

Movement Insights Presents



Level 1: Beginning to Intermediate Mat

Mound Street Yoga Center

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About Movement Insights

Movement Insights is a unique venture that offers Mindful Pilates training in Blue Mounds and Madison, WI. Movement Insights began offering Advanced Studies and Teacher Training in Mindful Pilates in 2007. The program covers a wide range of study including the Classical Pilates exercises, imagery-based alignment and anatomy, and techniques for teaching healthy movement to all types of bodies. The approach is in-depth and individualized. As a participant, you will develop your own practice and in doing so, learn the skills to design and teach this practice to others.

Mission Statement

Movement Insights is dedicated to helping students achieve fully integrated health. We view integrated health as a fluid balance of the physical, mental, emotional and spiritual states. These universal states are all affected when we move. Movement Insights approaches movement with awareness which provides students with insight into who they are, how they think, and what makes them feel happy and healthy. By infusing Pilates with the principles of imagery work, energy healing, and meditation, Mindful Pilates promotes opportunities for students to connect deeply to their whole sense of self.

Why choose our program?

The world of Pilates is quite diverse and there are as many styles of Pilates as people who love to do it. A common belief in Pilates is that to get benefit from the exercises, one must use the "right" approach, implying that there is one true way to practice. Luckily, there are many "right" approaches to Pilates. If you participate in our program, you will be asked to develop your practice in a way that is right for you. You may be drawn to a slow and simple practice that creates a deep therapeutic experience or a more rigorous energizing practice in which you perform every exercise in the classical series. You'll be asked to teach from different perspectives as well, according to the state of the body, mind and energy of the student in front of you. You will learn more than just Pilates exercises, you'll learn how to use Pilates as a movement strategy for creating better health.

Integrated Learning Goals

The Mindful Pilates teacher training program is designed with three goals in mind:

- Trainees will learn about their own bodies and achieve improved personal health
- Trainees will learn Classical Pilates exercises and proper technique
- Trainees will learn to communicate well and teach others to feel better in their bodies

Each level of training embodies these goals by asking students to participate in a variety of learning environments including formal lectures and classes to learn technique and exercises, private sessions and independent workouts to improve personal health and body awareness, and observation and practice teaching hours to improve teaching skills. This in-depth approach helps trainees to truly embody the Pilates work and integrate the many details involved in teaching individuals.

Teaching Experience is Built Throughout the Program

Our teaching training program encourages trainees to begin creating a professional career as Pilates teachers while they complete their training. After completing level I, many trainees begin teaching one or two mat classes a week. After level II, trainees are prepared to increase to a part-time teaching load with private sessions. Trainees who take the level III training improve their understanding of how to work with specific injuries, offer therapeutic sessions, and see into deeper layers of anatomy. The experience of teaching not only generates income for students, it also enriches their training overall. Trainees gradually become professionals in the field, while still receiving mentorship and support. In addition, the level of discussion in training sessions is elevated by the insightful questions such growing professionals bring to the table.

Location and Facilities

Mindful Pilates advanced training and teacher certificate courses are offered at two locations: Pilates on Harrison and Mound Street Yoga Center. Locations for each session are listed in the class schedule for each level of training. Mats, Pilates rings and straps are provided for mat classes. Access to Pilates equipment is provided during equipment training sessions.

Pilates on Harrison
710 Harrison Street
Madison, WI 53711

Mound Street Yoga Center
1342 Mound Street
Madison, WI 53715

Movement Insights Faculty

Collette Stewart (School Director & Primary Instructor)



Collette Stewart began studying movement at a very young age through dance. She has earned a BFA in Modern Dance from TCU, Pilates certification through The Pilates Center in Boulder, Colorado and Yoga Certification through Kripalu Yoga. She has been teaching dance, Pilates and yoga for 15 years. As a Pilates instructor, Collette's method incorporates a deep understanding of the body gained through her many movement practices, meditation practice, and energy healing work. Collette has studied anatomy extensively and uses imagery and anatomy as a means to heighten

students' internal understanding of movements and kinesthetic awareness.

Over the years, Collette has taught a wide range of individuals – from the very fit to the very injured. Much of her understanding of misalignment patterns and tension in the body comes from her personal process of unraveling a deeply embedded scoliosis curvature in her spine. Through that process, she continues to develop the skills necessary to teach alignment and awareness through movement.

Susan Watson (Instructor)



Susan Jane Watson began practicing Pilates at age 50 and soon knew she wanted to teach this exercise form to others. She earned her comprehensive Pilates teaching certificate (750 hours) through Movement Insights with Collette Stewart and has been teaching Pilates in the Madison area since 2012.

