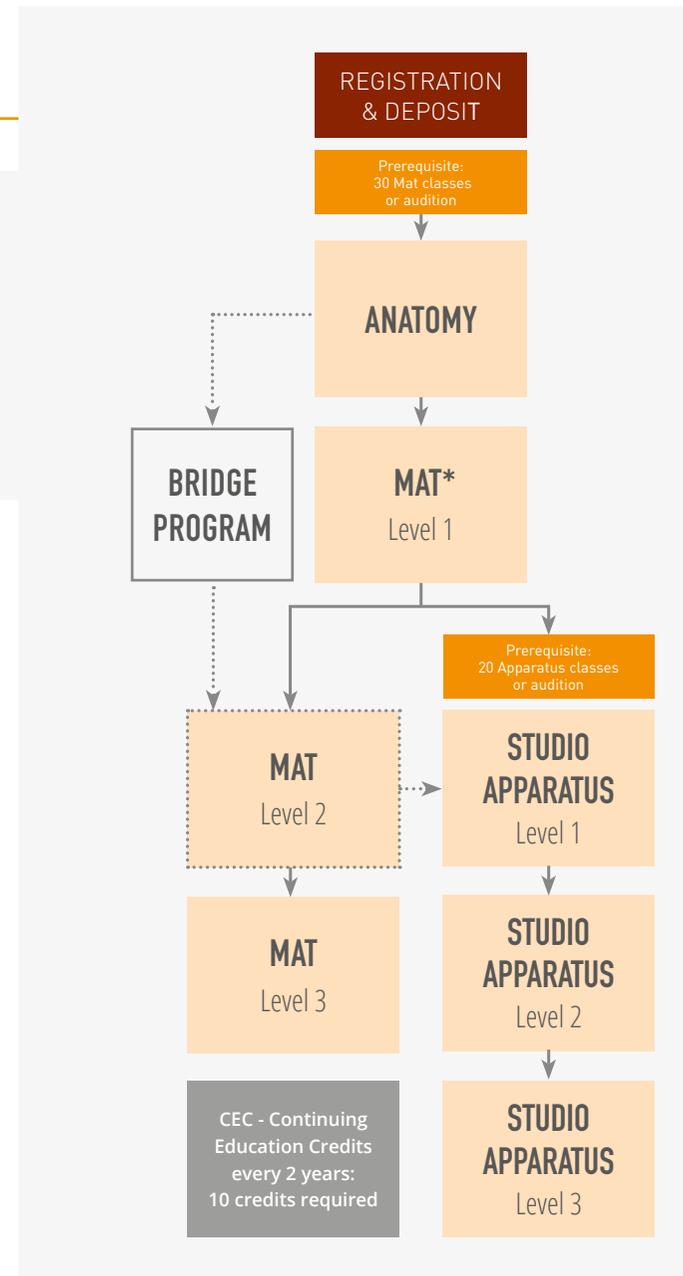
CERTIFICATIONS

After each successfully completed Corpus Pilates™ course, receive a Certificate of Completion, stating the number of hours completed for the course.

After successful completion of all 3 course levels (Mat or Studio Apparatus), receive a Corpus Pilates™ Diploma, stating the number of hours completed.



***The Corpus Pilates Mat Level 1 certificate of completion is recognized in continental Europe by EuropeActive and EREPS:**



WHAT WE OFFER

PREREQUISITES

As an essential foundation for our programs, we require students to be well-prepared in advance. Before beginning the training, we require students to have some Pilates experience:

- Min 30 Pilates Mat classes (at Corpus Studios or elsewhere)
- **Functional Anatomy and Kinesiology (FAK)**

These two courses and a successful anatomy exam are pre-requisites for completion of the education programs. Experience and diplomas from other Pilates Instruction schools will be considered upon request. Refer to details of our Bridge Program.

EDUCATION PROGRAMS

Thereafter, Corpus Studios offers three main education programs:

- **Corpus Pilates™ Mat Program**
- **Corpus Pilates™ Studio Apparatus Program:**
Reformer, Cadillac/Tower, Chairs, Barrels, small equipment
- **Corpus Pilates™ Comprehensive Studio Program:**
Mat, Reformer, Cadillac/Tower, Chairs, Barrels, small equipment

Each program progresses through three levels of training:

- **Level 1** (Beginner)
- **Level 2** (Intermediate)
- **Level 3** (Advanced)

CORPUS PILATES™ MAT

The Corpus Pilates™ Mat Diploma certifies you in all 3 levels of Pilates Mat work. Excellent if you do not have access to apparatus but still want a good education in Pilates. A Corpus Pilates™ Mat Diploma (all 3 levels) will take at least 1 year to complete.

CORPUS PILATES™ STUDIO APPARATUS

If you have started or completed the Pilates Mat program and want to extend your Pilates education beyond the mat and learn to teach Pilates using studio apparatus, this is the course for you. The minimum entry requirement is Pilates Mat Level 1 and from there, you can learn to teach all studio apparatus: Reformer, Cadillac/Tower, Chair, Barrels and small equipment (3 levels). Upon successful completion of the full program, you will receive a Corpus Pilates™ Studio Apparatus Diploma.

