Mastering Pilates

Guide to your certification Journey

Special 23-Day Comprehensive Training

Covering All Pilates Equipment!

📍 Bangkok

2.11 - 27.11.2024

swisspilates INSTITUTE

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A Word About Pilates Certifications

At the Swiss Pilates Institute, we recognize the importance of internationally recognized certifications. We believe that the value of a certification is only as strong as the quality of the education provided by the issuing institution.
Therefore, we adhere to the highest standards of educational excellence, grounding our curriculum in the enduring principles and philosophy originally established by Joseph Pilates, enhanced by modern scientific and medical advancements.
This blend ensures that our training is not only rooted in tradition but is also informed by the latest research and best practices in health and physical education.

Our certifications validate that an individual has undergone a rigorous educational journey, mastering not just the exercises but also the underlying principles of human anatomy, the correct conduct of exercises, and effective client interaction.
We believe that true excellence in Pilates instruction comes from a combination of deep knowledge (Skill), a commitment to the well-being of each client (Care), and the meticulous execution of Pilates techniques (Precision).

Our Certification Guarantees:

- Skill: Comprehensive understanding of Pilates exercises and human anatomy.
- Care: Empathy and dedication to client's health and progress.
- Precision: Accurate and effective execution of Pilates techniques to maximize benefits.

These pillars ensure that our instructors are not only proficient but also passionate and precise, qualities that are essential for creating positive outcomes for clients and, consequently, success for businesses employing our certified instructors.

Levels of Training and Certification:

Understanding that different individuals have varying needs and constraints, the Swiss Pilates Institute offers several tiers of engagement ranging from self-guided online courses to full immersion in-person training. Each level is designed to provide a thorough education in Pilates, with increasing degrees of personal interaction and supervision:

- Online Self-Study: Offers flexibility and convenience for those balancing training with other commitments.
- Mentored Online Training: Includes scheduled live sessions for enhanced learning support.
- Hybrid Training: Combines online education with crucial in-person workshops.
- Full Immersion In-Person Training: The most comprehensive form of training, providing extensive hands-on experience.

Each certification tier is meticulously structured to ensure that upon completion, instructors are well-equipped to teach Pilates with confidence and authority. This structured approach to certification reflects our commitment to maintaining rigorous educational standards while accommodating the diverse needs of our students.

By choosing the Swiss Pilates Institute, you are not just earning a certificate; you are becoming part of a prestigious community of professionals recognized for their expertise and dedication to excellence in Pilates instruction.

International Standards in Pilates Education

A critical view on International Accreditations

At the Swiss Pilates Institute, we appreciate that while international accreditations are vital, they often fail to fully represent the true quality of Pilates education.

Accreditation organizations require from Pilates Schools to teach detailed instruction on the Pilates method, anatomy, and effective teaching techniques. Programs must be extensive to ensure depth of understanding, encompass both written and practical evaluations, and offer well-equipped training environments. They also uphold high ethical standards and promote continuous professional development.

In the world of Pilates education, accreditations seem to play a significant role, yet at the Swiss Pilates Institute, we sometimes view them skeptically.
Many accreditation organizations operate like a membership clubs: if the fees are paid, the training facilities receive a label that primarily offers marketing advantages.
We find this system, where credibility and quality can seemingly be "purchased," to be problematic.

We believe that true educational quality is achieved through profound, authentic training experiences, not merely by displaying a label.
Therefore, we consciously distance ourselves from this practice of "misleading labels" and focus on genuine education quality and the comprehensive training of our instructors.

Beyond Accreditation: Our Commitment to Excellence

While we are accredited by EduQualita.com, we believe that accreditation should be a foundation, not the pinnacle of our achievements. True excellence in Pilates education goes beyond fundamental requirements.
We strive to go beyond basic requirements, aiming to redefine excellence in Pilates training.
Our objective is to ensure that our graduates are more than just certified—they are outstanding Pilates instructors.

