



Pilatesprop Equipments Training

Intensive and comprehensive coaching and practicing Pilates Method on Equipment.

Cover Fundamental Pilates exercises, equipment setup, and hands on techniques. Appropriate for personal development, for self-care, and anyone who is interested in Pilatesprop business opportunity.

Upon completion of the training, you will be giving Certificate of Achievements accredited by International Practitioners of Holistic Medicine, UK

Course Information:

Instructor Training- Pilatesprop Equipment

Contact Hours: 27 Hours / 3 days training per each topic

Training Hours: 8:00-18:00 (1 hour lunch break)

Objective

Training for interested person, yoga teacher, physical education teacher, rehab therapist, or studio owners who wish to expand their skills and techniques in movements and exercises using Pilatesprop equipment.

If you have completed any training relating to Movement Therapy then you don't have to attend our Fundamental & Matworks, however, there's an exam on the fundamentals of movements and anatomy just for us to see that you are still on the track.

For interested persons who may be transferring from different field of work and study, we recommend that you take our Matworks training before taking any of our Equipment Training courses.

Our training is an intensive skill training format which gives you an opportunity for you to explore and learn about your body and the concept of movements so it helps you develop more sounds of knowledge to become an instructor as well as to start your own studio.

Pilatesprop Equipment Training is an introduction to the Pilatesprop equipment, set up and safety, beginning exercises, program sequencing and teaching tips for group classes.

There are 3 modules for Equipment Training according to type of equipment.

Module 1: Equipment setup and Exercises on Pilatesprops Reformer.

Module 2: Equipment setup and Exercises on Pilatesprops Trapeze table (Cadillac), and Ladder Barrel.

Module 3: Equipment setup and Exercises on Pilatesprops Chair, Spine Corrector, Arch, and Glider

Practice and Examination Requirements

Practice with Partner (10 Hrs)

Self Practice (10 Hrs)

Pilatesprops Examination

All coursework and examinations are required to be completed within 8 months.

Regarding Certification :

Please note that your name and course you take will be mentioned in the certificate accordingly.

Only learner who completed all courses will be certified as Pilatesprop Matworks and Equipments Instructor.

Training venue:

Pilates Props

289/26

The Town Sukhumvit 71

ถนน สุขุมวิท 71 Khwaeng Khlong Tan Nuea, Khet Watthana, Krung Thep Maha Nakhon 10110

Map:

<https://g.co/kgs/3Xmsao>

Contact: info@inspire-moves.com

WhatsApp: +66888944559



Certification Programs offer:

Pilates Method
Yoga Method
Mindfulness Movement
Therapeutic Touch
Infant Massage
Reflexology
Holistic Retreat