If you complete the full Mat program as well as the Apparatus program, you will receive a Corpus Pilates™ Comprehensive Studio Diploma. It is possible to follow the Mat and Studio Apparatus courses in parallel.

CORPUS PILATES™ STUDIO COMPREHENSIVE

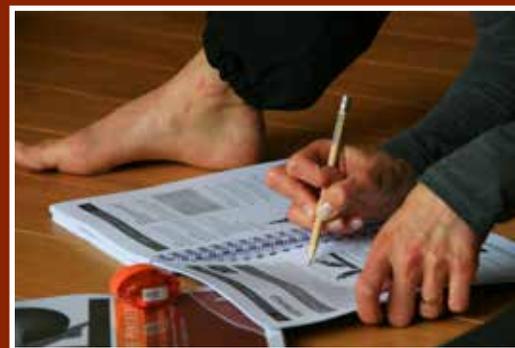
The Corpus Pilates™ Studio Comprehensive Diploma allows you to teach Pilates as Joseph Pilates intended, as an integrated system of movement, combining Mat, Reformer, Cadillac, Chairs, Barrels and small equipment. You'll be able to see the relationships between the Mat work and the apparatus and discover the connections between one exercise and another. Methodical work on both Mat and apparatus offers the very best opportunity to build, maintain and challenge a healthy body. It truly is a magnificent, integrated system of movement. A Corpus Pilates™ Studio Comprehensive Diploma (all 3 levels), will take at least 2 years to complete. It is possible to follow the Mat Comprehensive and Studio

In addition, we offer additional education modules for Mat-only students, providing the opportunity to add a new dimension to Mat classes:

- **Corpus Pilates™ Baby Arc module**
- **Corpus Pilates™ Chairs module**
- **Corpus Pilates™ Barrels module**



“ A man
is as young
as his spinal column ”
Joseph Pilates



PREREQUISITES

FUNCTIONAL ANATOMY (FAK)

Prerequisite	None
Course	25 hours
Timeframe	10-12 weeks

COURSE INCLUDES:
Manual & Workbook

Knowledge of the human body is essential to prepare to teach Pilates.

That's why we require all students to take our FAK course and exam, specially designed to provide the anatomical and physiological knowledge needed for safe instruction of functional movement.

Those already in possession of an anatomy training certificate (physiotherapy, university anatomy courses, EuropeActive certification, etc.), may opt out of the course, but for quality assurance, must purchase the course manual and pass the exam.

Education Outcomes:

- Introduction to Cells & Tissues
- Skeletal system
- Muscles & Fascia
- Articular System
- Nervous System
- Analysis of Dynamic & Static Posture
- Respiratory System
- Cardiovascular System
- Kinesiology

CERTIFICATE OF COMPLETION REQUIREMENTS

Theory Exam	Successful Written Exam
Apprentice Hours	50 hours min (self-study)
Course Attendance	100%



“ Physical fitness
is the first requisite
of happiness. ”

Joseph Pilates



**CORPUS PILATES™
MAT PROGRAM**

PILATES MAT LEVEL 1

The Corpus Pilates Mat Level 1 certificate of completion is recognized in continental Europe by EuropeActive and EREPS:



In this first level, you learn to teach the basic classical Pilates Mat repertoire, and also a set of pre-Pilates exercises, designed to prepare entry-level students and to use with people with physical constraints. The focus is on learning to teach and on correct alignment, core strength and basic breathing techniques.

You learn to assist, progress and challenge students and discover ways to incorporate Pilates small equipment into a class (Power Circle, small hand & leg weights).

With hands-on practice throughout the course, you'll discover how to design a well-structured class, how to present yourself, cue with precision and use your voice and touch to guide students.

Postural analysis is fundamental to working effectively with students and in this training, you learn to make a basic postural assessment and use the information to make intelligent exercise choices.

As the training progresses, you'll learn more about client programming, how to screen and assess clients, develop personalized workouts, coach and progress clients towards their goals. You'll follow an integrated self-study course to deepen your knowledge of these programming techniques and be tested through both practical and theory exams.

A theory exam and a 'take home' research exam confirms your understanding of exercise objectives, teaching techniques and precautions for physical constraints.

A two-day Exam Workshop Weekend a couple of months after the course provides the opportunity to deepen and apply your new knowledge. You'll also receive guidance on how to manage your career and continually progress as an instructor.

The exam weekend will assess your ability to execute the exercises, teach a collective class and design and teach an individual private class.

Successful completion of the Mat Level 1 course is mandatory before continuing with further Mat courses and/or before starting the Studio Apparatus training.

Prerequisite	Min. 30 Pilates Mat classes Anatomy Exam
Tuition	60 hours including practical exam
Timeframe	4 months



To maintain your level of certification, you are required to obtain 10 hours of Continuing Education Credits (CECs) every two years. Progressing to Mat levels 2 and level 3 to complete the full training, will help you obtain enough CEC's.

Successful completion of the Mat Level 1 training and exams allows you to begin teaching the general public at the level 1 competency level. To become a fully certified Corpus Pilates Mat Instructor, all 3 levels of the Mat Instructor training are required.

