

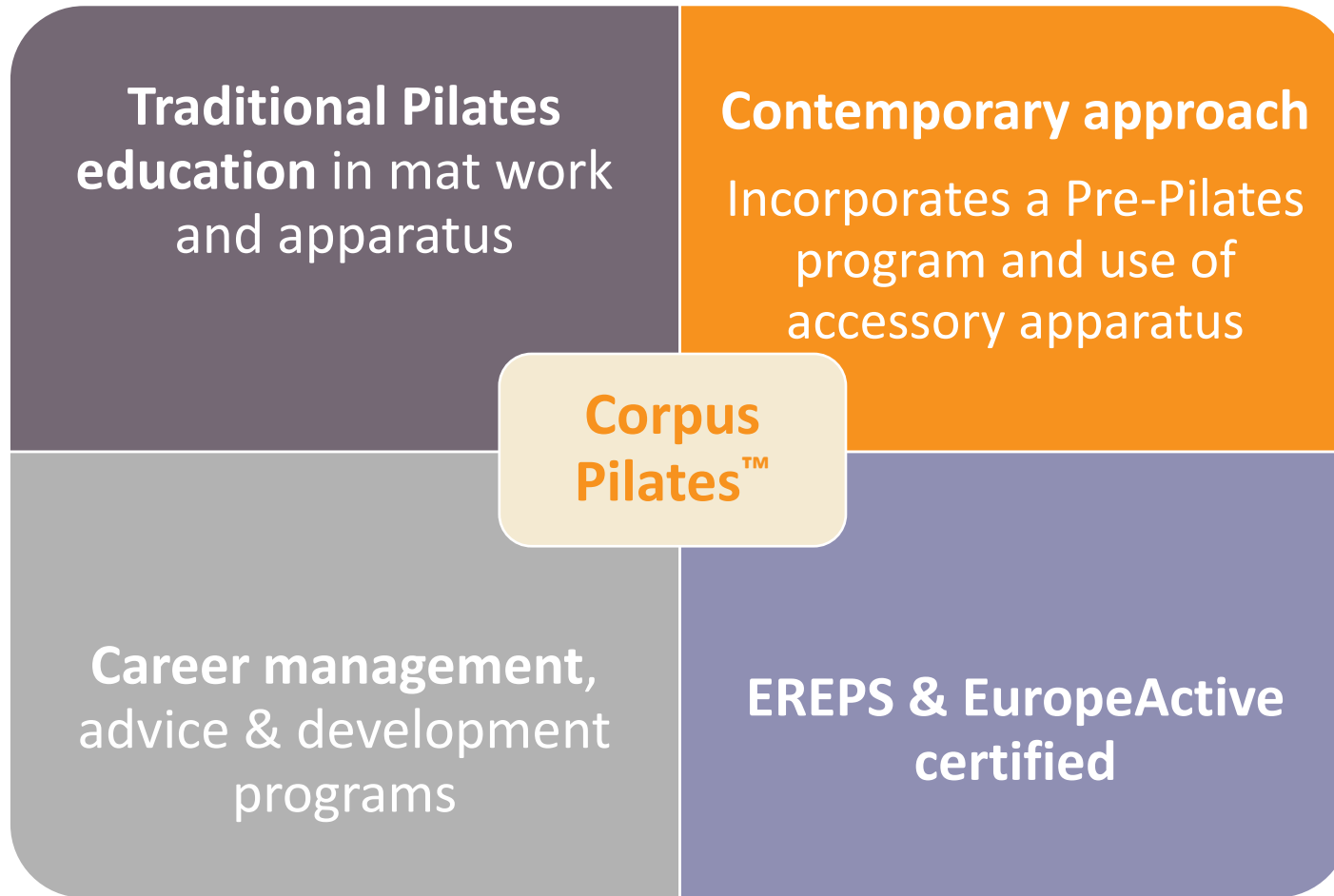
Corpus Pilates™ Instructor Training (CPIT)

Information
for potential instructors

What is Corpus Pilates™?

What's involved in the
Corpus Pilates™ Instructor Training Program?

What is Corpus Pilates™ ?



EuropeActive quality guarantee & EREPS registration



- Corpus Pilates™ Mat Instructor training, Level 1, is fully compliant with rigorous European qualification standards
- Your guarantee of the highest quality training



Students become eligible for EREPs Membership upon successful completion of Corpus Pilates™ Mat Instructor Training - Level 1

- Mark of professionalism and quality
- Assurance for future employers and your clients
- Listing in EREPS public directory
- Use of EREPS logo on marketing materials
- Discounts on fitness products & courses
- Your 'Passport' to work across Europe

Corpus Pilates™ Instructor Training Program Why choose Corpus Pilates™?

START FROM A STRONG FOUNDATION

- ✓ **Understand the body** – robust introduction to Anatomy and Physiology
- ✓ Understand **what** you'll teach and **why** - Pilates history and concepts
- ✓ Understand **who** you are teaching to correctly identify what they need
- ✓ Learn to **take a holistic approach** when working with clients

DEVELOP STRONG TEACHING SKILLS

LEARN HOW TO:

- ✓ **Teach** – not just choreography
- ✓ **Prepare** a class
- ✓ **Meet** a client's (or group) **needs**
- ✓ **Modify** exercises, **progress** and **challenge** clients
- ✓ Grow and develop! Integrate **self-reflection habits**

BECOME ONE OF THE BEST

- ✓ **Opportunities for Practice**, practice, practice.... And improvement!
- ✓ **Self-reflection aids**
- ✓ **Mentoring**, student/teacher **community**
- ✓ **Fully equipped studio facilities**
- ✓ **Continuing Education Programs**

Corpus Pilates™ - our values

PASSION

COMMITMENT

COLLABORATION

EXCELLENCE

SHARING
KNOWLEDGE

Be the **best** you can
be!

Corpus Pilates™ Instructor Training Program

Choose from **3 Course Pathways:**

Mat Program

Mat & small props
(balls, Power circle,
weights, elastics)

Apparatus Program

Reformer, Cadillac,
Chairs,
Barrels & small
apparatus

Comprehensive Studio Program (Mat & Apparatus)

Mat, Reformer, Cadillac,
Chairs, Barrels & small
apparatus

Corpus Pilates™ Instructor Training Program – Apparatus



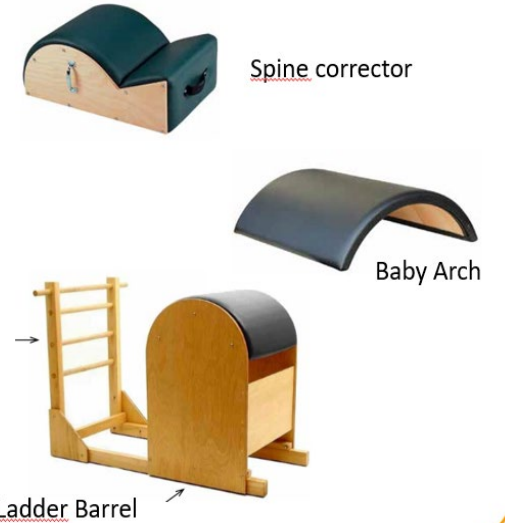
Reformer



Cadillac



Chairs



Barrels

Corpus Pilates™ Instructor Training Program - Levels

All courses offered at 3 levels:

LEVEL 1

- **Pre-Pilates**
- **Beginner**
- ✓ Basic Pilates exercise repertoire
- ✓ Exercise modifications
- ✓ Teaching techniques
- ✓ Taking a functional approach to exercise

LEVEL 2*

- **Intermediate**
- ✓ More advanced repertoire
- ✓ More coordination
- ✓ More upper body work
- ✓ Deeper anatomy focus
- ✓ Progressing deeper into individual needs
- ✓ Case studies & discussion

LEVEL 3*

- **Advanced**
- ✓ Mastering the complete Pilates system
- ✓ Adapting to suit individuals
 - Challenge
 - Steps to recovery
- ✓ Critical reasoning
- ✓ Advanced teaching skills
- ✓ Taking a holistic approach to teaching
- ✓ Case studies & discussion

**For Mat program, levels 2 & 3 are combined into one course*

Corpus Pilates™ Instructor Training Program – Additional modules

Stand-alone, individual modules to add to the Mat program if needed:

Barrels Program

Baby Arc
Spine Corrector
Ladder Barrel

Chairs Program

Wunda chair
High chair
Low chair

Roller workshop

Baby Arc workshop

Corpus Pilates™ Instructor Training Program - Prerequisites

Pre-requisites - before starting the Level 1 courses :

