



Pilates Instructor Training Program

The Pilates Method

The Pilates method was created by Joseph H. Pilates in the 1920's. Joe was a pioneer in the world of mind-body fitness combining resistance training, stretching, full body movements, the breath, and mental focus into an exercise system that creates a strong, supple and intelligent body. The Pilates Method was used for conditioning and rehabilitation within a small community of dancers and fitness enthusiasts for decades before exploding on to the general fitness scene in the last few years. People from all walks of life from the super fit to the disabled have benefited from the wonderful system that Joe and his wife Clara invented.

The Training Program

Turning Point Studios Pilates Instructor training program will prepare you to be a confident and competent Pilates Instructor. This course will teach you the full repertoire of exercises designed by Joseph H. Pilates as well as innovations based on current research in biomechanics and sports medicine. The curriculum is designed to prepare you to take the Pilates Method Alliance national Pilates certification test. Nora St. John, the director of the course has been teaching Pilates since 1989. She is certified in Pilates through Core Dynamics in Santa Fe, New Mexico where she studied with Michele Larsson and Eve Gentry. She has also attended trainings with Romana Kryzanowska, Carola Trier, Alan Herdman and Jean-Claude West.

Our program has a reputation for creating a warm and supportive learning environment. We are committed to helping you become the best instructor you can be. We have developed one of the most detailed training manuals available including descriptions and photographs of all the exercises we teach. Instructors trained by us are currently working in Physical Therapy clinics, health clubs and private studios around the San Francisco Bay Area including St. Francis Memorial Hospital, Oakwood Athletic Club, Club One, The Claremont Resort and Spa, Spring Pilates, Absolute Center and many more.

The curriculum includes an introduction to anatomy, kinesiology and biomechanics as well as how to teach all of the exercises on the Mat, Reformer, Cadillac, Chair, Ladder Barrel and accessory pieces. The emphasis of the training is on:

- Understanding the underlying principles of the Pilates technique
- Understanding the purpose of each exercise
- Integration of the breath into each exercise
- Understanding correct alignment
- Teaching movement efficiency
- Learning variations for individual needs
- Learning modifications for common injuries
- Understanding the principles of program sequencing

The Schedule

The complete course consists of 23 classroom days as well as additional hours for personal sessions, observation and student teaching. The course is offered every year at Turning Point Studios on an ongoing basis. It will take 7-8 months to complete the coursework if you take it straight through. It will usually take an additional 12 to 18 months minimum to complete the personal sessions, observation hours and student teaching hours required before you will be ready to take the final exam and become a fully trained Pilates Instructor.

Anatomy

Anatomy	Aug. 27, 28 & 29, 2010
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Mat

Mat 1 & Movement Principles	Sept. 10, 11 & 12, 2010
Mat 2 & Movement Principles	Oct. 1, 2 & 3, 2010

Reformer

Reformer 1 & Movement Principles	Oct. 15, 16 & 17, 2010
Reformer 2	Nov. 5, 6 & 7, 2010
Reformer 3	Dec. 4 & 5, 2010

Apparatus

Apparatus 1	Jan. 15 & 16, 2011
Apparatus 2	Feb. 5 & 6, 2011
Apparatus 3	March 5 & 6, 2011

Location

Turning Point Studios
1840 San Miguel Dr. #100
Walnut Creek, CA 94596
(925) 952-9331
www.turningpointstudios.com

Fees

Each class may be taken individually however the course is designed to be a comprehensive training. As such there are some sequences that must be followed and until all the course work is completed the only certification available is the Mat.

Anatomy in Clay - \$500

Anatomy in Clay is a great way to learn or review anatomy. In this course you will build the primary muscles of movement on a skeleton and learn how they work. This course is recommended for everyone but may be waived by “testing out” if you believe you have a strong background in anatomy.

Mat 1 and 2 - \$425 each

These classes must be taken in order or have previous mat certification to omit

Reformer 1 - \$495

Mat 1 and 2 or prior mat certification required

Reformer 2 and 3 - \$450 each

Prior mat certification or completion of Mat 1 and 2, and Reformer 1 required

Apparatus 1 and 2 - \$450 each

Mat and Reformer must be completed prior to starting

Apparatus 3 - \$400

Apparatus 1 and 2 required

In order to obtain a complete certification, all classes, written exams, observation and teaching hours must be completed.

