

Classical Kulture Pilates Comprehensive Teacher Training Curriculum

Beginner System

	Key Topics	Materials	Course Requirements
Module 1. 2.5 days 20 hours	Pilates History 6 Principles of Pilates Pre-Pilates <u>Beginner system Mat exercises:</u> Cueing, Transitions, Touch Cues Anatomy Practice Teaching	Beginner systems/ Mat Manual Pre- Pilates video Beginner Mat sequence video Teacher Training workbook	<i>Before the module:</i> Attend virtual and in person practice sessions. <i>Contact weekend:</i> Attend all 20 hours of the contact weekends in person. <i>After training weekend:</i> Practice, observe and teach logged hours. 4-6 weeks until next module 4-6 weeks until next module
Module 2. Reformer 1 2.5 days 20 hours	<u>Beginner systems reformer:</u> <u>Beginner systems: Cadillac/ Chair/ Wall Exercises</u> Cueing, Transitions, Touch Cues Bodies: Shapes, Alignment & Movement Patterns Practice Teaching Transitioning your clients to the intermediate system: How to know your client is ready, exercises to give them first as they transition.	Beginner systems Manual Beginner systems Video Teacher Training workbook	<i>Before the module:</i> Attend virtual and in person practice sessions. <i>Contact weekend:</i> Attend all 20 hours of the contact weekends in person. <i>After training weekend:</i> Practice, observe and teach logged hours. 4-6 weeks until next module <u>Beginner systems/ Level 1 complete:</u> Schedule test out date

Intermediate System

	Key Topics	Materials	Course Requirements
Module 3. Mat 2 2.5 days 20 hours	<u>Intermediate System mat exercises:</u> Cueing, Transitions, Touch Cues Bodies: Alignment & Movement Patterns Magic circle Practice Teaching	Intermediate system systems/ Mat Manual Intermediate Mat sequence video Teacher Training workbook	Before the module: Attend virtual and in person practice sessions. Contact weekend: Attend all 20 hours of the contact weekends in person. After training weekend: Practice observe and teach logged hours. 4-6 weeks until next module
Module 4. Reformer 2 2.5 days 20 hours	<u>Intermediate system reformer exercises:</u> Cueing, Transitions, Touch Cues Shapes, Alignment & Movement Patterns Practice Teaching	Intermediate system systems Intermediate Reformer Sequence video Teacher Training workbook	Before the module: Attend virtual and in person practice sessions. Contact weekend: Attend all 20 hours of the contact weekends in person. After training weekend: Practice observe and teach logged hours. 4-6 weeks until next module
Module 5. Cadillac 1 2.5 days 20 hours	<u>Intermediate system cadillac exercises:</u> Cueing, Transitions, Touch Cues Shapes, Alignment & Movement Patterns Practice Teaching	Intermediate system systems Intermediate Cadillac Exercises video Teacher Training workbook	Before the module: Attend virtual and in person practice sessions. Contact weekend: Attend all 20 hours of the contact weekends in person. After training weekend: Practice, observe and teach logged hours. 2-4 weeks until next module

<p>Module 6. Chairs 2.5 days 20 hours</p>	<p><u>Intermediate system Chair exercises:</u> Wunda Chair, Electric Chair, Baby Chair</p> <p>Cueing, Transitions, Touch Cues</p> <p>Shapes, Alignment & Movement Patterns</p> <p>Practice Teaching</p>	<p>Intermediate system systems manual</p> <p>Intermediate Systems Chair videos</p> <p>Teacher Training workbook</p>	<p>Before the module: Attend virtual and in person practice sessions.</p> <p>Contact weekend: Attend all 20 hours of the contact weekends in person.</p> <p>After training weekend: Practice observe and teach logged hours.</p> <p>2-4 weeks until next module</p>
<p>Module 7. Barrels</p> <p>The business of Pilates workshop</p> <p>2.5 days 20 hours</p>	<p><u>Intermediate system Barrel Exercises:</u> Small Barrel Spine Corrector Ladder Barrel</p> <p>Cueing, Transitions, Touch Cues</p> <p>Shapes, Alignment & Movement Patterns</p> <p>Practice Teaching</p> <p>Transitioning your clients to the advanced exercises: How to know your client is ready, exercises to give them first as they transition.</p>	<p>Intermediate system systems manual</p> <p>Intermediate Systems barrel videos</p> <p>Teacher Training workbook</p> <p>The Business of Pilates workshop learning material</p>	<p>Before the Module: Attend virtual and in person practice sessions.</p> <p>Contact weekend: Attend all 20 hours of the contact weekends</p> <p>After training weekend: Practice observe and teach logged hours</p> <p>2-4 weeks until next module</p> <p><u>Intermediate system/ Level 2 complete:</u> Schedule test out date</p>

Advanced System:

	Key Topics	Materials	Course Requirements
Module 8. Advanced Mat Small apparatus 2.5 days 20 hours	<i>Advanced system, mat exercises:</i> Cueing, Transitions, Touch Cues Small Apparatus: Exercises: Toe Corrector, Foot corrector, Push up Device, Bean Bag. Practice Teaching	Advanced system systems/ Mat Manual Advanced Mat sequence video Teacher Training workbook	Before the Module: Attend virtual and in person practice sessions. Contact weekend: Attend all 20 hours of the contact weekends After training weekend: Practice observe and teach logged hours
Module 9. Advanced Reformer Pedipole 2.5 days 20 hours	<i>Advanced system reformer</i> <i>exercises:</i> Cueing, Transitions, Touch Cues <i>Pedi Pole Exercises</i> Practice Teaching	Advanced System Manual Advanced Reformer Video Teacher Training workbook	Before the Module: Attend virtual and in person practice sessions. Contact weekend: Attend all 20 hours of the contact weekends After training weekend: Practice observe and teach logged hours Comprehensive training Complete
Module 10. Cadillac 2 2.5 days 20 hours Graduation Photoshoot (Georgia certifications only)	<i>Advanced system</i> <i>Cadillac exercises & Endings:</i> Cueing, Transitions, Touch Cues Practice Teaching	Advanced System Manual Teacher Training workbook Photoshoot guide (Georgia Graduates Only)	Before the Module: Attend virtual and in person practice sessions. Contact weekend: Attend all 20 hours of the contact weekends Photoshoot: Plan out what Pilates Exercises you want to be photographed in. Advanced System/ Level 3 complete: Schedule Test out date