

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 and primary teacher 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 and numerous private studios.

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 19 classroom days as well as additional hours for personal sessions, observation, assistant teaching and student teaching. The course is offered twice a year at Turning Point Studios and it takes 5 months to complete the coursework. It will usually take an additional 12 to 18 months to complete the personal sessions, observation hours, assistant teaching and student teaching hours required before you will be a fully trained Pilates Instructor.

2006 Training Schedule

Turning Point Studios Winter 2006

January 7 & 8	ANATOMY
January 21 & 22	MAT 1
January 27, 28 & 29	MAT 2
February 11 & 12	REFORMER 1
March 4 & 5	REFORMER 2
March 18 & 19	REFORMER 3
April 1 & 2	APPARATUS 1
April 22 & 23	APPARATUS 2
May 20 & 21	APPARATUS 3

Turning Point Studios Summer 2006

June 3 & 4	ANATOMY
June 9, 10 & 11	MAT 1
June 24 & 25	MAT 2
July 15 & 16	REFORMER 1
August 19 & 20	REFORMER 2
September 16 & 17	REFORMER 3
October 7 & 8	APPARATUS 1
October 28 & 29	APPARATUS 2
November 11 & 12	APPARATUS 3

Location

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

Fees and Deadlines for the Course

The course can be taken in it's entirety or you can take individual segments. **Priority for enrollment will be given to students who commit to the full program.**

Full Course

A deposit of \$400 is due by December 15, 2005 for Turning Point Studio's winter program

A deposit of \$400 is due by May 1, 2006 for Turning Point Studio's summer program

Total cost if paid in full by the first class (\$400.00 per weekend)

\$3400.00 without the anatomy module

\$3800.00 with the anatomy module

Cost if paid per weekend (\$450.00 per weekend)

\$3825.00 without the anatomy module

\$4275.00 with the anatomy module

Fees and Deadlines for the Course, cont.

Individual Modules

If you are interested in taking only portions of the course, please indicate on your application which portions of the course you will be attending. The costs and certification requirements change as follows:

Anatomy Only

A deposit of \$25 is due 1 month prior to the class.
Cost if paid in full 1 month before the class:
 \$400.00
Cost if paid at the door:
 \$450.00

Mat Only

Total cost if paid in full by the first class:
 \$1000.00 without the anatomy module
 \$1400.00 with the anatomy module
Cost if paid per weekend:
 \$1125.00 without the anatomy module
 \$1575.00 with the anatomy module
Certification requirements change as indicated below.

Reformer Only

Total cost if paid in full by the first class:
 \$1200.00 without the anatomy module
 \$1600.00 with the anatomy module
Cost if paid per weekend:
 \$1350.00 without the anatomy module
 \$1800.00 with the anatomy module
Certification requirements remain the same as for the full program.

Other Apparatus Only

Total cost if paid in full by the first class:
 \$1200.00 without the anatomy module
 \$1600.00 with the anatomy module
Cost if paid per weekend:
 \$1350.00 without the anatomy module
 \$1800.00 with the anatomy module
Certification requirements remain the same as for the full program.

The Daily Schedule

Class meets from 10 AM to 5 PM except for the Anatomy class which runs from 9 AM to 5 PM. 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. 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>		<u>Mat Only</u>	
Coursework (including anatomy)	114	Coursework (including anatomy)	42
Personal Sessions	60	Personal Classes	30
Observation	50	Observation	20
Student Teaching	<u>250</u>	Student Teaching	<u>80</u>
Total hours	474 hours	Total hours	172 hours

Coursework consists of 12 hours of anatomy, 30 hours of mat, 36 hours of reformer and 36 hours of other apparatus training for a total of 102 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.

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.

Student Teaching begins when you are fully responsible for a client from intake through program planning, implementation and development.

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 Nora St. John or Naomi Leiserson at (925) 952-9331.

To reserve your space please send your application and deposit payable to **Turning Point Studios** by the appropriate deadline to:

Pilates Instructor Training

Turning Point Studios
1840 San Miguel Dr., #100
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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 Center for Sports Medicine for 7 years before opening Turning Point Studios in January 2000. She began her training with Nora St. John 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, Argentine tango and swing. She has also studied the Alexander Technique, tai qi and yoga as well as Feldenkrais, shiatsu and acupressure.

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 is currently teaching at Mills College in Oakland. Julie has two children.

Pilates Instructor Training Program

Application Form

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

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

E-mail _____

Date of Birth _____

Occupation _____

Please indicate which program you will be taking:

- Turning Point Studios Winter 2006 Program
- Turning Point Studios Summer 2006 Program

Please indicate which segments you will be attending:

- Full Course
- Anatomy
- Mat
- Reformer
- Other Apparatus

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Application Form page 2

Please answer the following questions and attach your resume to be considered for the training. You may use additional paper if necessary.

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?

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

Why do you want to take this course?

Pilates Instructor Training Program

Application Form page 3

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

Please list any teaching you have done:

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

Please send the appropriate deposit with this application to reserve your place in the class.

The balance if you are paying in full is due at the first class meeting. All fees except \$25 are refundable if notice of cancellation is received by December 15, 2005 for the winter program and May 1, 2006 for the summer program. The deposit is not refundable if notice of cancellation is received after January 2, 2006 for the Winter program or after May 15, 2006 for the Summer program. ***To reserve your space please send your application and payment to Turning Point Studios by the appropriate deadline to:***

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