



# *Movement*

I N S I G H T S

Pilates Teaching Apprenticeship

*Course I: Beginner-Intermediate Work*

# PROGRAM OUTLINE

Movement Insights Pilates Teaching Apprenticeship is made up of 350 apprenticeship hours including lecture, class, workout, observation, practice teaching and miscellaneous hours. The apprenticeship will cover the Classical Pilates Introductory to Intermediate work on the Mat, Reformer, High and Low Chair, Cadillac, and accessory equipment. The coursework also includes anatomy, teaching methodology and Pilates history and philosophy. Students will be tested by written exam, performance of an Intermediate level workout, and a teaching practicum. Upon completion of apprenticeship hours and upon passing these three tests, students will be awarded a Course I (Beg-Int) Teaching Certification.

## **Apprenticeship Hours will include:**

72 hours	Lecture Series	1 weekend month
16 hours	Sessions (cost included in tuition)	2 per month
100 hours	Classes and/or Independent Workouts	3 hours week
40 hours	Observation	5 hours month
60 hours	Practice Teaching (last 6 months only)	2-3 hours week
62 hours	Miscellaneous (outside readings, etc.)	8 hours month

350 total hours = Approximately 10 hours week

## **Lectures**

The 72 hours of lecture required for the apprenticeship will be split into six 12-hour weekends. **All lectures will take place at Blue Mounds Pilates Center.**

The hours are as follows:

- Saturdays: 12:00-3:00 and 4:00-7:00
- Sundays: 9:00-12:00 and 1:00-4:00

Lectures will cover Introductory through Intermediate exercises on the Reformer, Mat, Chair, Cadillac and accessory equipment. Lectures will also focus on anatomy, teaching methods of seeing and cueing the body, and Pilates History. *If a student must miss a lecture for any reason, these hours may be made up with approval of the instructor. If further personal instruction is required, students will be charged the private session rate (\$50 per hour).*

Sept. 26 & 27	Lecture I	Overview of Full Program; Introductory level work on the Mat, Reformer, Cadillac, and Chair; Return to Life and Pilates History; Introduction to anatomical terms; Anatomy of spine and abdominals; Introduction to Imagery work; Teaching a first session
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## Lectures (cont.)

Oct. 24 & 25	Lecture II	Beginning level work on the Mat, Reformer, Cadillac, Chair, and accessory equipment; the Six Pilates Principles; Anatomy of Breath and how the abdominals relate to breathing; Imagery exercises for the breath
Nov. 14 & 15	Lecture III	Beginning-Basic Intermediate work on the Mat, Reformer, Cadillac, and Accessory equipment; Anatomy of Neck and Shoulders; Discovering your strengths as a teacher and developing your own style
Jan. 23 & 24	Lecture IV	Intermediate work on the Mat, Reformer, Cadillac, Chair, and Accessory equipment; Anatomy of pelvis and lower abdominal connections; Creating flow in your workouts and teaching; Understanding energy via the chakras
Feb. 27 & 28	Lecture V	Intermediate work on the Cadillac, Chair, Barrel and other accessory equipment; Anatomy of the feet, hands, forearms, and shins; Understanding how the different exercises fit together through the different equipment pieces; Seeing the client as an individual and choosing exercises accordingly; Exploring personal constitutions via the four elements
March 27 & 28	Lecture VI	Review of all Introductory-Intermediate work; Anatomical connections of the body as a unit; Viewing the body as a creative process; Teaching different populations; Written exam

## Sessions

### Privates

Students will be required to complete 8 hours of private instruction for their apprenticeship. Private sessions will focus on the student's individual body patterns and needs. These sessions will also give the students new focus and advance the technique of their personal workouts.

The cost of the sessions is included in the tuition. Students may take further private sessions (at the rate of \$50 hour) if they choose and count those hours toward "classes/workouts" or as part of their make-up for missed lecture hours.

Private Sessions are taught at the Blue Mounds Pilates Center in Blue Mounds.

## **Semi-Privates**

Students will also be required to complete 8 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.

The cost of the sessions is included in the tuition. Students may take further semi-private sessions (at the rate of \$25 hour) if they choose.

Semi-privates are taught at the Blue Mounds Pilates Center in Blue Mounds.

## **Classes/Workouts**

Students will be required to complete 150 hours in this category. Hours can be earned through Mat Classes, Equipment Classes, and Independent Workouts. Although the exact number of hours in each category is not dictated, hours logged should be a mix of all three.

Students may earn hours at the following locations:

In Blue Mounds:

- **Blue Mounds Pilates Center** – Apprentices can schedule time to workout at the Blue Mounds Pilates Center whenever it is not already in use. Apprentices are encouraged to make full use of the space whenever possible. Past apprentices have found it convenient to earn blocks of their hours at this studio – sessions, observation, practice teaching, and workouts. The studio is the most beautifully and completely equipped of all the possible locations.
- **Blue Mounds Dharma Center** – Apprentices can attend group mat classes at no cost on Saturday mornings at 9:00 am.

