

# Movement Insights Presents



## Level 2: Beginning-Intermediate Equipment Training

at



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# About Movement Insights

Movement Insights is a unique venture that offers Mindful Pilates training in Blue Mounds and Madison, WI. Movement Insights began offering Advanced Studies and Teacher Training in Pilates in 2007. The program covers a wide range of study including the Classical Pilates exercises, imagery-based alignment and anatomy, and techniques for teaching healthy movement to all types of bodies. The approach is in-depth and individualized. As a participant, you will develop your own practice and in doing so, learn the skills to design and teach this practice to others.

## ***Mission Statement***

Movement Insights is dedicated to helping students achieve fully integrated health. We view integrated health as a fluid balance of the physical, mental, emotional and spiritual states. These universal states are all affected when we move. Movement Insights approaches movement with awareness which provides students with insight into who they are, how they think, and what makes them feel happy and healthy. By infusing Pilates with the principles of imagery work, energy healing, and meditation, Mindful Pilates promotes opportunities for students to connect deeply to their whole sense of self.

## ***Why choose our program?***

The world of Pilates is quite diverse and there are as many styles of Pilates as people who love to do it. A common belief in Pilates is that to get benefit from the exercises, one must use the "right" approach, implying that there is one true way to practice. Luckily, there are many "right" approaches to Pilates. If you participate in our program, you will be asked to develop your practice in a way that is right for you. You may be drawn to a slow and simple practice that creates a deep therapeutic experience or a more rigorous energizing practice in which you perform every exercise in the classical series. You'll be asked to teach from different perspectives as well, according to the state of the body, mind and energy of the student in front of you. You will learn more than just Pilates exercises, you'll learn how to use Pilates as a movement strategy for creating better health.

## **Integrated Learning Goals**

The Mindful Pilates teacher training program is designed with three goals in mind:

- Trainees will learn about their own bodies and achieve improved personal health
- Trainees will learn Classical Pilates exercises and proper technique
- Trainees will learn to communicate well and teach others to feel better in their bodies

Each level of training embodies these goals by asking students to participate in a variety of learning environments including formal lectures and classes to learn technique and exercises, private sessions and independent workouts to improve personal health and body awareness, and observation and practice teaching hours to improve teaching skills. This in-depth approach helps trainees to truly embody the Pilates work and integrate the many details involved in teaching individuals.

## **Teaching Experience is Built Throughout the Program**

Our teaching training program encourages trainees to begin creating a professional career as Pilates teachers while they complete their training. After completing level I, many trainees begin teaching one or two mat classes a week. After level II, trainees are prepared to increase to a part-time teaching load with private sessions. Trainees who take the level III training improve their understanding of how to work with specific injuries, offer therapeutic sessions, and see into deeper layers of anatomy. The experience of teaching not only generates income for students, it also enriches their training overall. Trainees gradually become professionals in the field, while still receiving mentorship and support. In addition, the level of discussion in training sessions is elevated by the insightful questions such growing professionals bring to the table.

## ***Location and Facilities***

Mindful Pilates advanced training and teacher certificate courses are offered at two locations: Pilates on Harrison and Mound Street. Locations for each session are listed in the class schedule for each level of training. Mats, Pilates rings and straps are provided for mat classes. Access to Pilates equipment is provided during equipment training sessions.

Pilates on Harrison  
710 Harrison Street  
Madison, WI 53711

Mound Street  
1342 Mound Street  
Madison, WI 53715

# Movement Insights Faculty

## Collette Stewart (School Director & Primary Instructor)



Collette Stewart began studying movement at a very young age through dance. She has earned a BFA in Modern Dance from TCU, Pilates certification through The Pilates Center in Boulder, Colorado and Yoga Certification through Kripalu Yoga. She has been teaching dance, Pilates and yoga for 15 years. As a Pilates instructor, Collette's method incorporates a deep understanding of the body gained through her many movement practices, meditation practice, and energy healing work. Collette has studied anatomy extensively and uses imagery and anatomy as a means to heighten students' internal understanding of movements and kinesthetic awareness.