Innovative Education Driven by Experience

Our unique strength at the Swiss Pilates Institute lies in the decades of experience and the innovative teaching approach of Patricia, our head trainer. Patricia's success in developing Pilates studios during a time when Pilates was largely unknown demonstrates her profound passion and belive in the method as well as her deep understanding of quality instruction.
Her techniques for enhancing physical strength and wellness have set a high standard in the industry. Incorporating her innovative techniques from dance and anatomy into our curriculum, we equip our students to be confident and well-prepared educators.

Empowering Future Pilates Instructors

Our training programs aim to do more than teach Pilates exercises; they are designed to empower instructors with confidence and preparedness. Confident instructors are more likely to succeed and positively impact their communities.
We ensure that our graduates not only learn how, but also why their skills are important, enabling them to effectively pass on their knowledge and enthusiasm.

Embark on Your Pilates Journey

Your Unique Path to Mastery

The journey toward becoming an esteemed Pilates instructor is deeply personal.
That's why we present a variety of certifications, from our foundational courses to our most advanced offerings: the Swiss Pilates Studio Instructor and Swiss Pilates Therapist programs.
These comprehensive trainings are designed for those who seek to make a substantial impact through exceptional Pilates instruction.

For Aspiring Leaders in Pilates

Reach the Summit with Our Premier Programs
Those determined to achieve the utmost in Pilates teaching will find our Swiss Pilates Expert track fitting. It involves 21 days of immersive, in-person instruction, laying a solid foundation with our Swiss Pilates Studio Instructor qualification or progressing to the specialized and enriching Swiss Pilates Therapist program.
This intensive curriculum is not just about skill acquisition; it's about transforming lives with unparalleled care and expertise.

Flexible Learning for Modern Lives

Customize Your Learning Experience
Understanding the diverse needs of our students, we offer the 1Star and 2Star Swiss Pilates Instructor certifications through self-paced online learning or enhanced with live mentorship.
Those looking to combine the convenience of online study with the tangible benefits of hands-on practice can opt for our 3*Star Swiss Pilates Instructor qualification, which includes a dynamic in-person workshop.

Embark with Confidence

Your Commitment, Our Guidance
The right path is where your dedication to Pilates intersects with your individual circumstances. Whether it's our in-depth 4*Star program that prepares you to handle the full suite of Pilates apparatuses, the profound commitment of our Swiss Pilates Expert tracks, or the adaptable journey of our online and hybrid courses, the Swiss Pilates Institute ensures a gold standard in Pilates education. We are here to guide you to the path that suits your lifestyle and fuels your ambition, fostering your growth into a Pilates instructor of the highest caliber.

In-Person Training Dates 2024

UPCOMING TRAINING in Bangkok

Bangkok: 23-Day Comprehensive Training
– Covering All Equipment (Matwork, Reformer, Cadillac, Chair & Barrels).

Place	Start	End	Days	Course	Level
Bangkok, Thailand			**4****Star Full Immersion Retreat**		
	2.11	6.11	5	Matwork	Level 1&2
	8.11	13.11	6	Reformer	Level 1&2
	16.11	21.11	6	Chair & Barrels	Level 1&2
	24.11	27.11	4	Cadillac	Level 1&2

Early bird discount **15%** until 30.11.2024

other upcoming trainings

Hong Kong			**4***Star Modules Training**		
	19.10	23.10	5	Matwork	Level 1&2
	24.10	28.10	5	Reformer	Level 1&2
Kuala Lumpur, Malaysia			**4****Star Full Immersion Retreat**		
	29.11	3.12	5	Matwork	Level 1&2
	5.12	9.12	6	Reformer	Level 1&2
	12.12	17.12	6	Chair & Barrels	Level 1&2
	19.12	22.12	4	Cadillac	Level 1&2

