



Movement

I N S I G H T S

Pilates Teaching Apprenticeship

Course I: Beginner-Intermediate Mat

Mound Street Yoga Center

PROGRAM OUTLINE

Movement Insights Pilates Matwork Apprenticeship is made up of 100 apprenticeship hours including lecture, class, workout, observation, practice teaching and miscellaneous hours. The apprenticeship will cover the Classical Pilates Introductory to Intermediate Mat work.. The coursework also includes anatomy, teaching methodology and Pilates history and philosophy. Apprentices will be tested by written exam and performance of an Intermediate level workout. Upon completion of apprenticeship hours and passing these tests, apprentices will be awarded a Course I (Beg-Int) Mat Certification.

Apprenticeship Hours will include:

35 hours	Lecture Series
3 hours	Private Sessions (cost included in tuition)
13 hours	Classes
8 hours	Observation
12 hours	Practice Teaching
25 hours	Independent Workouts
4 hours	Miscellaneous (outside readings, etc.)

35 Lecture weekends (once a month)

65 Outside hours (5 hours per week)

100 Total hours

Lectures

The 35 hours of lecture required for the apprenticeship will be split into three 12-hour weekends. **All lectures will take place at the Mound Street Yoga Center**

The hours are as follows:

- Saturdays: 12:00-3:00 and 4:00-7:00
- Sundays: 9:30-12:00 and 1:00-4:00

Lectures will cover Introductory through Intermediate exercises on the Mat, Pilates History, teaching methods, and anatomy. *If you must miss a lecture for any reason, these hours may be made up with approval of the instructor. If further personal instruction is required, you will be charged the private session rate (\$50 per hour).*

Jan. 14 & 15	Lecture I	Overview of Full Program; Mat Fundamentals and Introductory level work on the Mat; Return to Life, Introduction to anatomical terms; Anatomy of spine and abdominals; Introduction to Imagery work
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Lectures (cont.)

Feb 11 & 12	Lecture II	Beginning level work on the Mat; Anatomy of Breath and how the abdominals relate to breathing; Imagery exercises for the breath; Six Pilates principles; Strategies for seeing and cueing the body
March 17 & 18	Lecture III	Intermediate level work on the Mat; Basic anatomy and movement patterns of the shoulders and pelvis; Common Pilates pathologies; Teaching a group class; Pilates with accessories and equipment

Private Sessions

Personal attention and individual alignment cues are a hallmark of Pilates. Private sessions allow you to study the efficacy of your movement and address chronic pain or injury. Sessions focus on the unique body patterns and needs of an individual, and they provide new focus and advance the technique of your personal workouts. Apprentices will be required to complete 3 hours of private instruction (once a month). Private Sessions are taught at the Blue Mounds Pilates Center in Blue Mounds. The cost of the sessions is included in the tuition.

Classes

Group classes provide the opportunity improve your Pilates knowledge and technique while engaging with the flow and energy of a group and learning from others and their process. Apprentices will be required to complete 13 hours in this category. Hours can be earned by taking mat classes from any Movement Insights certified instructor.

Hours may be earned at the following locations:

- **Blue Mounds Dharma Center** – Weekly group mat classes are offered on Saturday mornings at 9:00 am.
- **Mound Street Yoga Center** – Weekly group mat classes are offered on Sundays at 4:30, Tuesdays at noon, and Thursdays at noon.

Observation

The 8 hours of observation required for the apprenticeship may be completed at the Blue Mounds Pilates Center by observing private sessions or hours may be completed at the Blue Mounds Dharma Center or Mound Street Yoga Center by observing group classes. Observing an instructor teach is an excellent way to see how different workouts address the needs of different bodies, and to see how approaches vary depending on a student's learning style. Apprentices should complete 4 hours in this category before they begin practice teaching.

Practice Teaching

As you gain more knowledge about anatomy, imagery and the Pilates exercises, practice teaching is a fun and practical way to test your knowledge and observational skills. Teaching volunteer students allows you to experiment and “get your feet wet” without too much pressure. Watching how another person moves and forcing yourself to be creative as you communicate the details of the exercises will give you a deeper understanding of your own body as well. Apprentices should begin their 12 practice teaching hours in the second month of the apprenticeship, after they have completed 4 observation hours. Practice teaching hours should be mainly composed of private sessions with volunteer clients; however, small group classes can also count towards these hours.

