

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 overall mood is serene and focused.

# 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
- Contact us

# 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

## Dates and Fees

Dates	May 25/26/27 2018 -	ASSESSMENT: July 14th 2018
Fees:	€795.00	
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

Dates	May 25/26/27 2018 Further 2days TBA Assessment July 14th
Fees	€1695.00
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

## 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

## 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: May 12th 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

Progressive Pilates Academy @ Bodyfirm Pilates Studios  
Unit 14 Level 1 Park Shopping Centre,  
Prussia Street,  
Dublin 7



01 8684600



info@bodyfirm-studios.com or click the link below



www.bodyfirmstudios.com

[Learn more](#)