Over the years, Collette has taught a wide range of individuals – from the very fit to the very injured. Much of her understanding of misalignment patterns and tension in the body comes from her personal process of unraveling a deeply embedded scoliosis curvature in her spine. Through that process, she continues to develop the skills necessary to teach alignment and awareness through movement.

## Susan Watson (Instructor)



Susan Jane Watson began practicing Pilates at age 50 and soon knew she wanted to teach this exercise form to others. She earned her comprehensive Pilates teaching certificate (750 hours) through Movement Insights with Collette Stewart and has been teaching Pilates in the Madison area since 2012.

Communication is a strength of Susan's teaching. Clear explanations, targeted references to anatomy, and use of imagery help her clients succeed with Pilates. Susan became a Pilates enthusiast because of its challenge, its potential for ongoing refinement and progress, and its power to inspire her as a thinker and mover; she strives to offer her students the same experience.

## Movement Insights Graduates & Teachers

During the training program, students are encouraged to take classes with Movement Insights Certified Teachers. In addition, Movement Insights Certified Teachers may occasionally be guest instructors in the teacher training programs. A listing of teachers can be accessed at [www.movementinsights.com](http://www.movementinsights.com).

# Program Overview

The complete Pilates training program includes three levels of training taken in order. Each level results in a certificate and contains a complete and unique body of knowledge. It is not necessary to take all three levels of training in order to begin teaching. For example, satisfactory completion of Level 1 will give you the ability to teach beginning to intermediate mat classes. For those wishing to become certified through the Pilates Method Alliance, you must complete all three levels.

## ***Level 1: Beginning to Intermediate Mat***

Level I is a 100 hour course completed over three months. Level I covers the Classical Pilates mat exercises from beginner to intermediate levels. The course is designed for students who wish to become Pilates instructors or Pilates enthusiasts who want to create a comprehensive home practice. Level I includes three weekend workshops covering Pilates exercises and fundamentals, anatomy, teaching methodology and Pilates history. To be awarded a Level I Movement Insights teacher certificate, students must complete an additional 65 mentored hours for a total of 100 hours of training. Tuition for the course is \$850 plus required texts and group classes. Level I is offered every other year.

## ***Level 2: Beginning to Intermediate Equipment***

Level II is a 325 hour course, completed over eight months. Level II covers beginner to intermediate work on the Pilates Reformer, High & Low Chairs, Cadillac, and accessory equipment. Students will delve deeper into understanding of healing injuries, unlocking inefficient movement patterns, and creating powerful, supportive core strength. Level II consists of six weekend workshops covering exercises, anatomy, history and pedagogy. In addition, students will be required to complete of 265 hours to receive a Level II Mindful Pilates teacher certificate. Tuition for the course is \$2600 plus required texts and group classes. Level II is offered every other year following the Level I training.

## ***Level 3: Advanced Mat and Equipment***

Level III is a 300 hour program, completed over eight months, covering the intermediate to advanced work on the Mat, Reformer, High & Low Chairs, Cadillac, and accessory equipment. Course III will ask students to move beyond what they think their body can or cannot do and instead explore the full potential of movement that can be gained by practicing Pilates. Level III consists of six weekend workshops covering exercises, anatomy, history and pedagogy. Students are also required to complete an additional 200 hours for certification. Tuition for the course is \$2600 plus required texts and group classes. Level III is offered periodically and is scheduled after students complete Level II per student demand.

## ***Certification***

Pilates Method Alliance (PMA) is a professional association that offers certification for Pilates Instructors. In order to become PMA certified, candidates must complete a comprehensive Pilates teacher training program that includes a minimum of 450 hours of teaching and mentorship, then pass a 150 question multiple-choice examination. The exam is administered by Pilates Method Alliance.

Completion of Movement Insights Level 3 training will qualify you to sit for the exam. However, we recommend that you purchase and use the study guides offered by PMA before sitting for the exam.

