



## Inspire-Move

# Pilates Matworks

## Instructor Training

Inspiring concepts of contemporary Pilates method that has proven to help release physical discomfort, increase

mobility, improving posture, and involve strengthening exercises which can be modify and give variations according to different level of physical strength and background of practitioners.

Our program offer you **principles and practical approach** to help you understand human anatomy, myofascial efficiency, and benefits of safe and effective core training practice, incorporating of the movement knowledge and medical science of the Western world and with the holistic movement approach and wisdom of the Eastern cultures.

Our training is a certification program accredited by IPHM, International Practitioners of Holistic Medicine, UK . which enables you to become an *international accredited therapist* . You can also choose to continue your education toward Pilates Mat Certification or Yoga Teacher Certification with our continuing certification program

## OVERVIEW & PURPOSE

Pilates is a physical fitness system developed in the early 20th century by Joseph Pilates, after whom it was named. Pilates called his method "Contrology".

It is practiced worldwide, especially in Western countries such as Canada, the United States and the United Kingdom.

### About Us

**Pilatesprop**, is a registered trademark.



We provide constructive trainings on movements therapy, teaching techniques, importing Pilates equipments and business consulting.

We offer training programs for enthusiastic learners, private group, organisations, and start up studio owners with the following courses:

**Pilates Matworks:** a duo Certification program with PhysicalMind Institute, USA,

**Pilatesprop Equipments Training:** Practical training on equipments set up, safety, and functional exercises for each equipments.

**Specialist Training:** Practical training for womanhood and adolescent

All trainings are accredited by IPHM, UK,

## COURSES

Our intensive 3 Days Training is a physical based learning approach that gives you comprehensive knowledge and skills development covers the most important components of the following topics:

- Introduction to Pilates Principles
- Anatomy of Pilates and Movements Review
- 35 Fundamental Exercises (PMI)
- Modification, Variation and Props
- Teaching techniques
- Body Adjustment and Hands on
- Post Practice teaching and examination

## MATERIALS

1. Student Manuals (pdf)
2. Lecture handout
3. Recommend readings: Anatomy of Movements, Anatomy of Pilates

## AGENDA

Daily schedule: 8:00-18:00

8:00 - 9:00 Morning practice

9:00 - 13:00 Lecture and Demonstration

14:00 - 17:00 Teaching Techniques and Practice

17:00 - 18:00 Daily wrap up and discussion

## TOPICS

Day 1:

- Pilates and Principles of Contrology
- Anatomy Review
- Principles of movements
- Breathing mechanism
- Fundamental exercises

Day 2:

- Anatomy focus: Core muscles
- Dynamic breathing and “The Hundred”
- Supine and Side lying exercises
- Body scan and body reading techniques
- Postural faults
- Teaching techniques
- Practice teaching

Day 3:

- Anatomy focus: Stabilizers and Movers
- Prone exercises
- Standing exercises
- Full body integration exercises
- Sequences of Pilates Mat class
- Hands on
- Teaching ethics
- Teaching Assignment