The Daily Schedule

Anatomy in Clay	Friday, Saturday and Sunday 9am – 5pm
Mat 1 and 2	Friday 1pm – 5pm, Saturday and Sunday 10am – 5pm
Reformer 1	Friday, Saturday and Sunday 10am – 5pm
Reformer 2	Friday 1pm – 5pm, Saturday and Sunday 10am – 5pm
Reformer 3	Saturday and Sunday 10am – 6pm
Apparatus 1 and 2	Saturday and Sunday 10am – 6pm
Apparatus 3	Saturday and Sunday 10am – 5pm

Each day except for the anatomy weekend will include a warm-up on the mat or the reformer, a short lecture, instruction in the exercises and time to practice what you’ve learned. All class materials will be provided including detailed descriptions and photographs of all the exercises.

Prerequisites

The ability to perform the **intermediate level exercises on the mat and apparatus is required** before beginning the program. Recommended exercises to know are listed at the end of this brochure. Experience teaching dance, movement, yoga or personal training is highly recommended.

Certification Requirements

In order to take the written and practical certification exam you must complete all of the coursework as well as the following practical hours:

<u>Full, Reformer or Apparatus Only</u>	Student Teaching	<u>250</u>
Coursework (including anatomy) 139	Total hours	499 hours
Personal Sessions 60	<u>Mat Only</u>	
Observation 50	Coursework (including anatomy)	53

Personal Classes	30	Student Teaching	<u>80</u>
Observation	20	Total hours	183 hours

Coursework consists of 21 hours of anatomy, 32 hours of mat, 48 hours of reformer and 38 hours of other apparatus training for a total of 139 hours of training on the mat and apparatus exercises during the weekend courses.

Personal Sessions consist of any mat or apparatus sessions you have taken for yourself. Ideally you will have completed the minimum required before starting the training but we hope you will have done many more. If you are interested in the complete certification, your personal sessions **must** consist of one on one sessions, not group classes. In addition, for the complete certification 20 of the personal sessions must be completed at Turning Point Studios during the course of the class. For the mat certification 10 of the personal classes must be done at Turning Point Studios with 5 of them being one on one instruction.

Observation Hours consist of hours spent watching an experienced instructor working with clients or teaching classes. These hours help you to develop your eye and your verbal and manual cueing skills. At least half of the required number of observation hours must be completed at Turning Point Studios. If this is not possible due to geographic or other limitations, other arrangements can be made.

Student Teaching begins when you are fully responsible for a client from intake through program planning, implementation and development. If you have already been teaching for a while, we will count many of your hours as completed, however, some portion of your student teaching hours must be done while you are attending the class; the number of hours will be determined on an individual basis.

Many of these hours may be completed at the studio of your choice and you may take up to 18 months after you have completed the coursework to complete the requirements and take the final exam.

If you need more information please call Naomi Leiserson at (925) 952-9331.

To register please go to www.bbupilates.com. Click on Education Finder, then select Turning Point Studios from the educator drop down list. Click on the Register Now button and select the classes you want to take. You must also complete the application form and mail it to Turning Point Studios. Someone will contact you if you are not eligible to attend the class or if further information is needed. If you have paid in advance you will be refunded if you are not accepted.

Pilates Instructor Training

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1840 San Miguel Dr., #100
Walnut Creek, CA 94596

Instructor Biographies

Nora St. John, MSTCM, Director began teaching Pilates-based rehabilitation and conditioning techniques in the Dancemedicine division of Saint Francis Memorial Hospital's Center for Sports Medicine in 1989. She has studied the work of Joseph Pilates with Eve Gentry and Michele Larsson and is certified in the Pilates technique through Core Dynamics in Santa Fe, New Mexico. She has also studied the original repertoire with Carola Trier, Romana Kryzanowska and Alan Herdman. Nora began teaching instructors in 1999 and opened Turning Point Studios in January 2000. Nora has focused on using Pilates in rehabilitation and injury prevention and she has incorporated many modifications and variations into the original work. Nora has also taught Dance Kinesiology at San Jose State University. Prior to teaching, Nora was a professional modern dancer for 10 years. She is also a Licensed Acupuncturist and a Certified Massage Therapist and enjoys tai qi, yoga, sea kayaking and occasional rock climbing.