Students are Movement Insights certified after completion of Level 3. This certification is an endorsement that you have met the standards set forth by Movement Insights and that your teaching style reflects the core values associated with Movement Insights Pilates.

## ***Employment Assistance***

Movement Insights does not offer job placement, but during the program you will receive six hours of training and additional advice on how to start a teaching career and how to run a Pilates business.

The farther you advance in the training, the more likely it will be that you can teach full time. With a Level 1 Certificate, graduates will typically teach mat classes at least once a week. However, many Level 2 & 3 graduates go on to teach as part-time or full-time instructors. Some use the Pilates exercises as a supplement to another career (physical therapists, massage therapists, yoga instructors). Other participants have unrelated careers and participate to improve their health and deepen their knowledge and understanding of their body. The trainee should take into consideration that there is no guaranteed employment as a Pilates Instructor.

# Level 2 Program Details

Movement Insights Pilates Matwork Training is made up of 325 hours including lecture, class, workout, observation, practice teaching and miscellaneous hours. The training will cover the Classical Pilates Introductory to Intermediate work on the Reformer, High and Low Chair, Cadillac and Accessory equipment. The coursework also includes anatomy, teaching methodology and Pilates history and philosophy. Upon completion of apprenticeship hours and upon passing a written, performance and teaching practical exams, students will be awarded a Course II (Beg-Int) Teaching Certificate.

## Hours

60 hours	Lecture Series
14 hours	Private Sessions (cost included in tuition)
25 hours	Observation
100 hours	Classes and/or Independent Workouts
75 hours	Practice Teaching
51 hours	Miscellaneous (outside readings, etc.)
325 Total hours	

**Students should plan on committing 8 hours per week to their training (not including lecture weekends).**

## Lectures

The 60 hours of required lecture will be split into four 15-hour weekends. All weekends will take place at the Pilates on Harrison

The hours are as follows:

- Fridays 4:00pm – 7:00pm
- Saturdays 12:00pm – 3:00pm and 4:00pm – 7:00pm
- Sundays 10:00am – 1:00pm and 2:00pm – 5:00pm

Lectures will cover Introductory through Intermediate exercises on the Mat, Pilates History, teaching methods, and anatomy. If you must miss a lecture for any reason, these hours may be made up with approval of the instructor. If further personal instruction is required, you will be charged the private session rate (\$50 per hour).

5/18–5/20	Reformer & Cadillac I	Introductory–Beginning level work on the Reformer, Cadillac and Accessories; Pilates History & Pilates Elders; Anatomy review of spine, abdominals, and breath; Teaching beginning clients
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6/29-7/1	Reformer II & Chair I	Introductory-Beginning level work on the Chair & Ladder Barrel, Beginning-Intermediate work on the Reformer; Anatomy of Neck and Shoulders; Seeing and feeling individual anatomy; Using the Six Pilates Principles as a teaching guide
9/7-9/9	Cadillac & Chair II Reformer III	Beginning-Intermediate work on the Cadillac and Chair, Intermediate work on the Reformer; Anatomy of pelvis & psoas; Classic Pilates films; Developing your own style as a teacher; Exploring personal constitutions via the four elements
10/12-10/14	Cadillac & Chair III	Intermediate work on the Cadillac & Chair; Accessory Equipment Exercises; Anatomy of the feet, hands, knee; Understanding energy via the chakras; Working with Injuries; Exploring connections between the different Equipment pieces; The business of Pilates; Written Exam

## Sessions

### Privates

Personal attention and individual alignment cues are a hallmark of Pilates. Private sessions allow you to study the efficacy of your movement and address chronic pain or injury. Sessions focus on the unique body patterns and needs of an individual, and they provide new focus and advance the technique of your personal workouts. Trainees will be required to complete 8 hours of private instruction (once a month). Private Sessions are taught at Pilates on Harrison in Madison. The cost of the sessions is included in the tuition.