Education Outcomes:

- What is Corpus Pilates™?
- History of Pilates, Pilates Principles & key concepts
- Learn to teach pre-Pilates and basic classical Pilates Mat exercises
- Class design and cueing techniques
- Group and individual instruction
- Pilates Vocabulary
- Breathing techniques
- Spinal positions
- Postural analysis & correct alignment
- Client Programming
- Managing your career

CERTIFICATE OF COMPLETION REQUIREMENTS

Theory Exams	Written Exam Take home exam
Exam Workshop	Personal practice Teaching a collective class Teaching a private class
Course Attendance	100%
Delegate Portfolio	Completed

Apprentice Hours: 122 hours

- 2 private lessons with a Corpus Master Trainer or Senior Instructor*
- Personal Practice 50 hours
- Teaching Practice 50 hours
- Observation 20 hours

All apprentice hours must be completed no later than 8 weeks after the Practical Exam.

** Taken between the end of the course and the exam weekend, at student's own expense.*

PILATES MAT LEVEL 2

Prerequisite	Mat Level 1
Tuition	24 hours including practical exam
Timeframe	3-4 months

At this level, you learn to teach exercises to suit Intermediate level students, focusing on developing strength in the upper body.

You'll learn to challenge proprioception, incorporating balls and rollers into a class. You continue to develop your ability to observe students in movement, to select, modify, and vary exercises and tempo, to best meet the needs of more experienced or athletic students. In Mat Level 2, rhythm and the Pilates Principle of precision become more important.

A theory exam and a 'take home' exam with case studies deepens your understanding and enhances your programming skills.

A full day practical exam a couple of months after the course is the time to put into practice everything you have learnt, including execution of the exercises and teaching a full individual private class.

Education Outcomes:

- Learn to teach intermediate classical Pilates exercises
- Ball and roller exercises
- Progressions & intelligent exercise choices
- Enhanced teaching skills
- Critical reasoning – special cases
- Self-massage on the roller

**COURSE
INCLUDES:
Manual
& Video**

CERTIFICATE OF COMPLETION REQUIREMENTS

Theory Exams	Written Exam Take home exam
Exam Workshop	Personal practice Teaching a full private class
Course attendance	100%
Delegate Portfolio	Completed

Apprentice Hours: 77 hours

- 2 private lessons with a Corpus Master Trainer or Senior Instructor*
- Personal Practice 30 hours
- Teaching Practice 30 hours
- Observation 15 hours

All apprentice hours must be completed no later than 8 weeks after the Practical Exam.

** Taken between the end of the course and the exam weekend, at student's own expense.*

PILATES MAT LEVEL 3

Prerequisite	Mat Level 2
Tuition	24 hours including practical exam
Timeframe	10 weeks

At this level, you learn to teach exercises to suit Advanced level students. The focus is on challenging students with more complex exercises, variations, different tempos and breathing patterns. You'll also discover ways to make the Mat repertoire accessible to everyone.

**COURSE
INCLUDES:
Manual
& Video**

You learn to incorporate small props and accessories to offer challenge and variety. The Pilates Principles of fluidity and precision are emphasized at this level. This is an important level to fully understand Pilates as a system of movement – bringing all the Mat exercises together. It's an opportunity for student teachers to fine-tune their skills and further develop critical reasoning skills, choosing from the full Mat repertoire and using modifications as needed to offer movement solutions for all populations.

A theory exam confirms your understanding of the full Mat program.

A full day practical exam a couple of months after the course is the time to put into practice everything you have learnt, including execution of the exercises, critical reasoning skills and teaching a private class.

Education Outcomes:

- Learn to teach advanced Classical Pilates exercises
- Review of sports-related and common postural imbalances
- Enhanced teaching skills
- Critical reasoning & problem-solving
- Full review of ways to modify exercises to challenge or assist

CERTIFICATE OF COMPLETION REQUIREMENTS

Theory Exams	Written Exam
Exam Workshop	Personal practice Teaching a private class Critical reasoning skills
Course attendance	100%
Delegate Portfolio	Completed

Apprentice Hours: 77 hours

- 2 private lessons with a Corpus Master Trainer or Senior Instructor*
- Personal Practice 30 hours
- Teaching Practice 30 hours
- Observation 15 hours

All apprentice hours must be completed no later than 8 weeks after the Practical Exam.

Upon successful completion you will receive your final Corpus Pilates Mat Instructor diploma.

** Taken between the end of the course and the exam weekend, at student's own expense.*



“ Ideally, our muscles should obey our will. Reasonably, our will should not be dominated by the reflex actions of our muscles. ”

Joseph Pilates



STUDIO APPARATUS

Joseph Pilates developed the Mat work as just one element of his system of movement – something that could also be practiced at home. However, he intended his full, integrated system to be used incorporating his unique studio apparatus.

People are amazed at what they can achieve with the apparatus – it's challenging, empowering and fun! It's also the key to improving performance of the Mat work.

