

Pilates

Reformer Coach

Progressive Pilates Academy

Mind Body Education

Progressive Pilates Academy

Reformer Level I

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

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 research from the fields of exercise science and biomechanics. We offer Diploma and Certificate based courses in both Pilates Mat and Reformer instruction plus a wide and diverse range of technical and practical upskill 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 biomechanics 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)

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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.

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Our Instructor Training is both experiential and extensive - 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
- Class planning / programming
- 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

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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 teaching 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

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

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Course outline:

Unit 1

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

Unit 2 technical overview in understanding the fundamentals of:

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

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Unit 3

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

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Dates: see page below for all dates

Assessment by MP4 & 12week progressive class program by September 28th

Fees: €595.00 Included: Course manual, DVD, and Assessment x 1.

[Extension or resit fees apply]

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

Qualification:

Certificate Reformer Pilates Coach [RF Level I – beginner to improver level]

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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.

At 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.

Date: SEE PAGE BELOW Assessment by MP4 & 12 week class plan submitted

Fees: €395.00 Included: Course manual, DVD, Assessment x 1 [extension & re-sit fees apply]

Application confirmed only - on receipt of booking form and deposit

Qualification: Certificate in Reformer Pilates Coach RII - Intermediate Level

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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 Level II 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 only]

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

Date: one on one training by appointment Assessment by MP4 submitted with in 2months of course date

Fees: €375.00 Includes: Hot Reformer Module - Course manual, DVD, assessment x1

All course dates December 2019 to March 2020

Pilates Reformer Coach Level I

December 6th and 7th 2019

Feb 28th & 29th - 2020

April 17th & 18th 2020

Pilates Reformer JUMP BOARD January 26th 2020

Pilates Reformer Coach Level II

September 7th

March 13th 2020

Pilates Mat Coach Level I/II

January 31st and Feb 1st 2020

January 14th and 15th 2020

Assessment Saturday April 18th

March 6th and 7th

March 20th and 21st

Assessment May 16th

Pilates Mat Coach Level III

Dates to be advised

book your course

**to book or inquire please contact
Bodyfirm Studios by clicking below**

[Learn more](#)