### Semi-Privates

Students will also be required to complete 6 hours of semi-private sessions for their apprenticeship. Semi-private sessions will allow 2 or 3 apprentices at a time to work out in the studio. An instructor will spend a limited amount of time with each student and offer guidance to enrich their workout. Semi-privates are taught at the Pilates on Harrison in Madison. The cost of the sessions is included in the tuition.

## Observation

The 25 hours of observation required in the mentorship may be completed at the Pilates on Harrison by observing private sessions or equipment classes, or hours may be completed at the Blue Mounds Dharma Center or Mound Street Yoga Center by observing mat classes. Observing an instructor teach is an excellent way to see how different workouts address the needs of different bodies, and to see how approaches vary depending on a student's learning style. There is no charge for observation if you work with a Movement Insights certified instructor.

## Classes/Workouts

Students will be required to complete 80 hours in this category. Hours can be earned through Mat Classes (up to 10 hours), Equipment Classes, Duets, Private or Semi-Private Sessions and Independent Workouts. Although the exact number of hours in each category is not dictated, hours logged should be a mix.

Hours may be earned at the following locations:

- Pilates on Harrison – A variety of equipment classes are offered Mon–Sat. Students may jump into a class for free if there is open space or may choose to reserve a space at a discounted rate of \$18 per class.
- Blue Mounds Dharma Center – Weekly group mat classes are offered on Saturday at 9:00 am (\$13–\$15 per class).
- Mound Street – See [Class Schedule](#)
- Classes taught by Movement Insights graduates at other locations

## Practice Teaching

As you gain more knowledge about anatomy, imagery and the Pilates exercises, practice teaching is a fun and practical way to test your knowledge and observational skills. Teaching volunteer students allows you to experiment with the work and become more creative as you communicate bodily concepts. Trainees should begin their 75 of practice teaching hours in the second month of the mentorship. Practice teaching hours should be mainly composed of private sessions with volunteer clients; however, small group classes can also count towards these hours. You will be required to log your practice teaching hours. Trainees will also be required to complete 10 teaching logs to be turned in to Collette.

## Miscellaneous Hours

Trainees must complete 51 hours in the miscellaneous category. Mostly, this will consist of outside readings assigned and work in Anatomy Coloring Book. However, extra classes, workouts, or outside Pilates workshops can be counted in this category as well.

## Required Reading

Plan to spend about \$60–\$100 on these required texts:

Taking Root to Fly by Irene Dowd – Movement Insights: \$22.00

Anatomy of Movement by Blandine Calais-Germain – Amazon: \$27.00

Anatomy Coloring Book (4<sup>th</sup> Ed.) by Wynn Kapit & L. M. Elson – Amazon: \$15.00

## ***Level 2 Tuition and Terms***

- Tuition is \$2600 and includes required lectures and private sessions. (Check, Cash, Visa and MasterCard accepted for payment.) Payment of the balance is due at the beginning of the first lecture.
- Consultation with faculty to make up deficient program hours will be charged at \$60 per hour.
- We do not offer financial assistance
- We offer monthly and/or bi-monthly payment plans.

## ***Pre-Requisites***

In order to participate in the Movement Insights Level 2 program, applicants must have completed Movement Insights' Level I Mat Training or another equivalent program. Students who do not have previous Pilates experience, but have a background in dance, yoga or another movement form can be accepted on a case by case basis and may be required to complete a certain number of private sessions and/or group classes before beginning the program. Pilates requires a good awareness and understanding of one's own body in order to perform the movements in a safe and health-promoting manner. The acceptance or rejection of any applicant is up to the discretion of Collette Stewart.