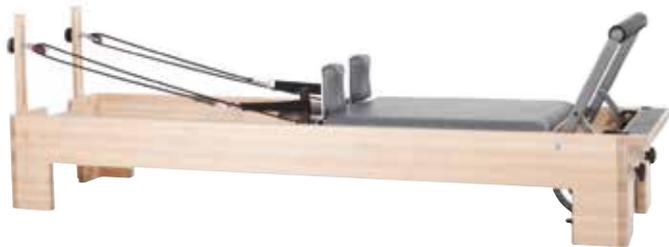
INTRODUCTION

STUDIO APPARATUS TRAINING

The Studio Apparatus training incorporates use of the four key pieces of Pilates studio apparatus: Reformer, Cadillac/Tower, Chairs, Barrels. Pilates small apparatus and equipment will also be introduced: Ped-a-Pole, Foot & Toe Correctors, Rotator Discs, Sand Bag, Towel.

REFORMER

The Reformer was the first piece of apparatus created by Joseph Pilates and remains the primary apparatus in a Pilates studio for a full body workout. The purpose of the Reformer is to provide an unstable surface to which the body must adapt to develop proprioceptive reflexes and improve neuromuscular firing patterns within the body. Spring resistance challenges the body concentrically and builds strength and flexibility. The Reformer is suitable for people of all ages and fitness levels.



CADILLAC / TOWER

The first Cadillac was created by Joseph Pilates and modeled on a hospital bed with the springs attached to the wall. The Cadillac offers a stable surface, spring resistance and allows for a multi-directional range of movement. It is excellent for working small muscle groups and for specific rehabilitative exercises. In a Pilates studio it is used within a workout to address an individual's specific needs. Most Cadillac exercises can be performed on a Tower (except suspension exercises).



CHAIRS

Originally designed by Joseph Pilates for use in tiny New York City apartments, the Chair is the most practical piece of Pilates apparatus. It lends itself to use in the home or in small studios and can be used to perform a wide array of exercises, from the rehabilitative to some verging on acrobatics. The practical nature of this apparatus has spawned variations of the original 'Wunda Chair'; there's now also

the 'Low Chair', the 'High Chair' and the 'Arm Chair'. Traditionally, the Chair was used to meet individual needs, but it can be used to add variety and challenge to a group class. Exercises can be done standing or sitting, making it effective for people who are unable to lie down, accessible to pregnant women, and an excellent piece for rehabilitative purposes.



BARRELS

The Barrels were created by Joseph Pilates to put the spine into an "ideal" position to open and decompress the front of the body while developing strength and flexibility. There are many different types of barrels and related small apparatus: ladder barrels, spine correctors, baby arches, and contemporary versions.



Ladder Barrel



Spine corrector



Baby arc

SMALL EQUIPMENT

Pilates small equipment provides the opportunity to bring extra focus to an individual's very specific needs. Small equipment includes: the Ped-a-Pole, to improve postural alignment and strength; the Foot corrector, Toe corrector and Towel – to strengthen and align the toes, feet and ankles; the Sand Bag, to strengthen the hands and wrists. There's also the Reformer Jump Board, to add a cardio element to a workout, to strengthen the legs and correct foot strike.



Foot corrector



Toe corrector



Ped-a-Pole

STUDIO APPARATUS LEVEL 1

The Level 1 Studio Apparatus training is an extended course, held over two long weekends. Levels 2 and 3 are each held over a single, long weekend. Level 1 introduces Pre-Pilates exercises on the equipment during the first weekend and the second weekend incorporates the traditional, beginner exercises from the classical repertoire on all studio equipment (Reformer, Cadillac/Tower, Chairs, Barrels and small equipment).

You learn to teach simple exercises on all apparatus and to prepare students for each exercise and modify for physical constraints. You'll pay attention to correct alignment, spotting imbalances and compensations and learning how to address what you see.

At this level, the focus is on developing core strength and stability, incorporating the Pilates principles of concentration and control. As you learn transitions, the focus shifts to working with more fluidity, using the breath to accompany movement.

Safety is highlighted throughout, and you'll practice safe, hands-on teaching techniques to guide and assist students.

As you progress through the course, you'll learn to choose exercises from the range of apparatus to create unique, full body workouts to meet student needs.

A theory exam confirms your understanding of exercise objectives, teaching techniques and precautions for physical constraints.

A two-day Exam Workshop Weekend a couple of months after the course is the time to put into practice everything you have learnt, including execution of the exercises, teaching a collective class and teaching a full individual private class.

Prerequisite Min. 20 Pilates Apparatus classes
Mat Level 1

Tuition 56 hours including practical exam

Timeframe 10 weeks



Education Outcomes:

- Apparatus history: Reformer, Cadillac/Tower, Chairs, Barrels
- Learning Exercises on Reformer, Cadillac/Tower, Chairs, Barrels and small equipment
- Safety when working with apparatus
- Correct Alignment
- Practice teaching
- Class design for a full body workout
- Choosing exercises to address individual needs

CERTIFICATE OF COMPLETION REQUIREMENTS

Theory Exam	Written Exam
Exam Workshop	Personal practice
	Teaching a collective class
	Teaching a private class
Course attendance	100%
Delegate Portfolio	Completed

Apprentice Hours: 122 hours

- 2 private lessons with a Corpus Master Trainer or Senior Instructor*
- Personal Practice 50 hours
- Teaching Practice 50 hours
- Observation 20 hours

All apprentice hours must be completed no later than 8 weeks after the Practical Exam.

