

## **Fundamental Pilates Mat Program**

### **50 Hour Pilates Mat Program**

- Pre-requisite of 15 hours pre-course work.
- A weekend workshop (15 hours) of lecture and practical work. This includes introduction to the principles, language and terminology of Pilates, traditional exercises, basic modifications, contraindications, special populations, safety guidelines.
- 2 weeks of documented practice teaching and observation (20 hours). Student will schedule the practical and written test with instructor. A minimum of 10 hours to be completed with a live model, attendance at mat classes at the studio and/or practice the classical method for the remainder of the 20 hours is required. Model will need to be present for the practical test. Upon successful completion of this program post-testing, the instructor will be qualified to teach Pilates Mat.
- Following the mat qualification; if you choose, 50 hours of practice toward the total 450 hours required in the K Pilates Comprehensive Program, will have been completed.

### **Day I (Friday, September 16<sup>th</sup>): 6:00 – 8:00 PM**

- I. Brief history of Joseph Pilates
- II. Introduction to Concepts and Principles of Pilates
- III. The Pilates method and Spinal and Postural Awareness
- IV. Breath, Alignment, Assessments
- V. Mat Class

### **Day II (Saturday, September 17<sup>th</sup>): 10:00 – Noon; 12:30-5:30 PM**

- VI. Basic Anatomy
- VII. Pilates Beginning and Intermediate Mat Exercises
- VIII. Advanced Level Exercises
- IX. Teaching Skills Practical Int/Adv Level
- X. Practice session

### **Day III (Sunday, September 18<sup>th</sup>): 11:00- 5:00 PM**

- XI. Special Population and Pre-Pilates exercises
- XII. Use of Props
- XIII. Practice session

### **Testing *\*Individually, scheduled within 1 month of workshop***

- Practical Test
- Written Test

### **The Fundamentals of Pilates Mat Pre Requisites:**

1. Purchase The Fundamentals of Pilates Mat Workbook \$25.00
2. Read: Pilates, Return to Life Through Contrology, by Joseph H. Pilates and William John Miller
3. Certified group fitness instructors with a minimum of 2 years documented teaching experience, or Certified Personal Trainer, K Pilates will require you to acquire 10 hours of observation and/or practical work at K Pilates before program begins.

Or

If less than 2 years or no certified teaching experience 20 hours documented observation or practical Pilates is required before program begins.

4. Attend minimum of 10 hrs of classes at K Pilates (T/R, Mat, Private, Duet) This may be included in your pre-program hours.

K Pilates will allow student with the Fundamentals Matwork Program, or Comprehensive Training Program to observe private sessions for free with client/instructor approval after full fee is paid. In addition, special pricing is available for program participants:

- Private Pilates: \$50 per hour
- Duets \$35 per hour
- Tower/Reformer Classes \$25 per class
- Mat Classes \$5 per class

Please see the front desk for more information on these special rates.

### **Suggested Reading and Preparation for the Fundamentals Matwork Program:**

The Pilates Method of Physical and Mental Conditioning by Philip Friedman and Gail Eisen

Return to Life Through Contrology and Your Health, both books by Joseph H. Pilates (A new edition with William J. Miller is out titled “A Pilates’ Primer: The Millennium Edition”)

Anatomy of Movement, by Balandine Calais-Germain

Pocket Atlas of the Moving Body, by Mel Cash

### **Video/DVDs:**

Classical Pilates Technique, the Complete Mat Workout

The Complete Pilates Workout, by Romana Kryzanowska

### **Websites:**

[www.pilatesanytime.com](http://www.pilatesanytime.com)

[www.pilatesmethodalliance](http://www.pilatesmethodalliance)

