
PILATES UNLIMITED

takapuna beach

**Pilates Unlimited Auckland
The Pilates Method Studio Sydney
True Pilates NY and Romana's Pilates
Independent Instructor Training Programme – New Zealand**



Authentic Studio & Training Centre

www.pilatesunlimited.co.nz

CENTERING · CONCENTRATION · CONTROL · PRECISION · BREATH · FLOW

Welcome to the...

Pilates Unlimited Auckland, The Pilates Method Studio Sydney, True Pilates New York and Romana's Pilates Independent Instructor Training Programme (IITP)

So you want to be a Pilates Instructor...

Our comprehensive Instructor Training Programme is closely modelled on the original work of Joseph and Clara Pilates as well as his protégé Romana Kryzanowska. As the ONLY Romana's Pilates Certification in New Zealand, we offer unsurpassed excellence in training and Continuing Professional Education. Our international reputation for [producing the finest quality Pilates instructors ensure that our graduates are respected in the industry and will be able to employ their skills worldwide with confidence.

One of the aims of the Romana's Pilates Teacher Certification programme, apart from providing quality education, is the standardisation of teaching. Once you have been certified, you will be ready to begin independent instruction at a safe and primary level. The most experienced Pilates teachers at studios around the world will recognise your certification, style and approach to the method.

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Romana's Pilates®





How do I apply?

Before considering a career as an instructor you must be at an Intermediate Level in the Pilates Method and have a good understanding of the Pilates principles. This is an intense course physically and mentally, so it is important that each applicant is properly prepared.

Step One: To apply for enrolment in Romana's Pilates Certification Course, the applicant will need:

- A minimum of 75 sessions of prior Authentic Pilates experience, logged on a prior session log, each session signed by the session's certified Pilates instructor
- Competence with the various apparatus at a good intermediate level
- Completed Romana's Pilates application form
- Current resumé
- Two letters of recommendation
- Doctor's release
- Recent photograph



Audition Process

Step Two: Once you have successfully completed Step One, you must schedule an interview with Carole Fraser, this interview will take at least 30 minutes.

She will be looking for:

- Enthusiasm and knowledge
- Potential as a teacher
- Ability to communicate
- Likelihood that the applicant will succeed in our physically and mentally rigorous programme.
- **Commitment to 15 hours minimum per week of observation hours at Pilates Unlimited within the hours of operation (60 hours per month)**

Practical Assessment

A practical assessment with a Level IV Teacher or above, which you will perform your personal 55-minute workout. This will determine your knowledge and competence in The Pilates Method. (\$90 fee and allow 1 hour for this assessment).

The instructors are looking for:

- Competence and knowledge of the apparatus including reformer and mat sequence and repetitions (basic)
- Smooth transitions between exercises
- Proper rhythm and dynamics
- Mindful understanding (mentally and physically) of the Principles of Pilates: Control, Centering, Concentration, Breath, Precision, Flow and Rhythm and how they apply to the exercises. You will need to practice saying the name and purpose of each exercise, if asked, while moving.



Step Three: A discussion of results with Cynthia Lochard - Level I Teacher Trainer - to recommend entry to the training programme. Once you have been accepted you will be expected to complete an intensive course of seminars followed by 700 hours of apprenticeship. These apprenticeship hours will include:

- Training
- Booked-in lessons and classes
- Observation
- Personal practise
- Student teaching prior to certification (GP teaching)
- Assistance to certified teachers with their clients

Once you have been accepted into the programme, you are ready to attend your seminars as described below. After Certification, you are ready to teach the Pilates Method.

Prior to each seminar an assessment and lesson is scheduled with the teacher trainer.

Seminars

Held at: Pilates Unlimited, Auckland

Conducted by: Teacher Trainers Level 3 (basic), 2 (intermediate), Cynthia Lochard - Teacher Trainer Level 1 (advanced)

SEMINAR ONE - BASIC

Duration: 3 days – followed by:

- 200 hours of observation and personal practise supervised in the training centre.
- Basic System Practical Exam conducted by Level III Instructor or higher.

SEMINAR TWO - INTERMEDIATE

Duration: 3 days – followed by:

- 200 – 300 hours of observation, personal practise lessons and assistance with clients supervised in the training centre.
- Student teaching as approved by the studio.
- Intermediate Exam written and practical conducted by Level II Instructor or higher.