** Taken between the end of the course and the exam weekend, at student's own expense.*

STUDIO APPARATUS LEVEL 2

Prerequisite	Studio Apparatus Level 1
Tuition	36 hours including practical exam
Timeframe	10 weeks

The Level 2 Studio Apparatus training introduces more complex, intermediate level exercises on all apparatus (Reformer, Cadillac/Tower, Chairs, Barrels and small equipment).

COURSE INCLUDES:
Manual & Videos

The mind and body must work in harmony as there is more focus on working with coordination, precision and fluidity. This level goes beyond core strength and develops upper body strength as the center of gravity shifts away from the floor, with more open chain exercises, less surface contact, more work on the arms and the body sometimes in inversion or suspension. Your increased knowledge of all apparatus means more programming choices and the opportunity to meet the needs of more athletic students.

A theory exam confirms your understanding of the exercises, techniques and precautions.

A two-day Exam Workshop Weekend a couple of months after the course is the time to put into practice everything you have learnt, including execution of the exercises and teaching a full individual private class.

Education Outcomes:

- Learning intermediate exercises on Reformer, Cadillac/Tower, Chairs, Barrels and small equipment
- Practice teaching
- Correct alignment
- Modifications for physical constraints
- Choosing exercises to suit Individual needs

CERTIFICATE OF COMPLETION REQUIREMENTS

Theory Exam	Written Exam
Exam Workshop	Personal practice
	Teaching a private class
Course attendance	100%
Delegate Portfolio	Completed

Apprentice Hours: 122 hours

- 2 private lessons with a Corpus Master Trainer or Senior Instructor*
- Personal Practice 50 hours
- Teaching Practice 50 hours
- Observation 20 hours

All apprentice hours must be completed no later than 8 weeks after the Practical Exam.

* Taken between the end of the course and the exam weekend, at student's own expense.

STUDIO APPARATUS LEVEL 3

Prerequisite	Studio Apparatus Level 2
Tuition	36 hours including practical exam
Timeframe	10 weeks



The Level 3 Studio Apparatus training introduces challenging exercises on all apparatus (Reformer, Cadillac/Tower, Chairs, Barrels and small equipment) for the coordinated, fit, athletic student.

The exercises are demanding and complex, working small muscle groups. The focus is on challenging the body's perception of where its center of gravity is in space; it must constantly adapt to remain centered while moving with fluidity and precision. This course is an excellent preparation for working with athletic, coordinated clients seeking variety and challenge.

A theory exam confirms your understanding of how to safely apply the full studio system.

A two-day Exam Workshop Weekend a couple of months after the course is the time to put into practice everything you have learnt, including execution of the exercises on all apparatus, critical reasoning and teaching a full individual private class.

Education Outcomes:

- Learning advanced exercises on Reformer, Cadillac/Tower, Chairs, Barrels and small equipment
- Practice teaching
- Correct alignment
- Touch techniques
- Intelligent programming & critical reasoning

CERTIFICATE OF COMPLETION REQUIREMENTS

Theory Exam	Written Exam
Exam Workshop	Personal practice
	Teaching a private class
Course attendance	100%
Delegate Portfolio	Completed

Apprentice Hours: 122 hours

- 2 private lessons with a Corpus Master Trainer or Senior Instructor*
- Personal Practice 50 hours
- Teaching Practice 50 hours
- Observation 20 hours

All apprentice hours must be completed no later than 8 weeks after the Practical Exam.

** Taken between the end of the course and the exam weekend, at student's own expense.*



“ If your spine is inflexibly stiff at 30, you are old. If it is completely flexible at 60, you are young. ”

Joseph Pilates



ADDITIONAL TRAINING MODULES

ADDITIONAL TRAINING MODULES

Prerequisite	Mat Level 1
Course	5 hours
Timeframe	10 weeks

We offer additional training modules for Mat-only students and for those who are not completing the full comprehensive studio training.

These modules provides the opportunity to add a new dimension to Mat classes or to meet individual needs in private classes:

- **Corpus Pilates™ Baby Arc module**
- **Corpus Pilates™ Chairs module (Levels 1 & 2)**
- **Corpus Pilates™ Barrels module (Levels 1 & 2)**

Upon request can modulate Reformer and Cadillac.

BABY ARC

This course is offered as an optional, additional course for students following the Mat Training. It introduces exercises using the Baby Arc, which is very accessible to the general public because of its small size and can easily be integrated into Mat classes for variety and challenge. Exercises on the Baby Arc are excellent for developing flexibility in the spine and chest and strengthening the abdominals, hips and buttocks.

Education Outcomes:

- Learning to teach exercises on small barrel (Baby Arc)
- Safety
- Planning a specialized class
- Planning a collective class using the Baby Arc

Apprentice Hours

- Personal Practice 10 hours
- Teaching Practice 10 hours

Prerequisite Mat Level 1
Course 6 hours per level
Timeframe 10 weeks

Prerequisite Mat Level 1
Course 6 hours per level
Timeframe 10 weeks

CHAIRS (LEVELS 1 & 2)

These 2 courses are offered as an optional, additional course for students following the Mat Training or for those who already teach the Reformer and want to add the Chair.

