

A woman with long dark hair is shown from the waist up, wearing a white sports bra and a grey zip-up hoodie. She is stretching her arms upwards, with her hands near the top of the frame. The background is a blurred rooftop with a railing, and the lighting suggests a sunset or sunrise, with warm golden light on the woman's face and hair. The text "Progressive Pilates Academy" is overlaid in a white serif font on a dark horizontal band across the middle of the image.

# Progressive Pilates Academy

PP Academy@Bodyfirm Pilates Studios

# Progressive Pilates Academy

- Progressive Pilates Academy - who we are
- Types of Courses / Qualifications Available
- Pilates Mat Courses - The two types and who they are suitable for
- Pilates Mat - PPA PI/II course - appropriate for Graduates who are currently qualified
- Pilates Mat PPA FI/II course - appropriate for serious students of Pilates  
Pilates Mat PPA PIII Advanced Mat course
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# Progressive Pilates Academy

The Progressive Pilates Academy Who are we? The Academy established in 1998 was the first of its kind in Ireland and is the leading training provider in Mind / Body, Core and Functional exercise.

The Academy has a reputation both nationally and internationally for high quality courses and workshops incorporating the most up to date researching from the fields of exercise science and bio-mechanics.

We offer Diploma and Certificate courses in both Pilates Mat and Reformer instruction plus a wide and diverse range of both technical and practical up-skill workshops for continuing development.

The Holistic PROGRESSIVE approach is a synthesis of Pilates and other related bodywork principles designed to enhance the students experience of Pilates movement and to develop a broad range of ability. The PROGRESSIVE Pilates Academy continues to be a leading force in the growth of and public awareness of the Pilates Technique.

Our team of highly qualified experienced tutors and assessors will support you through your chosen training program making each step of your journey an enjoyable learning experience - Your course tutors are passionate Pilates Specialists with a wealth of knowledge of Pilates and a broad base of disciplines.

## **Our Mission Statement**

The Academy is committed to the teaching and evolution of the Pilates System of Mind Body Movement. By incorporating the most up to date research from the fields of exercise science and bio-mechanics we aim to train candidates to a professionally competent level, enabling them to enhance movement performance and bring postural balance back to their clients thus improving their activities of daily living (ADL's)

# Progressive Pilates Academy

## Exercise and Fitness Qualifications available through, The Progressive Pilates Academy

PPA PI/II – Pilates Mat Instructor Level 2 (beginner to intermediate level)

PPA PIII - Pilates Mat Instructor Level 3 (mat advanced level)

PPA FI/II – Pilates Mat Instructor Level 1 (beginner to intermediate level)

PPA RI-Pilates Reformer Instructor Level 1 (beginner to improver level)

PPA RII-Pilates Reformer Instructor Level 2 (intermediate level)

PPA RIII-Pilates Reformer Instructor Level 3 (advanced level)

# Progressive Pilates Academy

## Pilates Mat Courses Progressive Pilates Academy 120 & 370 hour Pilates Mat Training

### Embark on a life-changing journey.

The Progressive Pilates certified Instructor Training provides you with a solid foundation to teach Pilates, inspire others and deepen your own physical practice. The focus of our Level I/II Mat Pilates Course, is to provide students with applied knowledge of the 'Core' anatomy, postural alignment, neutral positioning, and a deep foundation in Pilates functional movement, principles and philosophy.

### The Progressive Pilates Mat course has two tracks:

**Our PPA PI/II 120+hour course** – this training is appropriate for Graduates who are currently qualified in fitness/yoga/dance/physio/ physical therapy/ movement and have completed an Anatomy and Physiology qualification

**Our PPA FI/II 370+hour course** – this training is appropriate for serious students of Pilates who wish to start teaching Pilates to change career etc.

Our Instructor Training is an experiential and extensive training where you will acquire many different tools on

Pilates Principles and fundamentals of Mat Pilates

Underpinning knowledge, skills, core competencies

Core stability the inner unit

Movement stability outer unit

Postural types/dysfunctions/effects

Exercise analysis/selection/progressions Movements for beginner to intermediate

Use of props to assist performance and enhance comfort

Class planning / programming

and many more, with focus on how to use them, when to use them and who they are appropriate for.

# Progressive Pilates Academy

## PPA PI/II 120+hour Pilates Mat Instructors Course

This training is appropriate for Graduates who are currently qualified in fitness/yoga/dance/ movement and have completed an Anatomy and Physiology qualification.

This course is open to learners with existing qualifications and are eligible for Recognition of prior learning

### Prerequisites of attendance are:

- Fitness/Yoga/Dance/Physio / Physical Therapy / Movement qualification
- Anatomy and Physiology qualification
- Has attended a min of 40 hours of Pilates Classes [private or group]

Representation may be made to the college should the full requirement of hours not be met.

Participation in both units 1 & 3 and on all 3 [one weekend] days, is required to sit the assessment

### Unit 1

- Principles and fundamentals of Mat Pilates
- Underpinning knowledge
- Core stability the inner unit
- Movement / mobility the outer unit
- Postural types/dysfunctions/effects
- Exercise analysis/selection / progression
- Movements for beginner to intermediate levels
- Use of props to assist performance / stability [fit circle / gurdi ball]

### Unit 3

Instruct, manage, adapt and evaluate a Pilates Mat class

- Class intention
- Movement selection
- Class planning
- Preparation and closing phase
- 12 week beginner class plan & movement worksheets beginner to intermediate Level

# Progressive Pilates Academy

## Unit 4 [optional unit]

This unit includes the Pilates Cross over Fitness and Pre-Natal workshop

### DIG DEEP AND EXPLORE YOUR MOVEMENT POTENTIAL

Welcome to the PROGRESSIVE Pilates Academy – “CROSS OVER FITNESS” workshop – today we will look at 3 Pilates Props a ‘cross over fitness’ program to build strength to improve how you control and move your body in space – Build:

• Strength • Co-ordination • Balance • Body awareness • Cardio endurance

Challenge: • stability, • flexibility, • strength, • balance, • mobility in a multi-planar environment.