In-Person Training Dates 2025

Place	Start	End	Days	Course	Level
Bangkok, Thailand			**4****Star Modules Training**		
	15.1	19.1	5	Matwork	Level 1&2
	22.1	26.1	6	Reformer	Level 1&2
Bangkok, Thailand			**4**** Advanced Training**		
	1.2	2.2	5	Pilates Rehabilitation	Level 3
	3.2	5.2	6	Matwork	Level 3
	7.2	9.2	6	Reformer	Level 3
	11.2	16.2	4	Cadillac - Chair - Barrels	Level 3
Bangkok, Thailand			**4****Star Full Immersion Retreat**		
	2.4	6.4	5	Matwork	Level 1&2
	8.4	12.4	6	Reformer	Level 1&2
	16.4	21.4	6	Chair & Barrels	Level 1&2
	23.4	26.4	4	Cadillac	Level 1&2

Have questions? Chat with us on WhatsApp!

Training Prices

Comprehensive In-Person Training Modules & Packages

Modules		Level	USD	EUR	THB
	Matwork In-Person	1&2	1'350 US$	1'268 €	49'667 THB
	Reformer In-Person	1&2	1'620 US$	1'522 €	59'600 THB
	Chair & Barrels In-Person	1&2	1'620 US$	1'522 €	59'600 THB
	Cadillac In-Person	1&2	1'080 US$	1'014 €	39'733 THB
Packages					
	Swiss Pilates Studio Instructor Full Immersion —— In Bangkok, Thailand containing: Matwork & Reformer & Chair & Barrels & Cadillac In-Person Training + FREE Access to Pilates Basics & Anatomy Essentials **Early bird discount 15% until 30.11.2024**				
			Normal Price	5'670 US$	5'321 €	208'744 €
			Package Price	**4'536 US$**	**4'257 €**	**167'197 THB**
	Swiss Pilates Studio Instructor Full Immersion —— In Burgundy, France containing: Matwork & Reformer & Chair & Barrels & Cadillac In-Person Training + FREE Access to Pilates Basics & Anatomy Essentials + full borad included for 26 days (accommodation and meals)				
			Normal Price	6'970 US$	6'541 €	256'604 €
			Package Price	**4'984 US$**	**4'677 €**	**183'694 THB**
	All Equipments containing: Reformer & Chair & Barrels & Cadillac In-Person Training + FREE Access to Pilates Basics & Anatomy Essentials				
			Normal Price	4'320 US$	4'054 €	159'043 €
			Package Price	**3'672 US$**	**3'446 €**	**135'350 THB**
	Matwork & Reformer containing: Matwork & Reformer In-Person Training + FREE Access to Pilates Basics & Anatomy Essentials				
			Normal Price	2'970 US$	2'787 €	109'342 €
			Package Price	**2'673 US$**	**2'509 €**	**98'527 THB**
	Chair & Barrels & Cadillac containing: Chair & Barrels & Cadillac In-Person Training + FREE Access to Pilates Basics & Anatomy Essentials				
			Normal Price	2'700 US$	2'534 €	99'402 €
			Package Price	**2'565 US$**	**2'407 €**	**94'546 THB**

Our Holistic Pricing Guarantee

At the Swiss Pilates Institute, mindfulness is at the core of everything we do.
This includes our pricing, which is designed to be fair and considerate of your investment in both Pilates education and personal well-being.
We want to make sure that joining us on your Pilates adventure is a decision that aligns with your goals and values, without financial barriers.

Full Comprehensive Training Package Advantage

1 Month Comprehensive Mastery:
Dive deep into all Pilates modules in just one month.

20% Cost Savings:
Embrace mindful pricing with the Full Package.

Seamless Progression:
Effortlessly nurture your skills and deepen your connection to the Pilates method, whether you're pursuing a new career or simply enriching your personal journey.

No Hidden Fees - All-Inclusive:

Our commitment to transparency and fairness means that all prices include:

Materials & Resources:
Access to printed books and our online learning platform.

Online Courses:
Enjoy complimentary access to the Pilates Anatomy and Basics Courses.

Lifelong Access to Exclusive Online Resources:
Easily revisit and learn exercises with Patricia's expert guidance.

Simple Exam Fee:
The only additional cost is $150 USD for the final certification exam.

Unlock Extra Advantages

Schedule your personal Strategy Session where we discuss your ideal pathway for your Pilates Journey and you will unlock extra discount
— a special welcome gift making your Pilates journey more affordable.

Instant Access to Online Preparation Courses

Upon securing your spot with a 50% deposit, you gain immediate access to our online courses:
'Pilates Basics' and 'Anatomy Essentials'.

This allows you to start your learning journey even before the in-person sessions begin.

Certification Pathways

Online & Comprehensive Training Options

The Swiss Pilates Institute offers a spectrum of training categories to support the diverse paths individuals may take toward becoming certified Pilates instructors. Below is an overview of the four primary categories available:

Certif. Type	Certificates	Delivery Mode	Description	Key Components
1*Star Pilates Instructor	Matwork Instructor Reformer Instructor	Online Self-Guided	Ideal for those starting their journey or balancing training with work, offering complete digital access to learn at your own pace, anywhere.	- Anatomy Basics Online - Pilates Basics Online - Module course of choice online - Anatomy test - Multiple-choice module test - Practical teaching online exam
2**Star Pilates Instructor	Matwork Instructor Reformer Instructor	Online Mentored	Adds live mentorship sessions to the self-guided curriculum, perfect for enhancing understanding through direct instructor feedback.	- Includes all components of 1*Star - Live online mentor sessions for interactive learning and support
3***Star Pilates Instructor	Matwork & Reformer Instructor	Online with In-Person Seminar	Merges online learning with a practical, in-person seminar to hone skills, ideal for those who seek a blend of flexibility and hands-on experience.	- Includes all components of 2*Star - One-day in-person workshop to practice and perfect Pilates techniques under direct supervision
4****Star Pilates Instructor	Matwork Instructor Reformer Instructor Chair & Barrels Instructor Cadillac Instructor	Comprehensive In-Person Full Immersion	Provides deep, immersive in-person training on all Pilates apparatuses, designed for comprehensive education in the practice.	- Anatomy Basics Online - Pilates Basics Online - Extensive hands-on practice with all Pilates apparatuses - In-person instruction and mentorship at our facilities - All online components complementarly included - Anatomy test - Multiple-choice test - Practical teaching online exam
Pilates Expert	Swiss Pilates Studio Instructor	Comprehensive In-Person Full Immersion	The pinnacle of Pilates education, designed for those aspiring to be exemplary instructors, equipped to teach at commercial studios and handle diverse client needs.	- Pilates Basics - 21 days of in-person training - Comprehensive courses on all apparatuses (Matwork, Reformer, Chair, Barrels, Cadillac) - All online components complementarly included - Anatomy test - Multiple-choice test - Practical teaching online exam
Pilates Expert	Swiss Pilates Therapist	Comprehensive In-Person with Advanced Modules	Our top qualification, preparing instructors to specialize in therapeutic Pilates, addressing specific pathologies and special populations.	- Advanced Anatomy - Advanced modules for all apparatuses - Specialized Pilates therapy training - 12 additional training days - All online components complementarly included - Anatomy test - Multiple-choice test - Practical teaching In-person exam

In Bangkok, you will complete all apparatus training in just 23 days, giving you an internationally recognized certification that is unique worldwide.

Full Certification vs. Individual Training Modules

Benefits of Full Certification

Choosing a full certification program offers numerous advantages over pursuing individual modules:

- ✓ Complete Curriculum Mastery: You'll gain an all-encompassing knowledge of Pilates, making you versatile and competent in any studio setting.
- ✓ Professional Recognition: Graduating as a 'Swiss Pilates Studio Instructor' signifies a high level of expertise, widely respected in the Pilates community.
- ✓ Cost Efficiency: Opting for the full program is more economical, providing comprehensive training at a better value than separate modules.
- ✓ Consistent Learning Experience: The program's structure ensures seamless progression, deepening your understanding and skills effectively.
- ✓ Community and Networking: You'll be part of a supportive cohort, offering mutual encouragement and forming lasting professional connections.
- ✓ Rapid Skill Development: The immersive nature of the full program accelerates your learning, enabling a quicker transition to teaching.
- ✓ Personal Growth: Beyond technical skills, the program nurtures emotional intelligence and leadership qualities essential for a successful teaching career.

Early Bird Discount
Bangkok - November 2024

15% OFF when booking for the Full Immersion Package

- ✓ Complete Certification in 23 Days!
- ✓ Full apparatus coverage, including Matwork, Reformer, Cadillac, Chair, and Barrels,
- ✓ with internationally recognized certification upon completion
- ✓ Reducing the already discounted Package Price to

10% OFF when booking any of the single modules

Have questions? Chat with us on WhatsApp!

Enrollment Process

Discovery Call

- Schedule a discovery call with our team. This is a great opportunity to ask questions, discuss your goals, and understand how our programs can meet your needs.
- During this call, you'll have the opportunity to learn more about our courses, discuss your goals, and uncover your exclusive welcome discount.

Secure Your Spot

- After the discovery call, you will receive a registration link.
- Fill out the registration form with your personal and professional details.
- Select the module(s) you wish to enroll in.
- Secure your spot by paying a deposit.

Start Your Pilates Adventure

Full Program Registrants: Upon deposit, you will receive instant access to the online courses 'Pilates Basics' and 'Anatomy Essentials' for early preparation.

Individual Module Registrants: You have the option to upgrade to the full program at any time or purchase the online courses for an additional fee.

Complete Payment

The remaining balance of the course fee is due prior to the start of the course. Payment plans and deadlines will be communicated during the registration process.

Confirmation and Pre-Course Materials

- Receive confirmation of your enrollment once your payment is complete.
- We will provide pre-course materials and additional information to ensure you are fully prepared for the start of your training.

Payment Plans

If you prefer a payment plan, we offer flexible options to accommodate your needs. Contact our team to discuss payment plan details and find the best arrangement for you.

Have questions?
Ready for the next step?
Chat with us on WhatsApp!

Certification Details

Swiss Pilates Studio Instructor

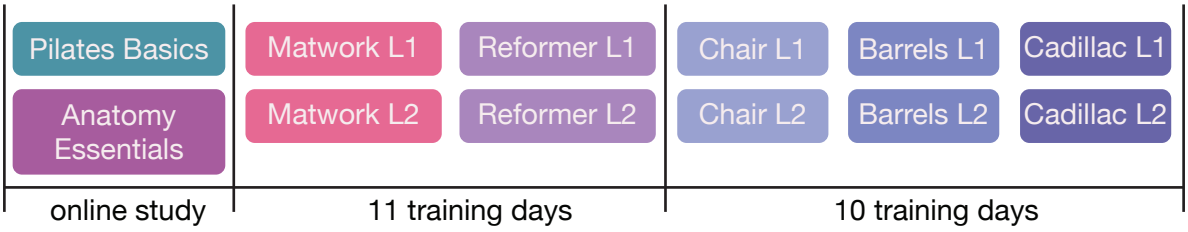
Leveraging our two decades of experience in running a successful Pilates studio, this program equips you with the skills and knowledge necessary to build a loyal client base and deliver high-quality classes.

Prerequisites:

While there are no formal prerequisites, it is recommended that applicants have some prior experience with Pilates, ideally amounting to at least 10 hours of practice.

Modules Include:

- Anatomy Analytics (Online self-study)
- Pilates Basics (Online Self-Study)
- Pilates Matwork Level 1+2 (Live Training)
- Pilates Reformer Level 1+2 (Live Training)
- Pilates Chair Level 1+2 (Live Training)
- Pilates Barrels Level 1+2 (Live Training)
- Pilates Cadillac Level 1+2 (Live Training)



Duration:

The live courses span 21 training days.

Post-Course Requirements:

Students engage in 25 hours of self-study, 25h of self-practice and another 25 hours of practice teaching.

Certification:

To earn certification, students must pass a written online exam and a practical exam (video submission of teaching).

A typical daily training schedule

Swiss Pilates Therapist

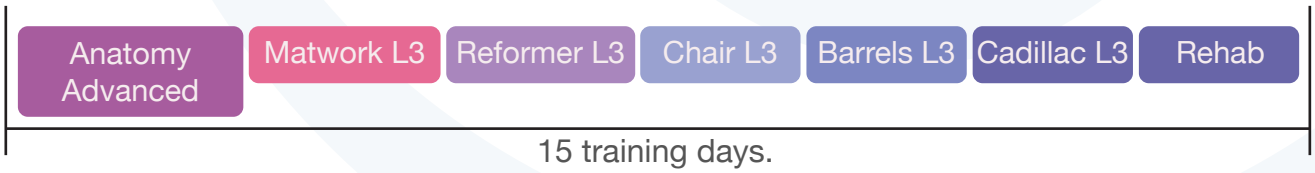
This advanced certificate is ideal for instructors looking to specialize in addressing specific needs and pathologies. It's an extension of the Studio Instructor certification, focusing on training for special populations and therapeutic applications.

Prerequisites:

Completion of the Swiss Pilates Studio Instructor Certificate.

Specialized Modules Include:

- Advanced Anatomy Training (Live Training)
- Matwork Level 3 (Live Training)
- Reformer Level 3 (Live Training)
- Chair Level 3 (Live Training)
- Barrels Level 3 (Live Training)
- Cadillac Level 3 (Live Training)
- Pilates Therapy Training (Live Training)



Duration:

Total of 15 training days.

Further Practice and Teaching:

20 hours each of self-practice, self-study, and practice teaching post-training.

Certification Process:

Students must pass another written online exam and submit a practical teaching video for assessment.

Online Mentored Training Matwork & Reformer

Led by Patricia Duchaussoy

Enhance Your Pilates Expertise Through Structured Online Mentoring
This program is designed to provide you with the skills, knowledge, and qualifications needed to become a certified Pilates instructor under the expert guidance of Patricia Duchaussoy.

Special Bundle Offer:

➔ Matwork & Reformer Mentored Training: $996 (original combined price $1,107)
Module Matwork only: $492
Module Reformer only: $615

Access all necessary Online Courses for Certification:
- ✓ Matwork Levels 1 & 2 (beginner & intermediate repertoire)
- ✓ Reformer Levels 1 & 2 (beginner & intermediate repertoire)
- ✓ Anatomy Basics - free complementary access
- ✓ Pilates Basics - free complementary access

Zoom Session Dates:

Kick-off:
to be announced

Matwork:
to be announced

Reformer:
to be announced

Course Features:
- Interactive Zoom sessions led by Patricia Duchaussoy.
- Comprehensive video lessons focused on technique and application.
- Opportunities for hands-on practice and peer-to-peer teaching.

Technical Requirements:
- Reformer machine necessary for Reformer course participation. Purchase options are available for those needing equipment.
- Zoom sessions scheduled for Saturdays from 15h - 18h Bangkok time (10h - 13h Europe time).

Certification Pathway: To become a certified Pilates instructor, participants must:
- Complete required online courses.
- Pass all related exams, including practical assessments and multiple choice tests.
- Successfully engage in interactive and practical Zoom sessions with Patricia Duchaussoy.

Why Choose This Course?
- Comprehensive training from the comfort of your home or a local studio.
- Personalized feedback and support from an industry expert.
- Opportunities to practice and perfect teaching methods.
- All-inclusive package facilitating a straightforward path to certification.

Register Now!
Spaces are limited to ensure personalized attention and a high-quality training experience. Secure your place in our next session and take the first step towards becoming a certified Pilates instructor with global recognition.

Online Mentored Training Modules & Packages

Modules	Level	USD	EUR	THB
Matwork Online Mentored	1&2	492 US$	462 €	18'101 THB
Reformer Online Mentored	1&2	615 US$	578 €	22'626 THB

Packages

Matwork & Reformer Mentored Online Package

containing: Matwork & Reformer Online Mentored

+ FREE Access to Pilates Basics & Anatomy Essentials

Normal Price	1'245 US$	1'169 €	45'754 €
Package Price	**996 US$**	**936 €**	**36'654 THB**

Online Self-Study Training Modules & Packages

Modules	Level	USD	EUR	THB
Pilates Basics	1&2	49 US$	46 €	1'803 THB
Anatomy Essentials	1&2	89 US$	84 €	3'274 THB
Matwork Online Selfstudy	1&2	297 US$	279 €	10'927 THB
Reformer Online Selfstudy	1&2	398 US$	374 €	14'642 THB

Packages

Matwork & Reformer Self-Study Package

containing: Matwork & Reformer Online Selfstudy

+ 50% Discount on Pilates Basics & Anatomy Essentials

Normal Price	764 US$	718 €	28'077 €
Package Price	**695 US$**	**652 €**	**25'551 THB**

Pilates Studio Instructor
Full immersion Training Retreat

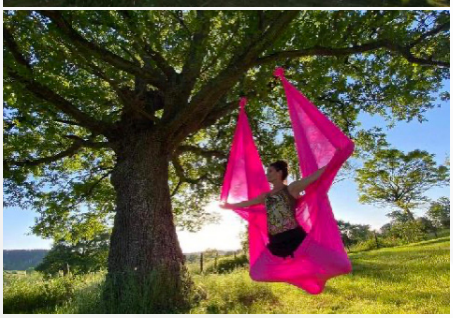
in the French Countryside

	Module	Level	Date
✔	Matwork In-Person	Level 1& 2	August 2025
✔	Reformer In-Person	Level 1& 2	August 2025
✔	Chair & Barrels In-Person	Level 1& 2	August 2025
✔	Cadillac In-Person	Level 1& 2	August 2025

Prerequisites
Having practiced Pilates for at least 10h before is an advantage

All inclusive package contains:

- ✓ Course Fee and study materials
- ✓ Pick up and drop off at Lyon Airport
- ✓ Accommodation and all meals for 26 nights
- ✓ Soft drinks and wine at dinner time
- ✓ Leisure activities



Leisure activities

- Visit of medieval Castle
- Wine tasting of famous burgundy wine cellar
- French cooking classes (2 evenings)
- Meditations
- Discover untouched nature during forest walks
- Camp-fire barbecues
- Social & music games in the evening
- Last day: Big party

Training Fee + Accommodation	USD
Glamping Tent	4'984 US$
Sharde double room (court side)	5'233 US$
Single room (court side)	5'337 US$
Shared double room (garden side)	5'604 US$
Single room (garden side)	5'716 US$

Early Bird Discount
Get 10% discount on any of above prices when register & pay before 31.05.2024.
➔ Maximum 8 Students!

Referral program
Get EUR 100 cash-back when you refer a friend (The friend must name you as his referrer)

Contact us now!

Book a free strategy call and start your journey today!

Embarking on a journey with Pilates is not just about physical training; it's a holistic experience that can profoundly change your life and lifestyle.
If you're serious about embracing this transformative path and are ready to immerse yourself in the authentic Pilates method, we invite you to connect with us.

A Call That Commits to Nothing but Potential:
Our discovery call is a no-obligation opportunity for you to explore what Pilates can offer you.
It's a chance to ask questions, discuss your aspirations, and understand how our programs in Bangkok can cater to your holistic wellness goals.
This call is simply a first step – a way for you to gather information and feel the potential impact Pilates can have on your life.

Two Convenient Ways to Schedule Your Discovery Call:

Online Scheduling:
Visit the below link to directly schedule your discovery call at a time that suits you. This straightforward method allows you to choose a date and time for a comprehensive discussion about our Pilates programs and what they can offer you.

https://sanamotion.net/discoverycall

Chat on WhatsApp:
If you prefer to arrange the call via messaging, simply scan the WhatsApp code below. This option is designed to help you quickly find a suitable date and time for your discovery call. Our team is ready to assist you in setting up this important conversation.