The Chair can be incorporated into a group Mat class as an excellent way to bring challenge and variety. In this course you'll discover the 'Wunda Chair', the 'High Chair' and the 'Arm Chair' and learn to teach a wide variety of exercises standing, seated and lying down - to challenge or to rehabilitate.

A theory exam confirms your understanding of how to choose and teach the exercises safely. This course is available at 2 levels – for beginners and advanced students.

Education Outcomes:

- Learning to teach exercises on the chair
- Safety
- Choosing exercises for individual needs
- Planning a collective class using the Chair

Apprentice Hours

- Theory Exam Written Exam
- Personal Practice 10 hours per level
- Teaching Practice 10 hours per level

BARRELS (LEVELS 1 & 2)

These 2 courses are offered as an optional, additional course for students who have not followed the full comprehensive studio course and would like to add the full set of Barrels to their repertoire.

In this course you'll learn to teach exercises on all types of Barrels including the Baby Arc, the Spine Corrector and the Ladder Barrel. Exercises on the barrels are designed to open the front of the body, stretch the legs and mobilize the spine.

A theory exam confirms your understanding of how to choose and teach Barrel exercises safely. This course is offered at 2 levels - to suit Beginner and Advanced students.

Education Outcomes:

- Learning to teach exercises on all types of barrels
- Safety
- Choosing exercises for individual needs

Apprentice Hours

- Theory Exam Written Exam
- Personal Practice 10 hours per level
- Teaching Practice 10 hours per level



“ Pilates is complete
coordination of body,
mind and spirit. ”

Joseph Pilates



COURSE DETAILS

APPRENTICE HOURS REQUIREMENTS

All hours must be completed no later than 8 weeks after the practical exam

A crucial element of the Corpus Studios education program is Apprentice Instructor Trainer Hours. This is when you will truly learn Pilates, by watching experienced instructors, by practicing your teaching, and by doing the exercises yourself.

PERSONAL PRACTICE

Classes taken at Corpus Studios™ or other studio approved by Corpus Studios; or Personal Practice alone. Execution of all exercises in the manuals.

At Corpus Studios™:

- Two private mandatory classes can count towards your apprentice hours.
- All Mat students will be credited 10 Mat classes for each Mat Course taken (for students intending to practice at Corpus Studios in Brussels; not guaranteed for host studios). These can only be used until the date of the practical exam.
- Each class counts for 1 hour of personal practice in your Apprentice Instructor Trainer Hours.
- Registration for class is based on availability; priority will be given to Corpus Studios™ paying clientele.
- Credited classes must be used for your current level of study.

TEACHING PRACTICE

Family, friends and colleagues:

- Min 5 hours teaching collective classes at your level of study
- 55 minute private session format classes based on level being examined.
- Practice Teaching can be done at Corpus Studios™ only when open to the public and by reservation, not during busy periods (18.00-21.00).
- Instructor Trainer Students from the program can only train in Corpus Studios™ facilities at no cost when practicing with other classmates.
- A studio fee is payable when practice teaching with own students in Corpus Studios™ facilities

OBSERVATION

May be done at Corpus Studios, with a Corpus Pilates former student, or in an approved Pilates center.* You may also observe the Corpus Instructor Education videos, but 80% of observation hours should be completed in live classes.

At Corpus Studios™:

- Observe a one-hour class at level of study.
 - With prior approval from reception and/or the instructor (max 3 students may observe, per class).
 - The instructor or receptionist must confirm your attendance on your observation sheet.
- Mat students can observe Mat classes only, not Privates.
- Studio Pilates students may observe group apparatus classes or private classes, very discreetly with permission of instructor and client.

*Alternatives are available for geographically isolated students upon request.

DELEGATE PORTFOLIO REQUIREMENTS

To keep track of your own education and development, students are required to prepare a Delegate Portfolio at the start of the first training course and must build and maintain it throughout the entire program.

As the Portfolio builds, it becomes your own personal handbook.

For each course, the Portfolio must include:

- Course dates, agendas and notes
- Proof of Apprentice hours
- 6 week Lesson Plans (as required by each course)
- Completed student and client feedback forms

The completed Portfolio must be submitted to the Master Trainer for review and approval after each course, before a Certificate of Completion will be awarded.



EXAMS

THEORY EXAMS

All written Theory exams are scheduled on a specific date.

- 80% required to pass
- Unsuccessful: retake as an oral exam with a Master Trainer, at your own cost (equivalent to 1 x private lesson)

If you are unable to attend on the date of the exam, alternatives are available:

- Pay by the hour for a private exam with an assessor or,
- Take exam with participants in the next scheduled course

'TAKE HOME' EXAMS

Some courses require completion of an open-book, written exam – to be completed at home, over several weeks. This approach encourages research and self-study and the completed exam booklet serves as a useful reference guide for teachers.

- 80% required to pass
- Unsuccessful: retake at own cost

PRACTICAL EXAMS

An in-depth practical exam must be taken for each course level. It is a valuable opportunity for clarification and discussion, for personal feedback and to learn from fellow students, as well as from the Master Trainer.

The practical exam assesses your ability to:

- Execute the exercises - modifying appropriately if needed
- Teach a collective and private class

Depending on the course and level, the practical exam is spread over 2 days or 1 full day.

