

The full time Apprenticeship Programme (AP)

The Comprehensive Teacher Training Programme

This 12-18month qualification entitles you to take the PMA Third Party Certification exam.

The apprentice programme is the most definitive study of the Pilates Method, Contrology.

This multi-level multi-dimensional programme is an in-depth learning of Contrology as taught by Joseph and Clara Pilates and others dedicated to their work.

It is a **full** and comprehensive training of Joseph and Clara's teachings, covering the full repertoire of the Universal Reformer, Cadillac/Tower, Chairs, Barrels, Ped-i-Pull, Matwork and the small apparatus. The fundamental principles of movement, movement mechanics, full movement potential, functional anatomy, the understanding, reality and application of the Anatomy Trains www.anatomytrains.com within Contrology; as well as Studio observation, weekly private sessions, weekly studio sessions, weekly self practice, monthly mentoring and teaching practice.

The Programme includes:

- 45 hours of private one-to-one training
- 80 hours of studio/mat training
- 75 hours **Pilates Method Lecture Series**
- 12 hours one-to-one review/mentoring meetings
- An additional minimum of 300 hours of observation, self practice and assisting teaching.

Total hours : approx 500

The Training will be individually time planned but please allow 12-18 months to complete

Qualifications

Two levels of qualification can be achieved:

1. **Studio Assistant Diploma** - Demonstrate competencies to work within the studio as an assistant under supervision. This enables you to be able to take the **PMA 3rd party Certification exam**

2. **Full Studio Graduate**– Demonstrate competencies to work independently in the studio. Although not compulsory taking the **PMA 3rd Party Certification exam** is strongly recommended to complete your full Pilates Method Certification.

Cost

Full Training Fee : £4,850

£500 deposit

£4,350 balance

Payment Plan

A £500 deposit is required on acceptance to secure your place in the course.

Trainees can then select one of the following options for the balance of the payment :

- 10 consecutive monthly payments of £435 OR
- 3 installments of £1 450-00 (at the beginning of the 1st, 4th and 8th month of enrollment)

Students that have already qualified in The Full Contrology Matwork and / or The Reformer Levels 1&2 will receive a discount and reduction in hours required to complete this course – please contact us for details.

Included in the costs:

- All training hours, lectures, mentor meetings, observation hours listed above
- All manuals, handouts and relevant written information
- Free use of the Studio for your self practice at anytime during the 18 months (so long as there is a qualified teacher present)
- Free use of the studio to practice teach your fellow students (so long as there is a qualified teacher present)

Additional costs:

- Any additional lessons to those listed within the course will be charged at the standard rate.
- Any additional lessons taken after the first year will be charged for at the standard rate.
- Any workshops taken outside of those listed above will be charged for at the workshop rate.

To ensure enough Studio space, individual time and personal guidance is given to complete your apprenticeship there are only **2 places allocated to this Training Programme per year.*

Candidate Pre-course Reading:

- Return to Life and Your Health by Joseph Pilates
- Anatomy Trains 2nd Edition by Thomas Myers

Candidate Pre-requisite Knowledge and Ability:

- A minimum of 2 years studio experience - enough to be able to do the basic level on all apparatus, showing the understanding and embodiment of the Pilates principles. independence in the studio, ability to self correct and a good sound level of physical ability with no injuries.
- A relevant understanding of basic Anatomy and Physiology and knowledge of the Anatomy Trains www.anatomytrains.com.

To be accepted onto the programme you will need to pass a moving 'performance' assessment, written assessments on both Pilates and relevant anatomy, and an interview process.

We offer a 3 to 6 month Preparatory Programme for anyone not already at this level. Please contact the Studio for the details.

Please contact Contrology Pilates Method for an application form: Info@contrology-pilates-method.com or call us on:

+44 (0) 1923 275 024

Please note that all bookings and courses are subject to our standard [terms and conditions](#)

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