Communication is a strength of Susan's teaching. Clear explanations, targeted references to anatomy, and use of imagery help her clients succeed with Pilates. Susan became a Pilates enthusiast because of its challenge, its potential for ongoing refinement and progress, and its

power to inspire her as a thinker and mover; she strives to offer her students the same experience.

Mindful Pilates Teachers & Movement Insights Graduates

During the training program, students are encouraged to take classes with Movement Insights Certified Teachers. In addition, Movement Insights Certified Teachers may occasionally be guest instructors in the teacher training programs. A listing of teachers can be accessed at www.movementinsights.com.

Program Overview

The complete Pilates training program includes three levels of training taken in order. Each level results in a certificate and contains a complete and unique body of knowledge. It is not necessary to take all three levels of training in order to begin teaching. For example, satisfactory completion of Level 1 will give you the ability to teach beginning to intermediate mat classes. For those wishing to become certified through the Pilates Method Alliance, you must complete all three levels.

Level 1: Beginning to Intermediate Mat

Level I is a 100 hour course completed over three months. Level I covers the Classical Pilates mat exercises from beginner to intermediate levels. The course is designed for students who wish to become Pilates instructors or Pilates enthusiasts who want to create a comprehensive home practice. Level I includes three weekend workshops covering Pilates exercises and fundamentals, anatomy, teaching methodology and Pilates history. To be awarded a Level I Movement Insights teacher certificate, students must complete an additional 65 mentored hours for a total of 100 hours of training. Tuition for the course is \$650 plus required texts and group classes. Level I is offered twice every other year.

Level 2: Beginning to Intermediate Equipment

Level II is a 325 hour course, completed over eight months. Level II covers beginner to intermediate work on the Pilates Reformer, High & Low Chairs, Cadillac, and accessory equipment. Students will delve deeper into understanding of healing injuries, unlocking inefficient movement patterns, and creating powerful, supportive core strength. Level II consists of six weekend workshops covering exercises, anatomy, history and pedagogy. In addition, students will be required to complete of 265 hours to receive a Level II Mindful Pilates teacher certificate. Tuition for the course is \$2400 plus required texts and group classes. Level II is offered every other year following the Level I training.

Level 3: Advanced Mat and Equipment

Level III is a 250 hour program, completed over eight months, covering the intermediate to advanced work on the Mat, Reformer, High & Low Chairs, Cadillac, and accessory equipment. Course III will ask students to move beyond what they think their body can or cannot do and instead explore the full potential of movement that can be gained by practicing Pilates. Level III consists of six weekend workshops covering exercises, anatomy, history and pedagogy. Students are also required to complete an additional 200 hours for certification. Tuition for the course is \$2000 plus required texts and group classes. Level III is taught every other year and is scheduled at the end of Level II to better accommodate student schedules.

Certification

Pilates Method Alliance (PMA) is a professional association that offers certification for Pilates Instructors. In order to become PMA certified, candidates must complete a comprehensive Pilates teacher training program that includes a minimum of 450 hours of teaching and mentorship, then pass a 150 question multiple-choice examination. The exam is administered by Pilates Method Alliance.

Completion of Movement Insights Level 3 training will qualify you to sit for the exam. However, we recommend that you purchase and use the study guides offered by PMA before sitting for the exam.

Students are Movement Insights certified after completion of Level 3. This certification is an endorsement that you have met the standards set forth by Movement Insights and that your teaching style reflects the core values associated with Movement Insights Pilates.

Employment Assistance

Movement Insights does not offer job placement, but during the program you will receive six hours of training and additional advice on how to start a teaching career and how to run a Pilates business.

The farther you advance in the training, the more likely it will be that you can teach full time. With a Level 1 Certificate, graduates will typically teach mat classes at least once a week. However, many Level 2 & 3 graduates go on to teach as part-time or full-time instructors. Some use the Pilates exercises as a supplement to another career (physical therapists, massage therapists, yoga instructors). Other participants have unrelated careers and participate to improve their health and deepen their knowledge and understanding of their body. The trainee should take into consideration that there is no guaranteed employment as a Pilates Instructor.

Level 1 Program Details

Movement Insights Pilates Matwork Training is made up of 100 hours including lecture, class, workout, observation, practice teaching and miscellaneous hours. The training will cover the Classical Pilates Introductory to Intermediate Mat work. The coursework also includes anatomy, teaching methodology and Pilates history and philosophy.

Hours

36 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.)
<hr/>	
100 Total hours	

Lectures

The 36 hours of required lecture 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 10:00–1:00 and 2:00–5:00

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).