- 80% required to pass
- Unsuccessful: retake at own cost

EXAM REGULATIONS

- All students are required to register for exams on our online booking system (min 2 weeks in advance).
- A fee is payable for each practical exam or each re-sit of a written exam.
- The fee must be paid in advance of the exam.
- All exams for a course level must be completed successfully.
- All Apprentice Hours must be completed successfully before progressing to the next level
- In addition to successful exams and apprentice hours, a completed portfolio must be submitted before a Corpus Pilates™ Certificate of Completion or Diploma will be awarded.

BRIDGE PROGRAM

If you have already trained as a Pilates Instructor elsewhere but want to refresh or deepen your knowledge and become a Corpus Pilates™ Instructor, you may apply to our bridge program.

To apply:

- Provide evidence of your existing Pilates Instructor training - curriculum and certificates (including Anatomy training*)
- Demonstrate your ability to execute the basic level Pilates exercises with correct transitions and your ability to teach.

EITHER:

- 1 Submit 2 x 30 min videos**:
 - a) executing the exercises and transitions
 - b) teaching an individual client

OR,

- 2 Arrange an audition with one of our Master Trainers**

We will evaluate your competency and grant you entry to the appropriate level of training.

A successful evaluation may allow you to bypass certain modules or levels, but the highest level of entry through the bridge program will be access to level 2.

If accepted into the program:

- Follow our special Bridge Introduction to Corpus Pilates™ course: a 3 hour session with a Master Trainer
- Purchase and study our Corpus Pilates™ Instructor's Handbook
- Take a special Bridge theory exam to demonstrate your knowledge

Thereafter, you may join the main education program at the level that Corpus Pilates™ agrees is most suitable for you.

Please contact us for more details.

** Follow the Corpus Anatomy course – if you do not have an acceptable Anatomy qualification
** At your own expense (equivalent to 1 private lesson)*

COURSE REGISTRATION & PAYMENT POLICY

- All students are required to register for courses at least 2 weeks in advance on our online booking system.
- Registered students will receive a Course Registration Pack containing:
 - Registration form
 - Enrollment agreement
 - Policies and procedures
- Students must read and sign the documents and return the signed copies to Corpus Studios.
- A non-refundable deposit is payable for all Corpus Pilates™ courses. This secures your place on the course. If you fail to attend the course, the deposit will be retained.
- Full payment of a registered course is due on the first day of the course, at the studio. Payable by credit card, Bancontact or cash. Full payment includes 21% VAT tax.

- You may be refused entry to a course and your deposit held if payment is not complete on the first day of a course. If this is not possible, only your Trainer or the Studio Owner can give approval for scheduled payments prior to course registration.

Please contact info@corpusstudios.com to obtain the Course Registration Pack.

Corpus Studios™ recognizes that students differ in interests, time and finances available to complete training at any given time.

All courses run based on participation and we must secure a viable commitment. In the event that we cancel a course, you will receive a full refund.

FINANCIAL ASSISTANCE

If you require financial assistance, Corpus Studios™ offers a payback plan. Pay the course deposit and then pay the rest over over 3 payments - on agreed dates.

Final payment including the cost of the exam must be made before entering into the exam at the end of the course. Contact the studio for an appointment to discuss.

DIPLOMAS & CONTINUING EDUCATION

All Certificates of Completion and Diplomas are valid for 2 years. After that, you can take Continuing Education courses with Corpus Studios™ to update your diploma.

You are required to obtain 10 hours of Continuing Education Credits (CECs) every two years in order to maintain your diploma, from the January following your last exam at Corpus Studios to the January two years later. If you are a continuing student with less than 2 years between courses, then your most recent course counts as your CECs.

No applicant will be denied on the basis of race, national origin, color, creed, religion, sex, age, disability, gender identity, gender expression, or sexual orientation.

CONTINUING EDUCATION CREDIT (CECs)

- Corpus Studios regularly offers workshops that can serve as a source of continuing education for Pilates teachers. This keeps your Pilates knowledge fresh whilst reminding teachers what it's like to be a student. Consult the website for the number of CEC's per workshop.
- 1 private class with a Senior Corpus instructor counts as 0.5 hour of CECs.
- If you train in another discipline such as Yoga, CoreAlign®, GYROTONIC®, GYROKINESIS®, Feldenkrais, Alexander, massage, or complete another fitness certification, these can be considered as CECs. Contact Corpus Studios about the number and acceptability.
- At least half of your CECs must be in the Pilates discipline.

Consult the website for opportunities to gain CEC's through additional education or workshops.

Future offerings are listed at www.corpusstudios.com

FREQUENTLY ASKED QUESTIONS

How long is my Certificate of Completion/diploma valid?

All statements of completion and diplomas are valid for 2 years from date of last exam and will be reissued upon proof of continuing education or an update course with Corpus Pilates.

Why is the Certificate of Completion/diploma valid 2 years?