Mat Program

30 Mat classes

Studio Apparatus Program

**Mat level 1
15 Apparatus classes**

**Comprehensive Studio Program
(Mat & Apparatus)**

**30 Mat classes
15 Apparatus classes**

Taken at Corpus Studios™ or other reputable studio

**Pre-requisite
- for successful
completion of
all courses :**

**Corpus Pilates™
ANATOMY**

Or, proof of existing anatomy qualification
e.g. Kiné, osteopath, doctor
(Medical anatomy – university level)

Corpus Pilates® Anatomy Manual is available for purchase as a reference to the program

Corpus Pilates™ Anatomy course - content

Anatomy topics

- Cells & tissues
- Skeletal system
- Articulatory system
- Muscular system
- Nervous system
- Cardiovascular system
- Respiratory system
- Kinesiology
- Posture
- *Nutrition – coming soon!*

Taught in the context of teaching movement



Corpus Pilates™ Anatomy course

LIVE TUITION

3 online sessions, each consisting of:

2 x consecutive 4.5 hour meetings
e.g. Thursday & Friday, 17h to 21h30 inc. Break

Sessions 2 & 3 follow, 3 to 4 weeks apart

Students can choose to attend these sessions
in person at the studio if they prefer

The Anatomy course may run concurrently
with the Mat Level 1 training

EXAM

50 hours self-study will be required
before taking the exam

Written Theory exam:

2 hours

Held up to 4 weeks after the Anatomy
course ends

On specific date/time:

1. Complete exam via pdf form
2. Submit by email
3. Mark online afterwards

NOTE: Successful completion of the Anatomy exam is
a pre-requisite for receipt of the final
Corpus Pilates™ Instructor Diploma

Online
(Zoom)

In person
at studio

Corpus Pilates™ Instructor Training – Mat Level 1 content

Mat Level 1 course topics

- Pilates history, principles & vocabulary
- Instructor professionalism; safety; venue
- Client Intake process
- Breathing techniques
- Cueing techniques; use of voice & touch
- Class design
- Lesson planning
- Client programming
- Preparing the body for Pilates
- Correct alignment
- Learning to teach pre-Pilates
- Learning to teach the basic Classical Pilates Mat repertoire
- Teaching with accessories
- Teaching collectives vs privates
- Postural assessment
- Psycho-social considerations
- Guidelines for special cases
- Self-development, mentoring and career planning

Corpus Pilates™ Instructor Training Program – Mat Level 1

LIVE TUITION

PMP – Personal Management & Programming
1 x 4.5 hour session (Theory)

2 x full weekend practical sessions:

Learning exercises, Learning to teach

Part 1: Saturday & Sunday 16 hours

Part 2: Saturday & Sunday 16 hours

2-3 x Theory sessions (3-4 hours each):

Teaching concepts, programming, understanding pathologies

e.g. Session 1: 17:00 – 21:30

Sessions 2 & 3 follow, a few weeks apart

EXAMS

Written Theory exam:

1.5 hours written, 1.5 hours marking

Take home exam

(research paper): 4.5 hours

Online review session for Take Home Exam
2-3 hours

Practical Exam weekend:

Day 1: Personal proficiency exam & Collective teaching exam

Day 2: Private teaching exam
Saturday & Sunday - 12 hours

Online
(Zoom)

In person
– at studio

Total course:
71 hours
+
Apprentice hours

Corpus Pilates™ Mat Level 1 – Apprentice Hours



The key to becoming an excellent Pilates Instructor

PERSONAL PRACTICE 50 hours

Practicing the exercises –
at home, at the studio,
anywhere

Must include 2 x personal coaching sessions with a
Master Trainer at Corpus Studios™ (*additional cost*)

OBSERVATION 20 hours

Observing classes –
Minimum 10 live classes
at Corpus Studios™

Can also include 5 hours observing teaching videos and/or
5 x Corpus online classes

TEACHING PRACTICE 50 hours

Practicing teaching the
exercises – teaching
fellow students, family,
friends

Can be done at home / anywhere

SELF-STUDY 60 hours

Studying the manuals
(PMP and the exercise
manuals)

Exam preparation, research, lesson planning etc.

