



Pilatesprop Equipments Training

Intensive and comprehensive coaching and practicing Pilates Method on Pilates Equipments.

Cover Fundamental Pilates exercises, equipments 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

Fee: USD\$550/ 17,500 THB per module*

Requirements per module

Contact hours: 20 Hours

Practicum: 10 Hours

Presentation: 75 minutes teaching demonstration

*Training fee per selection of the following modules:

1. Equipment setup and Exercises with Pilatesprop Reformer
2. Equipment setup and Exercises with Pilatesprop Trapeze table (Cadillac) and Tower
3. Equipment setup and Exercises with Pilatesprop Barrel, and Spine Corrector focusing on Osteoporosis prevention exercises.
4. Equipment setup and Exercises with Chair and other props: Arch, Foam Roller, band and Glider

* Special rate: THB 15,500 per module if taken more than two modules.

* Certification given upon training taken

PILATESPROP Certification Program

Objective of our trainings is 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 equipments.

We are registered training provider accredited by the International Practitioners of Holistic Medicine, UK.

Under the scheme of Pilates Methods, we offer 3 different programs upon needs of individuals which are:

Fundamental Pilates & Matworks

Intensive 3 days training is required for any enthusiastic learner who are looking forward to achieving Pilatesprop Instructor Certification as well as for interested persons who may be transferring from different fields of work or study.

Fundamental Pilates & Matworks training is an opportunity for you to explore and learn about your body and the concept of movements that gives holistic knowledge to become an instructor as well as to have your own studio.

Duration and requirements for Fundamentals Matworks:

Contact hours: 20 Hours

Practicum: 10 Hours

Presentation: 2 Hours

Equipment Training (Techniques and Implications)

Intensive training as an introduction to our Pilatesprop equipment, setting up and safety, as well as fundamental and functional exercises, inspiring program sequencing and teaching tips.

Equipment Training has 4 modules which you can select according to your desire:

1. Equipment setup and Exercises with Pilatesprop Reformer
2. Equipment setup and Exercises with Pilatesprop Trapeze table (Cadillac) and Tower
3. Equipment setup and Exercises with Pilatesprop Barrel, and Spine Corrector focusing on Osteoporosis prevention exercises.
4. Equipment setup and Exercises with Chair and other props: Arch, Foam Roller, band and Glider

Duration and requirements for each module of Pilatesprop Equipment:

Contact hours: 20 Hours

Practicum: 10 Hours

Presentation: 2 Hours

Other Specialist Programs

We offer 1-2 days workshop and Certification training for specific subjects such as

Motherhood Yoga, Mommy and Me Instructor, Therapeutic Touch, Infant Massage, and holistic retreat program that design upon target audience and requirements.



Certification Programs offer:

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