Oct. 1 & 2, 2016	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
Nov. 5 & 6, 2016	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

Dec. 3 & 4, 2016

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. Trainees will be required to complete 3 hours of private instruction (once a month). Private Sessions are taught at the Pilates on Harrison in Madison. 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. Trainees will be required to complete 13 hours in this category. Hours can be earned by taking mat classes from any Movement Insights certified instructor. Cost of classes is in addition to the program cost. Currently, you can expect to pay \$12 to \$15 per hour-long Pilates class. Costs can vary by location.

Hours may be earned at the following locations:

- Mound Street Yoga Center – Weekly group mat classes are offered on Sundays at 6:30, Tuesdays at 11:45 & Thursdays at 11:45, Intro Series offered on Saturdays at 10:30 (9/19–11/7)
- Blue Mounds Dharma Center – Weekly group mat classes are offered on Saturday at 9:00 am.
- Quarry Arts Pilates – Classes taught by Kathy Sherman

Observation

The 8 hours of observation required in the mentorship may be completed at the Pilates on Harrison 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. Trainees should complete 4 hours in this category before they begin practice teaching. There is no charge for observation if you work with a Movement Insights certified instructor. However, if you choose to do your class observation in another style of Pilates, then you will need to cover any costs the instructor might charge you.

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. Trainees should begin their 12 practice teaching hours in the second month of the mentorship, 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. You will be required to log your practice teaching 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. Trainees must complete 25 hours in this category - which totals two workouts per week for the duration of the three months. You will be required to log your independent workouts and submit the log to the primary instructor for review.

Miscellaneous Hours

Trainees 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 Reading

Plan to spend about \$60-\$100 on these required texts:

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

Return to Life by Joseph H. Pilates - Amazon: \$15.26

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

Level 1 Tuition and Terms

- Tuition is \$650 and includes required lectures and private sessions. (Check, Cash, Visa and MasterCard accepted for payment.) Payment of the balance is due at the beginning of the first lecture.
- Budget another \$75 for a mat and optional equipment plus the cost of 13 classes at the location of your choice. Costs of classes vary, but budget from \$12 to \$15 per class.
- Consultation with faculty to make up deficient program hours will be charged at \$55 per hour.
- We do not offer payment plans or financial assistance

Pre-Requisites

A order to participate in the Movement Insights Level 1 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.

Course Completion Requirements

A Level I Mat Teaching Certification will be awarded based on the student's completion of the 100 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

The student will be required to submit a trainee log which includes class instructor sign-off on classes, private sessions & observations, student sign-off on practice teaching and logged workout hours.

School Policies

Non-discrimination

The Movement Insights Training Program does not discriminate on the basis of age, gender, marital status, national origin, sexual orientation, race or religion.

Attendance, Tardiness and Make-up Hours

- Attendance in all sessions is required. If you foresee absences, please reconsider your participation in this course. Punctuality is expected. More than 10 minutes late for a session deducts one hour from your contact-hours total. Attendance is noted at each class.
- In the event of an absence, those working toward a certificate must confer with the instructor to develop a strategy to learn the course content and fulfill required hours. For those without teacher certification intent, it is expected that missed course material will still be reviewed prior to the next class. Arriving to classes ill-prepared is not fair to you, the instructor or your classmates.
- Make-ups (including make-up exams), and reviews resulting from absences will be charged \$50 per hour.

Leave of Absence

We offer no leave of absence from the program. In the event a participant must discontinue the training and wishes to complete the program, they will need to start anew in a future class. The refund policy will apply to unused tuition.

Advanced Standing

We do not offer advanced standing for previous training or course-work.

Graduation Requirements

- Completing all written, performance and teaching tests outlined for each level of training.
- Full participation in all required weekend lectures
- Completion of outside teacher training hours including observation, classes, workouts, session and practice teaching hours

Student Records

All student records will be stored for a period of ten years from date of graduation. Records are private and can be accessed only with a written request from the teacher trainee. Records will be forwarded if the written request specified the recipient. Movement Insights will only forward records to educational institutions and employers.

Evaluation of Student Progress

Trainees will be tested by written exam and performance of an Intermediate level workout. Upon completion of hours and passing these tests, trainees will be awarded a Course I (Beg-Int) Mat Certificate. In the event of insufficient exam scores, students will be allowed to retake exams up to one more time, for a total of two attempts per exam. In the event progress has been deemed unsatisfactory, students will be notified immediately to schedule a meeting with the School Director to discuss strategies for future success and to remedy past insufficiencies. Students may continue to attend classes, regardless their performance on exams. Probation and termination only applies to situations described below in student conduct.

Complaint Procedure

Students with concerns or complaints are encouraged to bring them to the attention of the Director of Movement Insights. The Director's decision on all complaints is final. If resolution cannot be reached, students may contact the Wisconsin Education Approval Board for further assistance at (608) 266-1996.