Naomi Leiserson, Co-director taught Pilates-based rehabilitation and conditioning at Saint Francis Memorial Hospital's Dancemedicine department for 7 years before opening Turning Point Studios in January 2000. She began her training with Nora St. John and Diana Herold at St. Francis' Dancemedicine in 1992 and has continued with Michele Larsson and Jean Claude-West. She is certified through Core Dynamics in Santa Fe, New Mexico. Naomi comes to this work with a strong background in modern dance and ballet and currently dances salsa-cubana and rueda de casino. She has also studied the Alexander Technique and yoga and enjoys backpacking and rock climbing.

Julie Lushington, Instructor has been teaching Pilates since 1990. She received her training in the Dancemedicine department at St. Francis Memorial Hospital's Center for Sports Medicine where she taught for 11 years before starting at Turning Point Studios in 2001. Julie graduated from New York University with a Master's degree in Movement Education. She danced professionally in New York for 10 years and is still teaching and taking classes in Modern and Jazz dance. Julie has taught Dance Kinesiology at San Jose State University and also at Mills College in Oakland. Julie has two children.

Recommended Mat Exercises

The Hundred
Roll-up
Single Leg Circles
Rolling Like a Ball
Single Leg Stretch
Single Straight Leg Stretch
Spine Stretch Forward
Spine Stretch Side
Saw
Swan
Side Leg Series
 Side Leg Lifts
 Side Kicks
 Side Leg Circles
 Side Leg Bicycle
Seal
Double Leg Stretch
Double Straight Leg Stretch (Leg Lowers)
Crisscross (Bicycle)
Open Leg Rocker
Single Leg Kicks
Double Leg Kicks
Swimming
Spine Twist
Teaser Prep
Push Up

Recommended Reformer Exercises

Footwork
Footwork on Jumpboard
Rollbacks
Hundred
Coordination
Feet in Straps
Short Spine
Stomach Massage
Long Box
 Pulling Straps I, II
 Overhead Press
 Cobra/Swan
 Backstroke
 Breast Stroke
Short Box
 Abdominals
Bridging/Pelvic Press
Knee Stretch
Long Stretch
 Elephant
 Long Stretch
 Up Stretch
Seated Arm Work
Chest Expansion
Thigh Stretch
Rowing Front
Rowing Back
Standing
Lunges
Side Stretch (Mermaid)

Recommended Cadillac/Tower Exercises

Roll-backs
Upper Arms/Assisted Sit ups
Teaser
Breathing
Leg Springs Supine – Pull Downs
Leg Springs Side-lying – Adductor Pulls
Footwork/Plies
Prone Push Through
Swan
Seated Push Through
Seated Double Arm Work
Seated Single Arm Work
Cat
Supine Arm Circles
Spread Eagle
Parakeet
Tower
Saw/Circular saw
Standing Arms

Recommended Chair Exercises

Double Leg Pumps
Single Leg Pumps
Prone Push Ups
Lunges/Standing Step Ups
Washerwoman/Hamstring 1
Hamstring 3//Pike Abdominals
Leg Pumps Supine/Pelvic Press
Achilles Stretch
Standing Leg Presses
Swan

Pilates Instructor Training Program

Application Form

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone: (home) _____ (work) _____ (cell) _____

E-mail: _____

Date of Birth: _____

Occupation: _____

Please list the classes you will be attending:

Turning Point Studios/BBU Pilates Instructor Training Program

Please answer the following questions to be considered for the training.

1. Please describe your prior experience with Pilates. Who have you studied with, where and for how long? Have you worked on both the mat and the apparatus?

2. Describe your movement and fitness history (if it is not included on your resume):

3. Why do you want to take this course?

4. Describe any physical injuries you may have that would limit your participation in this course:

5. Please list any teaching you have done:

6. If you are not taking the anatomy course please describe any courses you have taken which would cover this requirement: