

Online Mentored Training

Matwork & Reformer

Study from home

Starting 1st of June 2024



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:

Matwork:

Extra dates: June 1, 8, 15, & 22

Reformer:

Extra dates: June 29, and July 6, 13, 20, & 27

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.

Certification Prerequisites

To qualify for the Pilates instructor certification upon completion of the Matwork and/or Reformer courses, participants must meet the following prerequisites:

For Matwork Certification:

- Completion of the Anatomy Basics online course.
- Completion of the Pilates Basics online course.
- Successful completion of Matwork Levels 1 & 2 online courses.
- Passing the Anatomy exam.
- Passing the online multiple choice exam for Matwork.
- Passing the practical exam for Matwork.

For Reformer Certification:

- Completion of the Anatomy Basics online course.
- Completion of the Pilates Basics online course.
- Successful completion of Reformer Levels 1 & 2 online courses.
- Passing the Anatomy exam.
- Passing the online multiple choice exam for Reformer.
- Passing the practical exam for Reformer.

Combined Matwork and Reformer Certification:

- Meeting all individual prerequisites for both Matwork and Reformer.
- A special combined certification exam is available for those enrolled in both courses, replacing the separate exams for Matwork and Reformer.

Additional Information:

- All prerequisite courses are available through the online platform and must be completed prior to the practical and theoretical exams.
- Detailed study materials and guidelines for the exams will be provided during the course to fully prepare each participant for certification.

Detailed Information and Technical Requirements

Technical Requirements for Participation:

- **Stable Internet Connection:** Required to participate in live Zoom sessions without interruption.
- **Device Compatibility:** A computer, tablet, or smartphone capable of running the latest version of Zoom.
- **Reformer Machine:** Necessary for participation in the Reformer courses. We provide options for purchasing or renting equipment if needed.

Equipment Options:

- **Purchase:** We offer competitively priced reformer machines. Contact us for a brochure with available models and pricing.
- **Rental:** Available in Bangkok at our private studio, equipped with two reformer machines. Rental cost: 2,800 THB per session.

Additional Course Materials:

- Participants will receive access to digital course materials, including downloadable PDFs of study guides and exercise breakdowns.
- Access to the e-learning platform (sanamotion.net) for accessing the online contents. How to get access and set up your profile will be explained in the Kick-Off Session.

Course Schedule and Structure:

- **Interactive Zoom Workshops:** Scheduled on Saturdays, each session spans three hours to cover exercises, theory, and practical applications.
- **Self-Paced Study:** Participants are expected to review pre-recorded lessons and prepare questions or discussion topics for live sessions.

Support and Communication:

- **Dedicated Support Team:** Available to assist with technical issues and course inquiries Monday through Friday via email or phone.
- **Community Forum:** Join our online community forum to connect with fellow participants and discuss course materials, share insights, and support each other's learning journey.

Certification Process:

- Upon completion of the course and all prerequisites, participants will undergo a series of assessments including:
- **Practical Exams:** Conducted live via Zoom to assess your ability to teach and perform exercises.
- **Theory Exams:** Multiple choice tests administered online to evaluate your understanding of Pilates principles and anatomy.

Registration and Payment:

- **Enrollment Deadline:** Slots are limited and early registration is encouraged to ensure your place in the course.
- **Payment Methods:** We accept various forms of payment, including credit card, PayPal, and bank transfer.

Post-Course Engagement:

Upon completion of your training, you are invited to join the Pilates Excellence Group, which meets monthly to continue the journey of learning and professional development among alumni.

Prepare for Your Future in Pilates Instruction:

This course offers a structured pathway to becoming a certified Pilates instructor with a focus on high-quality instruction and comprehensive professional development. Equip yourself with the skills and knowledge to excel in your Pilates career and make a lasting impact in the lives of your clients.