All Apprentice hours to be completed within 8 weeks of taking the practical exam

Corpus Pilates™ Instructor Training Programs – Written Exams

Theory Exams

To reinforce understanding and deepen your knowledge

**1.5 – 2hr written exam
(for each course, at each level)**

Based on the manuals and theory sessions

On specific date/time:

1. Complete exam via pdf form
2. Submit by email
3. Mark online afterwards

'Take home' exams

Mat Level 1

- Short research paper to write at home (4.5 hours)

**Online review session for Take Home Exam
2-3 hours**

Mat Levels 2/3

- Case study/short PowerPoint presentation on a specific pathology;
Research the topic and present in the context of developing an exercise program for a client (3-5 hours preparation)



***Plan for study
time to
prepare these
exams***

Corpus Pilates™ Instructor Training Program – Practical Exams

Mat Level 1

**2 full days, weekend,
approx 2 months after course ends**

3 x Practical exams:

- Personal proficiency in Pilates
- Teaching a collective class
- Teaching a private class

Mat Levels 2 & 3

1 full day per level:

2 x practical exams:

- Personal proficiency in Pilates
- Teaching a private class

Present a case study about
how to work with special needs

Apparatus and Comprehensive Studio (all levels)

**2 days, full weekend,
approx 2 months after course ends**

3 x practical exams:

- Personal proficiency in Pilates
- Teaching a group apparatus class
- Teaching a private class (session format)

Time investment

Plan for significant time commitment for each course

	ANATOMY	MAT PROGRAM		STUDIO APPARATUS PROGRAM			COMPREHENSIVE MAT & STUDIO APPARATUS PROGRAM		
	Anatomy	Level 1	Levels 2&3 (together)	Level 1	Level 2	Level 3	Level 1	Level 2	Level 3
Course timeline (months)	2-3 months	4	3	4	3	3	4	3	3
Course hours (hours)	23	43	18	42	22	22	84	39	39
Self-study (hours)	50	60	60	40	30	30	100	60	60
Observation (hours)		20	20	20	15	15	25	25	25
Practice teaching		50	50	50	30	30	50	40	40
Personal Practice (hours)		50	50	50	30	30	50	40	40
Master Coaching* (hours)		2	2	2	2	2	2	2	2
Theory exam	2	1.5	2	2	2	2	2	2	2
Take home exam		7.5	10	8	8	10	8	8	10
Practical teaching exam		14	7	14	14	14	14	14	14
Statement of Completion (hours)	75	248	219	228	153	155	335	230	232
Diploma hours	75		467			536			797
		Including Anatomy	542				Including Anatomy		872

* at student's own additional cost

Corpus Pilates™ Instructor Training Program

Delegate Portfolio



Document your journey to success!
You'll refer to it throughout your career

9 sections:

1. Course Agendas
2. Assessment Criteria
3. CV
4. Lesson Planning
5. Take Home Exams
6. Evaluations
7. Teacher's Diary
8. Imagery Diary
9. Personal notes and corrections

Corpus Pilates™ Instructor Training – Certificates & Diplomas

Complete a level

After each successfully completed course, at each level receive a:

Corpus Pilates™

Statement of Completion

stating number of hours study per level

After successful completion of
Mat level 1:

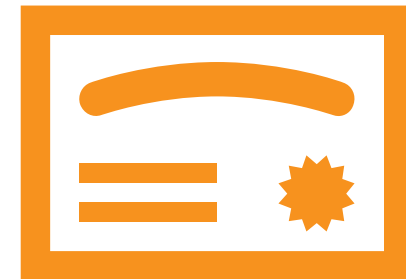


Europeactive & EREPS approved
Statement of Completion,
recognised throughout the EU

Complete program

After successfully completing 3 levels of any program – Mat, Apparatus, or Studio Program receive a:

Corpus Pilates™ Diploma,
stating number of hours study
for the whole program



Corpus Pilates™ Instructor Training – EREPS registration

After successful completion of Mat Level 1, you are eligible for registration with EREPS.

This will assist you in finding work throughout Europe.

For a nominal fee, Corpus will arrange your first year registration with EREPS.



