

Pilates in MOTION



Frequently Asked Questions

How long is the Matwork course?

The Matwork course lasts 12 months and comprises 165 hours of contact hours, 30 hours of practicing Pilates, 20 hours of self-practice, 30 hours of supervised teaching practice, 20 hours of unsupervised teaching practice, 4 private sessions with Mike or Anoushka, 75 hours of guided learning and 250 hours of home study. This is truly an immersion into Joseph Pilates philosophy of Whole-Body Health and Whole-Body Commitment beyond learning the exercises.

How long is the comprehensive (Matwork and Apparatus) course?

The Comprehensive course lasts 18 months and comprises of 100 hours of contact hours, 60 hours of practicing Pilates, 40 hours of self-practice, 100 hours of supervised, 10 private sessions with Mike and Anoushka, 160 hours of home study and practical revision.

How often does the course run?

Currently, there is one training intake per year.

Can I complete the Matwork course in less than 12 months?

No. It is not possible to compress the course. We encourage you to start teaching family and friends 6 months into the course.

What style of Pilates is taught?

We embrace traditional and contemporary approaches to Pilates. We encourage you to discover your practice and orientation through your own experience and enquiry. Therefore, we welcome applicants from all backgrounds.

How is the course material delivered?

Teaching methods are mainly face-to-face including experiential classes, group work, practice teaching time. Individual homework, written assessments, quizzes, and exercises to encourage in-depth learning and discovery will be submitted using Dropbox. Resources are provided via Dropbox. You will be given a reading list. Course books will need to be purchased separately.

What does 40 hours pre-course material consist of?

Recommended reading from the reading list including Joseph Pilates books 'Return to Life Through Contrology' and 'Your Health' as well resources delivered via Dropbox. Completing projects such as discovering your learning style as well as completing your individual Learning Plan (ILP). A practical exploration of your own body led by Anatomy in Motion's

“Wake up your Body” series to continue your journey of self-enquiry into your physical condition and to take ownership of your body.

Do I need to live in London?

Many of our students live in or around London, but several travel in from further afield: Jersey, the West Country, Wales, Scotland and sometimes mainland Europe.

Is it possible to work full-time alongside the training?

Absolutely. Many of our students work full-time and/or have families. Most of the contact hours with tutors take place at weekends. As mentioned above, there is a commitment in time and energy that is required in between. An average of 14 hours per week is required; 2 hours of practice with your teacher, 2 hours of supervised teaching practice, 8 hours of home study and 2 hours of practicing with family and/or friends.

How much homework is there?

Pilates in Motion teacher training course is a combination of continuous assessment, practical and written. After each module, reading and written work are set. Towards the end of the training, there are slightly longer pieces of work in each subject area to complete. On average, past students have set aside between five to ten hours a week to complete coursework, in addition to attending their own classes, assisting, and observing as well as weekend modules. Most students find that what they get from the course very much matches what they put in!

How much practice will I be expected to do?

You will be required to have a self-practice at home (which you are encouraged to have already, and will develop during the course), as well as attending regular classes (a minimum of two a week) with the course tutors or with teachers approved by them. This combination will enable you to experiment creatively, question, and integrate what you learn in class. This training enables you to discover your own embodied understanding of Pilates so that you can teach from your personal experience and process of inquiry – and from your heart. To do this effectively requires self-practice, contemplation, acquired knowledge and experience. Students must attend a minimum 50 hours of taught classes and observe a minimum 30 hours of classes.

What happens if I miss a module?

All modules have a focus on the embodiment of the work, both practicing and teaching. If you miss a weekend (or a section) of training you can catch up with your course buddy, who will share with you the key points, summarised at the end of each weekend.

Depending on the nature of the subject delivered over the weekend, we cannot always guarantee video recordings as the delivery is focused on tutor and students and not everyone feels comfortable being filmed. If the weekend is taking more of a tutor-led approach and your buddy is absent, we can record the session you've missed. We would send you a link to the recording, available for catch-up for a limited time.

If you miss practical sessions (individual teaching practice, for example), you must agree a catch-up plan with your tutor. You may need to attend an extra session with them, charged at £70 an hour (split between all students who missed the module). To graduate, students cannot miss more than one module weekend over the duration of the course.

I have particular learning needs. Is support available?