We pride ourselves on the quality of our instructor education and expect our teachers to keep up-to-date. There is no requirement for Corpus Pilates Teachers to repeat the training every 2 years, but they must continue to educate themselves to stay at the top. Teachers must complete a minimum of 10 hours Continuing Education Credits (CEC) within 2 years after they receive their Certificate of Completion or diploma. This can be done through workshops or specific updates at Corpus Studios (minimum 50% of the 10 hours) and hours of proven self-study (e.g. a Pilates workshop or specialization in the Pilates field somewhere else).

What if I do not continue in the order of the courses as set out?

You may stop at any time you wish and pick up the next year or year after.

What if I do not have time to study and do not present myself at an exam?

You will be required to pay to retake on another day and will have one month to prepare.

What if I do not pass part of my exam?

You are required to retake the exam at your own expense, no later than 1 month from last exam and will not be accepted into any further course until the exam is completed and passed.

When will I receive my Certificate of Completion/diploma?

You will receive an Certificate of Completion for each course at each level, after your exams are passed and your apprentice hours are received and accepted.

When will I receive a certificate of completion recognized by EuropActive/EREPS?

Upon successful completion of the Mat Level 1 course.

Is there a cost to be recognized by EuropActive/EREPS?

There is a one-time cost paid to Corpus Studios to register you. Thereafter, annual membership renewal and payment is handled directly with EREPS.

When will I be a diploma-qualified Pilates instructor?

After completion of all 3 levels of the Mat Instructor course, you are a Pilates Mat instructor. When you have completed all 3 levels of the Comprehensive Studio course you will be a diploma-qualified Pilates instructor.

When can I start to teach?

You may teach after you have passed your first exams at the first level and all apprentice hours are received and accepted.

What if I get sick during the course and cannot participate?

You are required to be present and participate 100% of the time. If you cannot be at the course for any reason, it is up to you to make arrangements with the trainer to make up the hours at your expense. If it is a travelling trainer this could be difficult, so try to prepare yourself physically and mentally before the course.

Where will I be able to teach with this Certificate of Completion/ diploma?

Corpus Studios is a recognized Instructor Education Center and its Mat Level 1 education program and certification is recognized by EREPS (European Register of Exercise Professionals) and EuropeActive. With these approvals, your Corpus Certification will permit you to teach Pilates anywhere in the European Union, and it will give you credit in other countries. Corpus Studios offers both a repertoire in Classical "Traditional" and Contemporary Pilates with a very strong approach to teaching and programming for the individual or for class needs. You will learn about remedial and regular approaches designed to make you an intelligent and thoughtful instructor.

Can I use the studio I trained in for my personal training?

When at a Corpus Studio you can work out individually or with fellow students during any non-peak hours. If you are at another facility you will need to discuss this with the owner or management.

Will I have to do the Anatomy FAK if I already have studied anatomy at university or elsewhere and I can prove my qualifications?

It is advisable to participate, the course is directed towards teaching movement and is very useful even for an experienced physiotherapist. You will have to sit and pass the exam and purchase the required manual.

Why do I need to take two privates when following a course?

Two private classes offer students the opportunity to experience what it is like to be taught a session format by an experienced instructor. It is a chance for correction and to better understand the power of a private session. Two sessions are needed for both the student and the instructor to go deeper, to give feedback and for homework. A second class will review how the information was integrated. They are invaluable classes for the student to appreciate the strength and depth that is possible through a one-on-one session.

HOW TO REGISTER

1 To register for a course, first create an account via our website:

- Go to www.corpusstudios.com
- On the home page, click “Register”
- Click “Create account”
- Enter your email (which will become your login)

2 Complete your profile:

- Be sure to enter your mailing address, as well as your phone number.
- Indicate your preferred language, French or English (so we can prepare training manuals in your language)

3 Sign-up for a course and pay deposit online:

- Choose the ‘**Education**’ tab from the horizontal menu tabs
- Choose ‘**Pilates**’
- Click ‘**Schedule/Register**’
- Scroll down the screen to find the course you need
- Click ‘**Register**’
- You will be asked to **pay a non-refundable deposit by credit card, to confirm your place on each course.**
- You will receive an email confirming your place on the course

Approximately two weeks before the course starts, you will receive an email with practical information.

The full course fee (minus deposit) is payable at the studio on the first day of the course.

INSTRUCTOR EDUCATION • CONTINUING EDUCATION

CORPUS PILATES™ INSTRUCTOR EDUCATION COURSES

- Functional Anatomy (FAK)
- Pilates Mat
- Pilates Studio Apparatus: Reformer, Cadillac, Chair, Barrels, Small equipment
- Pilates Comprehensive Studio: Mat, Reformer, Cadillac, Chair, Barrels, Small equipment
- Additional module training for Mat Teachers:
 - Baby Arc
 - Chairs
 - Barrels

CONTINUING EDUCATION COURSES

Workshops and continuing education courses available:

- Desk Pilates, Scoliosis, Breathing, Disc injuries, Guiding through Touch, Rotator Discs, Split Pedal Chair etc.
- Special case workshops (e.g. Pregnancy, ageing population, Pilates for Dancers, Osteoarthritis, Shoulder girdle etc.)
- Pilates Instructor Education Manuals, Videos and Small Apparatus available for purchase

Training available both at Corpus Studios™ and on location, in various languages
Future offerings are listed at www.corpusstudios.com