Corpus Pilates™ Instructor Training Program - Prices

Anatomy	Mat level 1 (Foundation & Beginner levels)	Mat levels 2 & 3 (Intermediate & Advanced – combined course)
€525	Course: €1385	€1385
	Exam fee: €265	€265

Apparatus L1	Apparatus L2	Apparatus L3
Course: €1965	€1150	€1150
Exam fee: €265	€265	€265
*Comp Studio L1	*Comp Studio L2	*Comp Studio L3
Course: €3250	€1675	€1675
Exam fee: €375	€325	€325

**Currently only available in Luxembourg*

NOTE: In addition, min. 2 x private classes with a Corpus Senior Teacher between each course and exam @€65 per class

Non-refundable deposit to book a place on each course
(€200 for Anatomy, €300 for all other courses)

Balance to be paid before course start date

Prices include:

- ✓ Full course tuition
- ✓ Instructor manuals
- ✓ Access to online training videos
- ✓ 10 online live or on-demand classes (mat)

All prices are liable to change

Corpus Pilates™ Instructor Training Program – Online Registration

1. Go to the Corpus Studios™ website www.corpusstudios.com
2. Go to the **Education** menu & choose **Pilates**
 - i. Download the **Corpus Pilates™ Instructor Training brochure**
 - ii. Download the **Student Registration form**
 - iii. Complete & return to info@corpusstudios.com before course starts)
3. **From the Education menu / Pilates**
 - i. Click **Register – Sign up**
 - ii. Find the course in the list & click **Register**
 - iii. Enter the required information
 - iv. To complete the registration process, **pay the course deposit by credit card**
4. You will receive an email confirming your registration (check Spam if not)

5. Pay the course balance online, **by bank transfer** before attending the course
6. **Email the pre-requisite form** included in the registration package recording required hours. Must be received by info@corpusstudios.com **minimum 2 days before start of course.**



Never assume you are registered for a course unless you receive a confirmation email.

Corpus Pilates™ Instructor Training Program – Bank Transfer Registration

If you don't have a credit card and so cannot register online – here's how to register:

1. Go to the Corpus Studios™ website www.corpusstudios.com
2. Go to the **Education** menu & choose **Pilates**
 - Download the **Corpus Pilates™ Instructor Training brochure**
 - Download and complete the **Student Registration form**
(return to info@corpusstudios.com before course starts)



Never assume you are registered for a course unless you receive a confirmation email.

3. **Make a Bank Transfer for the deposit**, payable to:
CORPUS STUDIOS BVBA
IBAN: BE74 7340 3044 8107
SWIFT/BIC: KREDBEBB
KBC Place Stephanie 10 B-1050 Brussels
Message: *Course name* Deposit (or balance), *Student name*
4. **Take a screenshot of your payment**
5. Send the screenshot by email to info@corpusstudios.com
6. **Upon receipt of payment, we will register you for the course.**
7. **You will receive a confirmation email**
8. **Email the pre-requisite form** included in the registration package recording required hours. Must be received by info@corpusstudios.com minimum 2 days before start of course.
9. **Before the course starts, repeat steps 3 to 7 to pay the remaining balance**

Corpus Pilates™ Instructor Training – Bank Transfer for course balance

You must pay the remaining balance for the course before attending the first day of the training.

This payment must be made by bank transfer, as follows:

1. **Make a bank transfer for the remaining balance amount**, payable to:
CORPUS STUDIOS BVBA
IBAN: BE74 7340 3044 8107
SWIFT/BIC: KREDBEBB
KBC Place Stephanie 10 B-1050 Brussels

Message: *Course name* Balance payment, *Student name*

2. **Take a screenshot of your payment**

3. **Send the screenshot by email to:**
info@corpusstudios.com
4. **You will receive a confirmation email**

Corpus Pilates™ Instructor Training - Registration Pack contents

- ✓ **Student information form**
(personal contact details and physical fitness questionnaire)
- ✓ **Corpus Pilates™ Instructor training regulations**
- ✓ **Student training agreement**
- ✓ **Intellectual property agreement**
- ✓ **Terms and conditions and confidentiality agreement**

Complete and sign these forms after payment of the deposit

Scan and email to info@corpusstudios.com

- ✓ **Pre-requisite hours - self-certification form**
- Log of 30 Pilates Mat classes taken prior to training

Scan and email to info@corpusstudios.com
– min 2 days before course starts

For your reference

- ✓ **Equal opportunities policy and codes of practice**
- ✓ **Learner guidance statement**
- ✓ **EuropeActive and EREPS information sheet**
- ✓ **EREPS code of ethical practice**

Corpus Pilates™ Instructor Training Program

If you choose Corpus Pilates™, you will excel in the standards of education and experience required of a Pilates Instructor.



You will HAVE FUN....!
It's a truly rewarding experience.

Corpus Pilates™ Instructor Training Information

YOUR QUESTIONS
info@corpusstudios.com