Yes. We have policies in place to support students with particular learning needs. Please contact us to discuss your individual situation.

Where is the training?

Most of the training modules take place at triyoga Chelsea, except for the induction evening; this will be Pilates in Motion studio at triyoga Ealing.

How do I apply?

All applicants must fill in an application form. Please download the Pilates in Motion enquiry form and return the form to anoushka@pilatesinmotion.org. An application form will follow. As well as basic personal details it asks for information

about your Pilates experience, intention, and two references i.e. from your Pilates teacher(s). Completed application forms should be emailed to anoushka@pilatesinmotion.org The £50 application fee will be payable by bank transfer. You will be sent the details along with the application form.

How much does the Matwork course cost?

Course fee: £4,000 (with a £450 non-refundable deposit)

Early Bird: £3900 (if paid in full before 17TH August)

Course fees are non-refundable and include all tuition, mentoring, Dropbox course manuals and handouts. Required texts are not included.

Can I set up a payment plan?

Yes. The total course fee £4180. If you prefer to take the option to pay for the course in 10 monthly instalments, the total fee will be £3680 (£4180 minus the £50 application fee and £450 deposit) with 10 monthly instalments of £368 paid in the first week of the month, commencing September 22

Are there any extra costs?

Yes, these include:

- First Aid course
- Student Insurance
- Required texts and Resources
- Membership to Pilates 360 degrees
- Assessment fee
- Classes (you get 50% off triyoga Matwork classes while you're on the course)

Do you accept everyone who applies?

This is the first course we are running with triyoga so not sure how many applicants will apply. We invite applications from serious and committed students with a solid foundation in traditional and contemporary approaches of Pilates. There is no requirement for you to be able to perform the most complex and challenging exercises – we welcome students of all ages and abilities – students who know their own limits and who have a desire to learn and deepen their understanding of Pilates.

I have an injury. Can I still apply?

If it's a chronic or a serious acute injury and you're unsure, contact anoushka@pilatesinmotion.org during the application process to assess how your injury might impact on your participation. Injuries are opportunities for exploration, learning and sharing.

Am I too old to apply?

No! We do not have an age limit. Current and previous students range from early 20s to mid 70s.

What happens at the interview?

All applicants who have submitted a complete application will be required to book a private or reformer session with Mike or Anoushka, to familiarise yourself with their teaching and make sure that they are the right tutors for you – followed by an interview with either Mike or Anoushka. This will take place at triyoga Ealing.

How can I prepare for my interview?

Book a private or Reformer session with Anoushka or Mike. Reflect on their teaching style and approach to decide if it is for you. Review your intention from the application and think deeply about why you want to do the training. Revise what you know of Pilates philosophy, concepts, fundamentals or do some reading, considering how you use it in your everyday life.

When will I know if I have a place?

Successful applicants will be offered a place during the week following their interview. If you're offered a place and unsure about whether to take it, you can email anoushka@pilatesinmotion.org for support or more information to help

you decide. If your application is not successful, we will be able to offer some feedback on your practice and suggest classes or teachers that you might like to attend. We can carry the application forward to a future training.

When is the official start of the course?

The first day of the course is the induction evening **Saturday 17th September** at triyoga Chelsea. Please put this in your diary. It's a time for you to become familiar with the logistics of the course as well as an introduction to your peers.

If I can't attend the induction evening, can I join on zoom or watch a recording afterward?

We regret that we can't offer the option of zoom or recordings for the first evening.

If I'm accepted, when is my deposit due?

Pre-course assignments can only be released when deposit has been paid, the sooner you pay your deposit, the more time you will have to complete pre-course assignments.

What benefits do I get as a triyoga trainee?

Trainees receive 50% discount on Pilates Matwork classes. If you visit triyoga three times a week this equates to a 70% discount on our regular class price.

What happens if I become pregnant?

We will guide and help you throughout your training and our aim is to ensure that you're given the necessary support. Every pregnancy is unique. It's not uncommon that students become pregnant during the course and continue their Pilates journey on the Mat and the apparatus. Throughout the training you will be guided which Pilates exercises are beneficial and which exercises are not recommended. We refer to NCT (national childbirth trust) guidelines about safe exercise during the different stages of pregnancy and we also deliver a module on pregnancy and guidance during the different stages. It's an ideal opportunity for you to feel supported as well a learning environment for other students on the course.