Functional activity at is best. Format of the workshop:

3 props: • Foam Roller – truly functional Roll, stabilize, release and strengthen

• Gliders – discs under the hands & feet working in 3Dimensions of movement

• Fit Circle – Pilates circle to add resistance to Mat work movements

3 x 30 minute sessions [that can be either standalone classes or segments within an existing class]

By participating in the 30minute sessions you will gain understanding in the flow, transitions and power of the movements – following the sessions we will have a 20minute discussion on technical application

# Progressive Pilates Academy

Pre-Post Natal Exercise Programming based on the Pilates Method

*"Pregnancy taxes the weakest parts of a woman's body and exposes the liabilities of a sedentary lifestyle"*

–quotation Elizabeth Nobel – Essential Exercise for the Child Bearing Year – 2003 4th Edition

PROGRESSIVE Pilates, is a postural technique that will assist in maintaining the structural integrity of the mum to be for women who DO NOT have any risk factors for adverse maternal or peri-natal outcomes. Learn Pilates Mat techniques for this specific population

## Dates and Fees

Dates	Mat Level I/II course only July 26/27/28 -2018 - Optional Unit 4 July 29th ASSESSMENT: Sept 22nd 2018
Fees:	Mat Level I/II only €795.00 - add optional additional Unit 4 €895.00
Included:	Course Manual, DVD, Private FB Group, Assessment x 1 [extensions & resit fees apply]

- **Application confirmed only - on receipt of booking form and deposit**

**Qualification:** Certificate in Mat Pilates - [P Level I/II - beginner to intermediate level]

## Terms and conditions

You must be fully fit to participate in this physical course and any physical condition that requires reasonable adjustments has to be stated and disclosed by you to the Progressive Pilates Academy. You must participate in all the contact days in order to sit the assessment. That you agree to the Terms and Conditions associated with this enrollment and fully understand that fees are non refundable but are transferable and an admin fee will apply, assessment extensions and resits - fees apply.



# Progressive Pilates Academy

## Our PPA FI/II 370+hour course

this training is appropriate for serious students of Pilates who wish to start teaching Pilates to change career etc.

## Prerequisites of attendance are:

- The learner has a minimum 1 year Pilates participation (private or group sessions) signed off by your qualified Pilates instructor.

Representation may be made to the college should the full requirement of hours not be met.

- Undertakes a Anatomy and Physiology qualification
- Participation in all units 1 to 3 and on all 5 days over 4months is required to sit the assessment

## Unit 1

- Principles and fundamentals of Mat Pilates
- Underpinning knowledge
- Core stability the inner unit
- Movement / mobility the outer unit
- Postural types/dysfunctions/effects
- Exercise analysis/selection / progression • Movements for beginner to intermediate levels
- Use of props to assist performance / stability [fit circle / gurdi ball]

## Unit 2

Plan and prepare to instruct a progressive Mat Pilates sessions

- Client information gathering
- Postural assessment / analysis
- Critical reasoning
- Class objectives
- Class movement selection
- Building a progressive step by step class
- Class plan preparation

# Progressive Pilates Academy

## Unit 3

Instruct, manage, adapt and evaluate a Pilates Mat class

- Class intention
- Movement selection
- Class planning
- Preparation and closing phase
- 12 week beginner class plan & movement worksheets beginner to intermediate Level

## Dates and Fees

	July 25/26/27 - 2018 optional unit 4 29th July 2018 Further 2days 1 x August 18th - 1 TBA
Dates	Assessment October 13th
Fees	Mat level I/II course only €1695.00 - add additional Unit 4 fee €1795.00
Included:	Course Manual, DVD, Course Tutor Mentor, Private FB Group, Assessment x 1 [extensions & resit fees apply]

- **Application confirmed only - on receipt of booking form and deposit**

## Qualification:

Certificate in Mat Pilates - [F Level I/II - beginner to intermediate level]

Please note the Anatomy and Physiology must be passed before any Pilates certificate will be issued

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# Progressive Pilates Academy

## PPA PIII Advanced Mat Program

For us at the PPA a large component of the course is the development of a strong physical practice in the body of each Specialist we believe ownership of the complex movement patterns is the most powerful way to understanding and teaching the Pilates Advanced System.

The Advanced Pilates movements are meant to be practiced in context of a variety of movements at different levels [beginner & Intermediate] to create a balanced, dynamic workout.

As each Advanced movement / step, relates to the movement before and the movement that follows we strongly recommend that any instructor attending the course be in total command of the intermediate mat work.

**Course duration 1 day** [augmenting existing Pilates Mat qualification]

Students should come prepared for a lot of movement, bring any water / snacks that they may require [we will break for lunch] and should ensure they have pen / paper for any note taking.

## Qualification

Diploma in comprehensive Advanced Mat Pilates [existing PPA Graduates]

Certificate in Advanced Mat Pilates [if graduate of another Pilates School]

**Date: Oct 27th 2018**

**Assessment by MP4 submitted with in 2months of course date**

Fee: €395.00

Included: Course Manual, DVD, Private FB group, Assessment x 1 [extension or resit fee applies]

Terms and conditions apply

# Progressive Pilates Academy

## contact us

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