



# PPA Reformer Coach 2019 Training

# PPA Reformer Instructor Training

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## [Progressive Pilates Academy](#)

Begin your reformer series here, you will learn both the classical and contemporary repertoire to include some small props, you will have a truly eclectic collection of movement on this wonderful machine

# PPA Reformer Instructor Training

## 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)

# PPA Reformer Instructor Training

## Pilates Reformer Courses

Progressive Pilates Academy 174 & 282hour Pilates Reformer Training 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 Reformer 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 Reformer course has two tracks:**

### **Our PPA RI 170+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 RF I 280+hour course –**

this training is appropriate for serious students of Pilates and Reformer Pilates who wish to start teaching Reformer Pilates[only] 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 Reformer Pilates
- Machine Safety
- 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 improver
- Use of props to assist performance and enhance comfort how to use , when to use and who they are appropriate for
- Class planning / programming

# PPA Reformer Instructor Training

## Our PPA RI 170+hour course

This training is appropriate for Graduates who are currently qualified in Pilates Mat and who wish to augment their skill base with the dynamic Reformer work and are eligible for Recognition of prior learning

### Prerequisites of attendance are:

- Qualified Mat Level I/II or III
- Anatomy and Physiology qualification
- Has a min of teaching 100 hours of Pilates Mat Class's.
- Participation in all units and on all days, is required to sit the assessment

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

## The Pilates Reformer Level RI

Our Instructor Training is an experiential and extensive training where you will acquire many different tools. Our day will follow a schedule like the one below:

### Unit 1

Brief introductions and a class. Following the class, we will have a technical overview of:

- Lumbar pelvic hip complex
- 8 loadable joints – 2 Hand rule / 4 Step process
- Thoraco-lumbar fascial and its influence on core stabilization
- The pelvic floor and core stabilization
- The TVA and its fascial relationship
- Core activation
- Neutral alignment – 3 cores

# PPA Reformer Instructor Training

## Unit 2

Following the technical lecture and discussion series we will explore over 30 movements under headings to include but not limited to

- Client set up
- Machine set up
- Exercise preparation
- Working in opposition
- Words are important – verbal cuing
- Power of visualization
- Muscle focus • Core activation
- 5 rep tempo
- Long box / short box
- Use of fit circle and gurdi balls for intensity / resistance

Following the movement section, we will discuss the repertoire and sound running orders to suit current biomechanical standards and suitable plans for group teaching.

Please note this course/class is for the apparently healthy client no clinical / special populations will be catered for – this information can be studied in further technical up-skill workshops

## Dates and Fees

**Dates:** February 24th -

Assessment on MP4 & 12week progressive class program by April 24th 2019

**Fees:** €395.00 Included: Course manual,DVD, & Assessment x 1.

[Extension or resit fees apply]

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

Qualification: Certificate in Reformer Pilates [R Level I – beginner to improver level]

# PPA Reformer Instructor Training

## Our PPA RF-I 280+hour course

This training is appropriate for serious students of Pilates and Reformer Pilates who wish to start teaching Reformer Pilates[only] to change career etc.

### Prerequisites of attendance are:

- Has attended 100 hours of Pilates Mat [group or private sessions]
- Has attended 100 hours of Pilates Reformer [group or private sessions]
- Anatomy and Physiology qualification must be taken separately [advice given]
- Participation in all units and on all days, is required to sit the assessment

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

### • Has attended 100 hours of Pilates Reformer [group or private sessions]

Is held over 2 days, it includes Units 1 & 2 from the graduate R Level I course and has the additional Unit 3 which teaches the fundamentals of Pilates core and functional movements

**Unit 3** Following the class, we will have a technical overview in understanding the fundamentals of:

- Pilates Principles
- Pilates Mat basics
- Stability
- Mobility
- Neutral Pelvis
- Spinal Elongation
- Dissociation

# PPA Reformer Instructor Training

## Dates and Fees:

**Feb 23rd / 24th** - Assessment on MP4 & 12week progressive class program by Sept 1st

**Fees:** €795.00 Included: Course manual, DVD, Private FB Group and Assessment x 1.

[Extension or resit fees apply]

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

**Qualification:** Certificate in Reformer Pilates [RF Level I – beginner to improver level]

## PPA Level RII

All Pilates movements are meant to be practiced in the context of a variety of movements at different levels [beginner, improver, intermediate and advanced] to create a balanced dynamic workout.

A **RII** level we learn to dovetail more challenging movements with the RI level and become more aware of controlling our bodies under resistance

Course duration 1 day [augmenting existing Pilates Reformer RI or RFI 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.



# PPA Reformer Instructor Training

**Date:**

**Date:** March 24th 2019

Assessment by MP4 & 12 week class plan submitted within 2 months of course date

**Fees:** €375.00

**Included:** Course manual, DVD, private FB group, Assessment x 1 [extension & re-sit fees apply]

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

**Qualification:** Certificate in Reformer Pilates RII – Intermediate Level

# PPA Reformer Instructor Training

## PPA RIII Advanced Reformer 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 Reformer 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 Reformer Pilates [existing PPA Graduates]

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

**Date:** Sept 16th 2018 Assessment by MP4 submitted within 2 months of course date

**Fees:** €375.00

**Includes:** Hot Reformer Module - Course manual, DVD, Private FB Group, assessment x1

# PPA Reformer Instructor Training

## 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

### Contact Us

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

Call - 01 8684600

Email - [info@bodyfirm-studios.com](mailto:info@bodyfirm-studios.com) or click the link below

Web - [www.bodyfirmstudios.com](http://www.bodyfirmstudios.com)

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