In Madison:

- **Madison Pilates** – Apprentices can also schedule time to workout at Madison Pilates when the space is available. Equipment classes will be offered here twice a week for apprentices on Mondays and Thursdays at noon.
- **Mound Street Yoga Center** – Apprentices can attend group mat classes at no cost on Tuesdays at 12:00, Fridays at 12:00 and Sundays at 4:30.

## **Observation**

The 45 hours of observation required for the apprenticeship may be completed at the Blue Mounds Pilates Center or hours may be completed Madison Pilates. Observation hours can include private sessions, mat classes and equipment classes. Students must complete at least 15 hours in this category before they begin practice teaching.

## **Practice Teaching**

Students will begin their 75 practice teaching hours in the third month of the apprenticeship and only after they have completed at least 15 of their observation hours. Practice teaching hours should be mainly composed of private sessions with volunteer clients at the Blue Mounds Pilates Center, Madison Pilates, or another full Pilates Studio where apprentices can make use of all the Pilates equipment. Some practice teaching can also be completed in a group mat or equipment class setting. As part of their practice teaching, apprentices must also complete 10 teaching logs.

## **Required Readings**

Anatomy Coloring Book (3<sup>rd</sup> Edition) by Wynn Kapit & Lawrence M. Elson – Amazon: \$13.73

Taking Root to Fly by Irene Dowd – can be ordered as a group for \$22.00 each

A Pilates Primer (Return to Life) by Joseph H. Pilates – Amazon: \$10.85

Anatomy of Movement by Blandine Calais-Germain – Amazon: \$27.08

# **CERTIFICATION**

A Course I (Beg-Int) Teaching Certification will be awarded based on the student's completion of the 400 apprenticeship hours and passing the following tests:

- **Written Exam:** covering basic anatomy, order of the exercises, basic Pilates history, knowledge of equipment set-up in each exercise (i.e. # of springs, headrest/ bar placement, etc.)
- **Performance Test:** student will be expected to perform an independent workout on the Reformer or Mat 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 basic knowledge of anatomy, order and flow of exercises, and intelligent use of the equipment and exercises to meet the client's specific needs

# FACULTY BIOGRAPHY

Collette Stewart earned a BFA in Modern Dance from Texas Christian University in 1995. She received her Pilates certification through the internationally recognized Pilates Center in Boulder, CO and Yoga certification through Kripalu Yoga. Stewart has been teaching dance, yoga, and Pilates since 1995. She spent 3 years in New York teaching at the renowned Real Pilates Studio (formerly Tribeca Bodyworks) owned by Alycea Ungaro and during that time, modeled for Ungaro's book *Pilates: body in motion*. Upon moving to the Madison area, she created and directed the Pilates program at Capital Fitness in Madison for 6 years. Collette has also taught Pilates and dance through the University of Wisconsin dance program. In 2006, Stewart opened the Blue Mounds Pilates Center and began the Teacher Apprenticeship program in 2007. In 2008, she and her husband, Scott Anderson bought Mound Street Yoga Center, a studio which offers a wide variety of yoga, Pilates, and dance classes for the Madison community.

As a Pilates instructor, Stewart's method incorporates a deep understanding of the body gained through her many movement practices, meditation practice, and energy healing work. Stewart approaches every client with a sense of respect for the individual and the creative process of the body.

## LOCATION

All lectures and private sessions will be taught at the Blue Mounds Pilates Center in Blue Mounds. Further apprenticeship hours can be completed at the Blue Mounds Pilates Center and at the other locations listed below.

Blue Mounds Pilates Center  
2968 Main Street  
Blue Mounds, WI 53517

Madison Pilates  
1001 S. Whitney Way  
Madison, WI 53711

Mound Street Yoga Center  
1342 Mound Street  
Madison, WI

Blue Mounds Dharma Center  
2979 Main St.  
Blue Mounds, WI 53517

## **TUITION & PAYMENT**

The total cost of the program is \$3400, which can be paid by cash, check or Visa/MasterCard. A non-refundable deposit of \$200 is required to hold your place in the program once accepted. The balance of tuition is due at the beginning of the first lecture on September 26<sup>th</sup>. Students may also choose from two payment plans: 1) \$1200 due on September 26<sup>th</sup> and \$250 due at the beginning of each month, from October 1<sup>st</sup>-May 1<sup>st</sup> or 2.) \$400 due at the beginning of each month, from Oct. 1<sup>st</sup>-May 1<sup>st</sup>.

## **PRE-REQUISITES**

In order to participate in Movement Insights' Teaching Apprenticeship program, applicants must have at least one year's prior experience with Pilates mat or equipment work. 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.

## **CONTACT INFORMATION**

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

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