What happens if I get injured?

Many students have started their journey to Pilates classes due to an injury and/or referrals from other healthcare professionals. One of the objectives of the course is for each student to be able to breakdown the Pilates repertoire to suit individual needs. This has been one of the big learning curves over the years. Our intention is to always try to find ways of helping students complete the training within the intake originally applied for. There may be some instances where it is not possible and a deferral to the next intake may be necessary.

What happens if I have a severe, life-changing injury or a diagnosis of long-term or life-limiting illness and no longer wish to become a teacher?

We all know that life is unpredictable. We will be able to offer you a refund, prorated according to your attendance, if paid in full or cancel your payments if instalments were agreed.

Is there an online option for the course?

If we ask ourselves: "Can you learn Pilates online?", we want to answer the question with a resounding "No". Pilates is a practice, and learning it means embodying it.

This course is not livestreamed – the embodiment aspect of Pilates is what differentiates it from many others, together with the collaborative experience of a group coming together in person. Students making the journey with a group of peers has been central to the success of the course over the many years that we have run it.

We use 360° Pilates, an online platform, as a learning resource and we strongly believe that there are many things that can be learned about Pilates in between our practice sessions and face-to-face contact time. So, we use the available technology to supplement and support the in-person learning, rather than to replace it.

If I can't attend some dates, can I catch up on a zoom recording?

You are required to attend 80% of the course in person, embodying the practice and translating your knowledge of Anatomy and Physiology into your practice and teaching skills. This is the essence of the course. (See “What happens if I miss a module?”, above). Very few of the modules are tutor-led lectures. We place a strong emphasis on stimulating students to question our approach and philosophy (as opposed to “This is how Joe did it”). You will gain knowledge by asking questions. This means that there’s a lot of emphasis on the students participating during the weekend modules with group discussions and debates – for that reason -the group, as a whole, will decide if a zoom recording is the appropriate approach.

What happens if new lockdown restrictions are introduced, or other unforeseen circumstances arise where a module can’t take place in person?

Student safety is of the utmost importance to triyoga and they always adhere to – and go above and beyond – government safety and social distancing guidelines to ensure that it’s possible for you to attend the module weekends in person. If it proves impossible to hold a module on the scheduled date the first course of action will be to reschedule the module.

What happens if I want to leave the course?

It is our aim and policy to facilitate trainees who may be experiencing difficulties either with the training or in other areas of their life so that they are able to complete the programme. Sometimes this is impossible, and students have no choice other than to leave. In this instance you would not graduate or receive a certificate and your course fees for the remainder of the training will still be due unless an exemption applies.

When can I start teaching Pilates?

Once you have a valid first aid certificate and a valid insurance certificate you will be able to teach outside of the training weekends. We encourage you to start teaching friends and family as soon as your course tutors give you the go-ahead. Many students start organising and teaching public classes immediately when they qualify.

What qualifications do I get at the end of the training?

Pilates in Motion Matwork Qualification is recognised by the Society for the Pilates Method (SPM) and accredited by Professional Development Approval (PDA Approval), and organisation working internationally as a one stop solution to creating occupational standards, developing qualification frameworks, providing and embedding quality assurance, delivering teaching, assessing and quality assurance training, accrediting education and working with membership organisations to offer professional recognition. Their expertise lies in embedding robust processes and structures to drive up excellence, increasing employability and career advancement for members.

On graduation you will receive the following certificate:

- Certificate of Excellence from Pilates in Motion
- Certificate of Achievement from PDA

You will be eligible for a certificate of membership to The Society for the Pilates Method Register (SPMR), as a Matwork Teacher upon completion of the Matwork course, and as a Comprehensive teacher upon completion of the Comprehensive course.

Where can I work after I’ve graduated?

Graduates can benefit from the reputation of Pilates in Motion within the UK Pilates community, abroad. Training with us can be a ‘foot in the door’ of studios and centres that may not otherwise consider newly qualified teachers. Many students go on to develop specialist skills in areas of particular interest to them. Many fully qualified graduates have gone on to become Mentors and Educators, and successful Studio Owners. There are opportunities for some graduates to become teaching assistants on the TT programme.

Testimonials are available on request. Contact anoushka@pilatesinmotion.org

I have more questions. Who can I speak to?
Contact anoushka@pilatesinmotion.org