

Program	Intensive 10 days	Module 1	Module 2	Module 3
Topic	Pilates Apparatus Certification	Anatomy of Pilates & Matworks	Reformer Instructors	Auxiliary Apparatus
Approach	Private studio/ clinic setting	Private & group class	Group reformer setting	Private & group setting
In-person training	10 days + 2 days (exam & presentation)	3 days	5 days	5 days
Practicum hours requirement	30	10	20	20
Exam & Certification	By Pilatesprop®	By Pilatesprop®	By Pilatesprop®	By Pilatesprop®
Arrangements	1-on-1 or group	1-on-1 or group	1-on-1 or group	1-on-1 or group
Outline	<p>All inclusive Pilates Matworks & Apparatus</p> <ul style="list-style-type: none"> –Fundamentals –Anatomy of Pilates –Body analysis –Pilates Mat –Pilates Apparatus Workout programs (Beginner– Intermediate – Advance) <p>Suitable for Private studio, Rehab clinic, and wellness center</p> <p>All levels are welcome</p>	<p>Module 1 : Essential Pilates</p> <p>Principal & Form Anatomy of Pilates Fundamental movement Matworks – 35 Exercises and practice using props and PMIs patented products (Tye4®, Parasetter®, MINIST™, Head Floater®, and Tye4®)</p>	<p>Module 2: Reformer Exercises</p> <p>Universal Reformer exercise– 25</p> <p>Sequencing and class planning Body assessment</p>	<p>Module 3: Auxiliary Pilates</p> <p>Advance Auxiliary Pilates(Cadillac, Barrel, Chair, SpineCorrector) choreography and anatomical references Spinal mobility corrective exercises Myofascia theory and implication</p>
Fee (Exc. Vat)	78,900	24,900	54,900	54,900

Matwork & Props
(Fundamentals-Advance)



Pilates Matwork & Props Instructor Certification by Pilatesprop®

Pre-requisite: Bachelor degree/ College graduates

In-person training module

Duration: 3 Days

Training hours: 9:00-16:00

Lead Trainer: Dharak Dharmarongrat

Accredited training provider by PhysicalMind Institute®, USA

Module 1 : Essential Pilates

Principal & Form

Anatomy of Pilates

Fundamental movement

Matworks - 35 Exercises and practice using props and PMIs patented products (Tye4®, Parasetter®, MINIS™, Head Floater®, and Tye4®)

Day 1:

- Principles of Pilates
- Fundament anatomy of pilates
- Biomechanics summary
- 11 Fundament movement
- Fundamental Mat exercises
- Queuing and practice

Day 2-3:

- Intermediate & Advance choreography
- Modification
- Using prop
- Teaching demonstration

Fee: ฿24,900

including training materials from PhysicalMind Institute, USA

Certificate of achievement by Pilatesprop®

Pilates Reformer Instructor Certification by Pilatesprop®

Reformer

(Beginner-Advance)



Pre-requisite: at least 10 sessions of practicing any Reformer class

In-person training module

Duration: 5 Days

Training hours: 9:00-16:00

Including teaching assignment and demonstration

Lead Trainer: Dharak Dhamarongrat

Accredited training provider by PhysicalMind Institute®, USA

Module 2:

Reformer Exercises

Universal Reformer exercise- 25

Sequencing and class planning

Body assessment

Day 1: Fundamentals

- Review of biomechanics
- Anatomy of Pilates
- History of Contrology
- Fundamental movements (35 Matworks)
- Body reading concept
- Benefits of Contrology
- Reformer creations
- Classifying exercises blocks
- Intentions vs Instructions

Day 2: Reformer exercises, Part I

- Springs, straps, and resistance concepts
- Routine warm up series
- Routine stretching series
- Footbar series
- Lower body block

Day 3: Reformer exercises, Part II

- Hands in straps series

- Feet in straps series
- Stretching with straps
- Rowing series
- Kneeling series
- Upper body block

Day 4: Reformer exercises, Part III

- Abdominal block
- Coordination series
- FBI series
- Standing series
- Variations & modification
- Fluidity and Flow

Day 5: Reformer exercises, Part IV (Box, jump board, and small props)

- Short Box series
- Long Box series
- Jumping board series
- Using small props
- Adjustment and hands in skills
- Instructor ethics

After the completion of the training, participants are required to submit essay paper as well as demonstration.

Fee: ฿54,900

including training materials from PhysicalMind Institute, USA

Certificate of achievement by Pilatesprop®



Auxiliary Pilates
Apparatus
(Cadillac-Barrel-Chair))

Auxiliary Pilates Apparatus by Pilatesprop®

Pre-requisite: Module 1 & 2 or other related fields
In-person training module
Duration: 5 Days
Training hours: 9:00-16:00
Including teaching assignment and demonstration

Lead Trainer: Dharak Dhamarongrat
Accredited training provider by PhysicalMind
Institute®, USA

Module 3: Auxiliary Pilates (Cadillac-Barrel-Chair)

Day 1-5:
Myofascia theory and Anatomical references (Vectors & Movement)

Auxiliary Pilates: Barrel Choreography & Spine Corrector & Magic Circle Exercises
Spinal mobility corrective exercises
Prenatal/Postnatal modification

Chair Choreography, dynamic stretching, straightening exercises & cardio exercise

Cadillac Choreography, including weight bearing sequences, resistance training application, therapeutic exercises & Myofascia Release techniques

Fee: ฿54,900

including training materials from PhysicalMind Institute, USA
Certificate of achievement by Pilatesprop®