Student Conduct and Drug Policies

Participants are expected to behave maturely. Students displaying disruptive behavior will be terminated from the program. Disruptive behaviors include, but are not limited to: harassing other students, possession or being under the influence of drugs or alcohol, or abusive language. The ethics statement outlines our behavioral expectations. It is expected that teacher trainees will be familiar with these issues and strive to uphold their essence.

Termination Policies

Students who behave inappropriately will receive a written warning. A second infraction of conduct policy will result in termination from the program. One year after termination, student may reapply for admission to an upcoming class. Admission is not guaranteed.

Cancellation and Refund Policy

The student will receive a full refund of all money paid if the student cancels within a three-business-day cancellation period. A student who withdraws or is dismissed after attending at least one class, but before completing 60% of the instruction in the current enrollment period, is entitled to a pro rata refund as follows:

After completion of at least	Prior to completion of	The refund will be
N/A	First day of class	100%
1 unit/class	10% of the program	90%
10%	20% of the program	80%
20%	30% of the program	70%
30%	40% of the program	60%
40%	50% of the program	50%
50%	60% of the program	40%
60%	N/A	no refund

- As part of this policy, the school may retain a one-time nonrefundable application fee of no more than \$50. The School will make every effort to refund prepaid amounts for books, supplies and other charges. A student will receive the refund within 40 days of the termination date. If a student withdraws after completing 60% of the instruction, and the withdrawal is due to mitigating circumstances beyond the student's control, the school will refund a pro rata amount.
- A written notice of withdrawal is not required. Students are required to return course materials for missed sessions before receiving a refund. That date the course materials are received by Movement Insights is considered official withdrawal date from the program.
- Students who utilize the cancellation privilege will receive a full refund within 10 business days.

Movement Insights Ethics Statement

As a teacher of Pilates, it is my responsibility and privilege to support the physical, mental and emotional welfare of my students, and to uphold the dignity and integrity of the Pilates teachings. Thus, I agree to abide by the following guidelines.

Relationships with Students

In recognition of the trust placed in me by my students, I agree to:

- Show only the highest regard for my students' personal beliefs and values.
- Offer my services of teaching Pilates to all persons, regardless of sex, race, color, ancestry, religious creed, national origin, physical disability, mental disability, medical condition, age, marital status, political affiliation, or sexual orientation.
- Avoid any action that I know will conflict with the higher interest of my students.
- Avoid taking unfair advantage of students financially, sexually, romantically, or otherwise.
- Refrain from initiating a romantic or sexual relationship with a current student, even if invited by the student.

Professional Conduct

In conducting my teaching practice, I will:

- Offer only those services that I am competent to provide.
- Not attempt to diagnose a student's physical or psychological condition, prescribe a treatment, nor suggest or approve going against a physician's advice.
- Take continuing education in Pilates teaching on a regular basis.
- Be honest, straightforward, fair and conscientious in all business dealings.
- Manage my business finances according to accepted business and accounting practice.

Advertising

In brochures, advertising and other descriptions of my services (including verbal), I will:

- Make no exaggerated claims as to the benefits of Pilates practice or my classes.
- Represent my training, qualifications, abilities and affiliations accurately and unambiguously.
- Not falsely imply sponsorship by, representation of, nor endorsement by any organization.

Ownership and Governance

Movement Insights, LLC is the owner of the Movement Insights Advanced Studies Program. Collette Stewart is the school director and the Head Instructor.

Admission Information

Admission requirements

- Applicants should be at least 22 years of age. (Exceptions will be considered upon submission of additional application materials)
- Submit a \$50 nonrefundable application fee.
- Complete and submit the application form along with a resume or work history.
- Complete a satisfactory admissions interview.
- Applicants are expected to be computer literate. This means being comfortable with sending/receiving e-mail and navigating websites.

How to apply

- After receiving the completed application along with the \$50.00 application fee and \$100 deposit for Level 1, an admissions interview will be scheduled. Application to the program does not guarantee acceptance.
- All applicants are required to have an interview with Collette Stewart, Director of Movement Insights Pilates Training Programs. Applicants are encouraged to bring any questions you have about the program to the interview.
- Applications are due by **September 20th, 2016**. Students are encouraged to submit applications early, as spaces in the course are filled as qualified applications are received.

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

Collette Stewart
Box 73
Blue Mounds, WI 53517
608-338-8598
collette@movementinsights.com
www.movementinsights.com

Application for Admission

To apply, please submit this application, a resume or work history, \$50 application fee and the \$100 deposit for Level 1.

Date

Name

Address

Phone (Day)

Phone (Eve or Cell)

Email (Required)

Age

Why are you interested in the Pilates training?

What is your background in Pilates?

Describe your experience with other movement or exercise training styles (dance, sports, martial arts, etc)

Do you have any concerns or questions regarding the training?