## ***Course Completion Requirements***

A Level 2 Mat Teaching Certification will be awarded based on the student's completion of the 325 hours and passing the following tests:

- Written Exam: covering anatomy, order of the exercises, basic Pilates history, knowledge of equipment set-up in each exercise, conceptual ideas for teaching
- Performance Test: student will be expected to perform an independent workout on the Reformer through the Intermediate level
- Teaching Practicum: student will be observed teaching a practice client and will be expected to create a well-rounded and safe session: displaying knowledge of anatomy, order and flow of exercises and intelligent use of the equipment and exercises to meet the client's specific needs

The student will be required to submit 10 teaching logs and a completed trainee log which includes class instructor sign-off on classes, private sessions & observations, student sign-off on practice teaching and logged workout hours.

# School Policies

## ***Non-discrimination***

The Movement Insights Training Program does not discriminate on the basis of age, gender, marital status, national origin, sexual orientation, race or religion.

## ***Attendance, Tardiness and Make-up Hours***

- Attendance in all sessions is required. If you foresee absences, please reconsider your participation in this course. Punctuality is expected. More than 10 minutes late for a session deducts one hour from your contact-hours total. Attendance is noted at each class.
- In the event of an absence, those working toward a certificate must confer with the instructor to develop a strategy to learn the course content and fulfill required hours. For those without teacher certification intent, it is expected that missed course material will still be reviewed prior to the next class. Arriving to classes ill-prepared is not fair to you, the instructor or your classmates.
- Make-ups (including make-up exams), and reviews resulting from absences will be charged \$60 per hour.

## ***Leave of Absence***

We offer no leave of absence from the program. In the event a participant must discontinue the training and wishes to complete the program, they will need to start anew in a future class. The refund policy will apply to unused tuition.

## ***Advanced Standing***

We do not offer advanced standing for previous training or course-work.

## ***Graduation Requirements***

- Completing all written, performance and teaching tests outlined for each level of training.
- Full participation in all required weekend lectures
- Completion of outside teacher training hours including observation, classes, workouts, session and practice teaching hours

## ***Student Records***

All student records will be stored for a period of ten years from date of graduation. Records are private and can be accessed only with a written request from the teacher trainee. Records will be forwarded if the written request specified the recipient. Movement Insights will only forward records to educational institutions and employers.

## ***Evaluation of Student Progress***

Trainees will be tested by written exam and performance of an Intermediate level workout. Upon completion of hours and passing these tests, trainees will be awarded a Course I (Beg-Int) Mat Certificate. In the event of insufficient exam scores, students will be allowed to retake exams up to one more time, for a total of two attempts per exam. In the event progress has been deemed unsatisfactory, students will be notified immediately to schedule a meeting with the School Director to discuss strategies for future success and to remedy past insufficiencies. Students may continue to attend classes, regardless their performance on exams. Probation and termination only applies to situations described below in student conduct.

## ***Complaint Procedure***

Students with concerns or complaints are encouraged to bring them to the attention of the Director of Movement Insights. The Director's decision on all complaints is final. If resolution cannot be reached, students may contact the Wisconsin Education Approval Board for further assistance at (608) 266-1996.

## ***Student Conduct and Drug Policies***

Participants are expected to behave maturely. Students displaying disruptive behavior will be terminated from the program. Disruptive behaviors include, but are not limited to: harassing other students, possession or being under the influence of drugs or alcohol, or abusive language. The ethics statement outlines our behavioral expectations. It is expected that teacher trainees will be familiar with these issues and strive to uphold their essence.

## ***Termination Policies***

Students who behave inappropriately will receive a written warning. A second infraction of conduct policy will result in termination from the program. One year after termination, student may reapply for admission to an upcoming class. Admission is not guaranteed.