Independent Workouts

In order to fully embody and learn the Pilates Matwork, independent practice is a must. Learning how to correct misalignment without an instructor, remembering the order and repetitions of the exercises, and creating different workouts for the way you feel each day gives you a deeper understanding of your body and of Pilates as a whole. Having a home practice also develops discipline and requires creativity, which are two qualities essential to being a teacher. Apprentices must complete 25 hours in this category – which totals two workouts per week for the duration of the three months.

Miscellaneous Hours/Required Readings

Apprentices must complete 4 hours in the miscellaneous category. Mostly, this will consist of outside readings assigned; however, extra classes, workouts, or outside Pilates workshops can be counted in this category as well.

Required Texts

Taking Root to Fly by Irene Dowd – \$22.00 through Movement Insights/Alignment Yoga

A Pilates Primer (Return to Life) by Joseph H. Pilates – Amazon: \$10.85

Anatomy of Movement by Blandine Calais-Germain – Amazon: \$27.00

CERTIFICATION

A Course I Mat Teaching Certification will be awarded based on the student's completion of the 110 apprenticeship hours and passing the following tests:

- Written Exam: covering basic anatomy, order of the exercises, basic Pilates history
- Performance Test: student will be expected to perform a full Intermediate Mat workout

PRE-REQUISITES

In order to participate in Movement Insights' Teaching Apprenticeship program, applicants must have at least one year's prior experience with Pilates mat or equipment work. Students who do not have previous Pilates experience, but have a background in dance, yoga or another movement form can be accepted on a case by case basis and may be required to complete a certain number of private sessions and/or group classes before beginning the program. Pilates requires a good awareness and understanding of one's own body in order to perform the movements in a safe and health-promoting manner. The acceptance or rejection of any applicant is up to the discretion of Collette Stewart.

TUITION & PAYMENT

The total cost of the program is \$650, which can be paid by cash, check or Visa/MasterCard. A non-refundable deposit of \$100 is required to hold your place in the program once accepted. The balance of tuition is due at the beginning of the first lecture on January 14th. Payment plans will be considered on a case-by-case basis.

FACULTY BIOGRAPHY



Collette Stewart earned a BFA in Modern Dance from Texas Christian University in 1995. She received her Pilates certification through the internationally recognized Pilates Center in Boulder, CO and Yoga certification through Kripalu Yoga. Stewart has been teaching dance, yoga, and Pilates since 1995. She spent 3 years in New York teaching at the renowned Real Pilates Studio (formerly Tribeca Bodyworks) owned by Alycea Ungaro and during that time, modeled for Ungaro's book *Pilates: body in motion*. Upon moving to the Madison area, she created and directed the Pilates program at Capital Fitness in Madison for 6 years. Collette has also taught Pilates and dance through the University of Wisconsin dance program. In 2006, Stewart opened the Blue Mounds Pilates Center and began the Teacher Apprenticeship program in 2007. In 2008, she and her husband, Scott Anderson bought Mound Street Yoga Center, a studio which offers a wide variety of yoga, Pilates, and dance classes for the Madison community.

As a Pilates instructor, Stewart's method incorporates a deep understanding of the body gained through her many movement practices, meditation practice, and energy healing work. Stewart approaches every client with a sense of respect for the individual and the creative process of the body.

LOCATION

All lectures will be taught at the Mound Street Yoga Center. Private sessions will be taught at the Blue Mounds Pilates Center. Further apprenticeship hours may be completed at home or these locations listed below.

Blue Mounds Dharma Center
2979 Main St.
Blue Mounds, WI 53517

Blue Mounds Pilates Center
2968 Main Street
Blue Mounds, WI 53517

Mound Street Yoga Center
1342 Mound Street
Madison, WI 53715

CONTACT INFORMATION

For further information on the program or to apply, please contact:

Collette Stewart
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Blue Mounds, WI 53517
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