SEMINAR THREE - ADVANCED

Duration: 3 days – followed by:

- 200 – 300 hours of observation, personal practise lessons and assistance with clients supervised teaching in the training centre.
- Student teaching as approved by the studio.
- Advanced Practical and Written Exam to be conducted by Level 1 Instructor.

This process usually requires at least a year of commitment and application. After certification our instructors attend Continuing Professional Education (CPE) each year.



Continuing education requirements

Like any other profession it's imperative you keep your skills current and continuously network with your peers. Romana's Pilates Certified Instructors are required to complete at least one 8 hour CPE seminar each year to maintain their instructor certification, as well as consistently taking lessons with a Levelled Instructor. The Pilates Method invites one or more of these esteemed Master Instructors from overseas to our studio each year. Sari Mejia Santo, Juanita Lopez and Cynthia Lochard.

Inspiration

These people have been instrumental in the training of the instructors here at Pilates Unlimited. They are a source of inspiration and support to the studio.

ROMANA KRYZANOWSKA

Was the world renowned protégé of Joseph Pilates and had been teaching the method for over six decades. Long ago Romana made a commitment to Joe and Clara Pilates to continue their life's work and Romana continued to deliver on that promise everyday by travelling the world and teaching the next generation of instructors. Romana past away in 2013. Romana visited Pilates Unlimited in Auckland during 2003. This was a wonderful experience for the studio. For more information visit www.romanaspilates.com.

SARI MEJIA SANTOS

Master teacher and Romana's daughter also had the opportunity to train directly with Joseph and Clara Pilates and has been teaching at Romana's side for over 30 years.

CYNTHIA LOCHARD

Level I Teacher/trainer based in Australia. Cynthia started Pilates in 1979 as a client working with Romana while she was a young dancer with the New York City Ballet. In 1998 she opened the Pilates Method Studio and Training Centre in Sydney. www.pilatesm.com.au. Cynthia visits New Zealand regularly and Pilates Unlimited instructors visit the Sydney studio for continuing education and seminars.



ROMANA KRYZANOWSKA

World renowned protégé of Joseph Pilates.



Carole Fraser

Director, Pilates Unlimited - Authentic Studio

Romana's Pilates Level IV Certified Pilates Instructor

I have always had an interest in health and fitness and came to Pilates Unlimited as a client. In 2000 I decided that not only did I love doing the workouts but that I wanted to become a Pilates Instructor. I was trained by Master Teachers Romana Kryzanowska, (protégé to Joseph Pilates) and Cynthia Lochard. I then spent six weeks in the United States and completed my Authentic Pilates Certification under Romana at the Seattle Training Centre. I became the proud owner of Pilates Unlimited in 2007 I travel to continuing education seminars and annual conventions to ensure the best instruction is taught at Pilates Unlimited. In November 2008 Romana's Pilates USA recognised the standard of teaching and commitment to Romana's Pilates and gave the approvals for Pilates Unlimited to train apprentices in New Zealand.

What is involved?

Seminars

Our programme trains instructors in Beginner, Intermediate and Advanced Stages. It includes a seminar that must be completed at the end of each stage with testing. Each seminar is three days in length. Seminars must be taken in consecutive order and full attendance at each seminar is required. In the seminars you will learn how to assess new clients and body types, Teach specific exercises according to the clients ability and learn the modifications for each exercise.

- Competence and knowledge of the apparatus.
- Smooth transitions between exercises.
- Proper rhythm and dynamics.
- Mindfull understanding (mentally and physically) of the Principle of Pilates: control, centering, concentration, breath, precision, flow and rhythm and how they apply to the exercises. You will need to practice saying the name and purpose of each exercise.

Practical training

Romana's Pilates Certification Programme takes the students through all three stages for a minimum of 700 hours practical training, which includes:

- Actively observing certified teachers and instructors.
- Assisting the teachers with clients when requested.
- Practice teaching other apprentices and supervised teaching of student clients.
- Attending apprentice meetings with discussion, direct feedback, clients case studies and review.
- Minimum of 15 hours per week at the training centre within the hours of operation.

Testing

Testing involves taking a client at each stage through a practical test. Exams are graded using standardised test forms. Written tests are case studies, the students will need to describe a workout for a specific individual, addressing his/her individual limitations and goals. Each test is graded on a Pass/Fail basis.

Personal Workouts

As part of the training, apprentices are required to complete regular private and/or duet sessions with one of our certified instructors until they have successfully passed their final exams. This allows the student to continue their personal growth as well as expose them to a variety of teachings techniques. Students are expected to get to a very advance level before becoming fully certified.

You can't teach an exercise you can't do.



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