## ***Cancellation and Refund Policy***

The student will receive a full refund of all money paid if the student cancels within a three-business-day cancellation period. A student who withdraws or is dismissed after attending at least one class, but before completing 60% of the instruction in the current enrollment period, is entitled to a pro rata refund as follows:

<b>After completion of at least</b>	<b>Prior to completion of</b>	<b>The refund will be</b>
N/A	First day of class	100%
1 unit/class	10% of the program	90%
10%	20% of the program	80%
20%	30% of the program	70%
30%	40% of the program	60%
40%	50% of the program	50%
50%	60% of the program	40%
60%	N/A	no refund

- As part of this policy, the school may retain a one-time nonrefundable application fee of no more than \$50. The School will make every effort to refund prepaid amounts for books, supplies and other charges. A student will receive the refund within 40 days of the termination date. If a student withdraws after completing 60% of the instruction, and the withdrawal is due to mitigating circumstances beyond the student's control, the school will refund a pro rata amount.
- A written notice of withdrawal is not required. Students are required to return course materials for missed sessions before receiving a refund. That date the course materials are received by Movement Insights is considered official withdrawal date from the program.
- Students who utilize the cancellation privilege will receive a full refund within 10 business days.

# Movement Insights Ethics Statement

As a teacher of Pilates, it is my responsibility and privilege to support the physical, mental and emotional welfare of my students, and to uphold the dignity and integrity of the Pilates teachings. Thus, I agree to abide by the following guidelines.

## ***Relationships with Students***

In recognition of the trust placed in me by my students, I agree to:

- Show only the highest regard for my students' personal beliefs and values.
- Offer my services of teaching Pilates to all persons, regardless of sex, race, color, ancestry, religious creed, national origin, physical disability, mental disability, medical condition, age, marital status, political affiliation, or sexual orientation.
- Avoid any action that I know will conflict with the higher interest of my students.
- Avoid taking unfair advantage of students financially, sexually, romantically, or otherwise.
- Refrain from initiating a romantic or sexual relationship with a current student, even if invited by the student.

## ***Professional Conduct***

In conducting my teaching practice, I will:

- Offer only those services that I am competent to provide.
- Not attempt to diagnose a student's physical or psychological condition, prescribe a treatment, nor suggest or approve going against a physician's advice.
- Take continuing education in Pilates teaching on a regular basis.
- Be honest, straightforward, fair and conscientious in all business dealings.
- Manage my business finances according to accepted business and accounting practice.

## ***Advertising***

In brochures, advertising and other descriptions of my services (including verbal), I will:

- Make no exaggerated claims as to the benefits of Pilates practice or my classes.
- Represent my training, qualifications, abilities and affiliations accurately and unambiguously.
- Not falsely imply sponsorship by, representation of, nor endorsement by any organization.

## ***Ownership and Governance***

Movement Insights, LLC is the owner of the Movement Insights Advanced Studies Program. Collette Stewart is the school director and the Head Instructor.

# Admission Information

## ***Admission requirements***

- Applicants should be at least 22 years of age. (Exceptions will be considered upon submission of additional application materials)
- Submit a \$50 nonrefundable application fee.
- Complete and submit the application form along with a resume or work history.
- Complete a satisfactory admissions interview.
- Applicants are expected to be computer literate. This means being comfortable with sending/receiving e-mail and navigating websites.

## ***How to apply***

- After receiving the completed application along with the \$50.00 application fee and \$150 deposit for Level 2, an admissions interview will be scheduled. Application to the program does not guarantee acceptance.
- All applicants are required to have an interview with Collette Stewart, Director of Movement Insights Pilates Training Programs. Applicants are encouraged to bring any questions you have about the program to the interview.
- Applications are due by **April 1, 2018**. Students are encouraged to submit applications early, as spaces in the course are filled as qualified applications are received.

For more information on the program or to apply, please contact:

Collette Stewart  
Box 73  
Blue Mounds, WI 53517  
608-338-8598  
collette@movementinsights.com  
www.movementinsights.com



# Application for Admission

To apply, please submit this application, a resume or work history, \$50 application fee and the \$150 deposit for Level 2.

**Date**

**Name**

**Address**

**Phone (Day)**

**Phone (Eve or Cell)**

**Email (Required)**

**Age**

Why are you interested in the Pilates training?

What is your background in Pilates?

Describe your experience with other movement or exercise training styles (dance, sports, martial arts, etc)

Do you have any concerns or questions regarding the training?