PILATES MATWORK & APPARATUS

Instructor Training Program by
PhysicalMind Institute®, USA



IN-PERSON TRAINING
10 DAYS/ 80 HOURS

Pilates Matwork & Apparatus Certification Program by Pilatesprop®

Pre-requisite: at least 10 sessions of practicing
private classes

In-person training module

Duration: 10 Days + 2 days exam and teaching
demonstration

Training hours: 9:00-16:00

Practice hours: 16:00-18:00

Teaching assignment and demonstration for
private and group classes

Lead Trainer: Dharak Dhamarongrat

Accredited training provider by PhysicalMind
Institute®, USA

Facility: fully equipped with PeakPilates® Apparatus, USA

10 days in-person training with PMIs certified licensee training provider

2 days exam and teaching demonstration (can be rescheduled within 6 months)

Training Certification by Pilatesprop®

Module 1 : Essential Pilates

Principal & Form

Anatomy of Pilates

Fundamental movement

Matworks - 35 Exercises and practice
using props and PMIs patented products

(Tye4®, Parasetter®, MINIS™, Head

Floater®, and Tye4®)

Module 2&3: Intensive Apparatus

Reformer Exercises (Universal Reformer
system)

Essential Chair and Cadillac Exercises

Extra choreography on Barrel, small props
and Spine Corrector

Private setting orientation

Sequencing and class planning

Body assessment

Program Outlines

Training Time: 9:00-16.00

Practice Hours: 16:00-18:00

Day 1-2: Fundamentals

- overview biomechanics
- Anatomy of Pilates
- Body assessment
- Body reading concept
- Pilates Matworks
- Using props: Ball, Mini Ball, Magic Circle, SpineCorrector, Tye4

Day 3-4: Reformer exercises

- Springs, straps, and resistance concepts
- Routine warm up series
- Routine stretching series
- Footbar series
- Jumping board series
- Feet in straps series
- Stretching with straps
- Essay 1-4

Day 5-6: Reformer exercises

- Abdominal blocks sequence • Hands in straps series
- Upper extremities sequence • Coordination series
- Beginner class choreography • Variations & modification
- Essay 5-8

Day 7:

- Box series: Short box/ Long box
- FBI series
- Intermediate Advanced choreography • Teaching group class
- Using small props
- Classifying exercises blocks
- Essay 9-10

Day 8-10:

- Chair
- Tower series
- Barrel
- Spine corrector

- Teaching demonstration: Workout I, II, III
- Private class setting and teaching small group class
- Class for women: osteoporosis prevention and pregnancy oriented • Essay 11-13

Day 11-12:

Exam and teaching practice

Review and rehearsal for teaching demonstration

Theory exam: 50 multiple choice questions and Essay

Teaching demonstration: teaching 1 hour private class, 1 hour group class (2 pp or more), 1 online class

Post training minimum requirements to apply for PMI Certification:

Essay and self practice

15 hours private sessions

15 hours teaching sessions

15 hours self practice within 6 months

Fee: ฿78,900

*Additional fee apply for Digital Certificate by PhysicalMind Institute, USA (pdf 3,500 / print 6,000)

ถ้าต้องการใบเซอร์จากทาง PhysicalMind Institute, USA ด้วยก็จะมีสอบข้อเขียนและเก็บชั่วโมงฝึกสอน 30 ชม. ค่าเซอร์แบบ pdf ฿3,500 แบบพิมพ์ ฿6,000 ค่ะ

Training Place:

Pilatesprop #110
2882/ 110, Supalai Park EkkamaiThonglor, Bangkok, Thailand
065 858 5445, 098 651 9161
<https://g.co/kgs/s3S8zR>

Studio for rent/ practice room:

Pilates in Town
065 858 5445, 098 651 9161
https://maps.app.goo.gl/1MuXqwB3sHHTwngr9?g_st=ic

Showroom/home studio:

Pilatesprop
065 858 5445, 098 651 9161
https://maps.app.goo.gl/CXz41JeiNpErmP736?g_st=ic

Pilates Apparatus Training & Retreat, Rayong

https://maps.app.goo.gl/DvmyiK1cHmKCRMnx6?g_st=ic

คอร์สพิลาทิสสำหรับสตูดิโอ หลักสูตรฝึกอบรมจากสหรัฐอเมริกา เรียนรู้การฝึกพิลาทิสและท่าพิลาทิสกับอุปกรณ์ครบทุกชิ้น ทั้ง รีฟอร์มเมอร์ คาคิแลค บาเรล แชร์ และอุปกรณ์เสริมอื่นๆ เหมาะสำหรับสตูดิโอแบบไพรเวท คลินิกกายภาพ และเวลเนสเซ็นเตอร์ที่ต้องการเสริมพิลาทิสให้กับธุรกิจของคุณ

หลักสูตรฝึกอบรมแบบเข้มข้น เรียนตั้งแต่พื้นฐาน ทำชั้นสูง การอ่านร่างกาย การออกแบบโปรแกรมการฝึก การดูแลผู้ฝึกที่ต้องการการดูแลสุขภาพเป็นพิเศษ เช่นสตรีตั้งครรภ์ หลังคลอด ผู้สูงอายุ เด็ก ภาวะผิดปกติต่างๆ กล้ามเนื้อไม่สมดุลย์ตามจุดต่างๆ และทักษะการสอน แนะนำแนวทางการทำธุรกิจ และเทคนิคการสอนทั้งไพรเวทออนไลน์ และกรุปคลาส

จัดฝึกอบรมนอกสถานที่/นัดเรียนส่วนตัวนัดหมายเวลาเรียนได้ที่

Contact Us ติดต่อ

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