



Kathryn Ross-Nash – New York Pilates

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# The Pilates Professional Advanced\* Teacher Training Program – The Red Thread<sup>®</sup> School Catalog

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*\* IN THE TITLE ABOVE, "ADVANCED" MEANS "FOR GRADUATES." THIS PROGRAM IS ONLY OPEN TO GRADUATES OF A MINIMUM 450-HOUR COMPREHENSIVE PILATES TEACHER-TRAINING PROGRAM.*



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## Introduction :

The Pilates Professional Advanced Teacher Training Program-The Red Thread® is designed to enable experienced Pilates instructors to refine their technique and expand their knowledge while preserving the connection between exercises as well as the balance of body and mind, as created by Joseph H. Pilates. This is a perfect option for working Pilates teachers who have already graduated from a comprehensive 450-hour program. This program is for the Pilates teacher, who now, as a professional, wants to look at the work from the ground up through the eyes of experience and to study the systems as well as the exercises with a new depth and understanding. The program's focus is not to teach exercises, rather how to view the method, implement critical thought while teaching and learn the dynamic connections within the work. The program focuses on the work with intensity, focus, depth, and understanding of the exercises on the Mat and how they link to the Apparatus. The program is ideal for teachers who have completed different training programs, but it also is for the individual who previously completed a classical training (for example, students who were trained through Romana's Pilates, USPA, Pilates Core, Metropolitan Pilates, Vintage Pilates -The Work or Re:AB) and wants to intensely review the work previously studied.

The Pilates Professional Advanced Teacher Training Program -The Red Thread® School is owned by Kathryn Ross-Nash. Kathryn Ross-Nash has established American Body Tech Pilates Studio in 1992 and opened her school in 2005, Kathryn Ross-Nash New York Pilates, LLC. She currently owns and operates The Pilates Professional Advanced Teacher Training Program -The Red Thread®, LLC. which began in 2013 and was incorporated in 2018.

## Mission and Goals:

### Mission Statement:

Our mission is to preserve Pilates as a Method with the highest of quality and integrity, to preserve not only the connection between each exercise but the application of the Pilates Method. Our mission is to train teachers on what apparatus to use to build your clients workout and balance their bodies. It is not only the how but the why, when and where of the Method. Our teachers will no longer view Pilates as a list of exercises, but as a complex method that can be simplified by understanding the thread that weaves between each exercise.

### Goals:

The goals of our school are the following:

- Expand the understanding of the application of the Pilates Method to active Pilates teachers,
- Promote higher learning and continued Pilates education,
- Develop continuing education programs for our graduates,
- Maintain a registry of all our graduates.

## Programs & Courses Offered:

### The Pilates Professional Advanced\* Teacher Training Program – The Red Thread®

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The Pilates Professional Advanced Teacher Training Program is a three-session program over the course of 12 months.

- The Foundational session will consist of an intensive three-day seminar.
- The Core - Advanced session will consist of one intensive five- or six-day (depending on the needs of the group) or two three-day seminars.
- The final session will be a three-day seminar: two-day intensive training and the final day of presentations.

All seminars conducted will be held at The Red Thread Ranch, 7004 207th Street East Bradenton, Florida, 34211.

Additionally, after each seminar, the student is expected to complete assigned homework, practice, observation hours and personal evaluation as well as evaluation of the course.

Taken together, these three/four seminars constitute the full Program:

- **Seminar I: Review and Analysis of the Foundational System (3-day session)**
  - 21-hour classroom instruction: a break-down of the Foundational Work for the individual before you. How to use which variation to accomplish the PURPOSE of each exercise.
  - This session includes quizzes, homework, practice and observation hours (minimum 200hrs).
- **Seminar II: Review and Analysis of the Core Part 1 System (Seminars II and III are combined into a 5- or 6-day session)**
  - 21-hour classroom instruction: A look at the “Core” work in the Method and how it connects to its foundation.
  - This session includes quizzes, homework, practice, and observation hours (minimum 200hrs).
- **Seminar III: Review and Analysis of the Core System & Advanced System**
  - 21-hour classroom instruction: Completion of the “Core” exercises and their connection to the foundation as well as looking at the Advanced exercises, breaking them down and implementing the Red Thread ® to understand the Method as a Method.
  - This session includes quizzes, homework, practice, and observation hours (minimum 200hrs).
- **Seminar IV: Review of Injuries, Pre-Pilates, and Application of the Systems to Case Studies (3-day session)**
  - 21-hour classroom instruction: An in-depth look at how to create a safe and effective workout around specific client issues and maintain the integrity of the Method as a Method.
  - This session includes quizzes, homework, practice, and observation hours (minimum 200hrs).
  - Upon completion of this section, the student must complete and pass written exam and present Final Thesis on 10 Lessons Taught Applying the Red Thread ® Method Case Study.
    - A Final Thesis on 10 Lessons Taught Applying the Red Thread ® Method Case Study:
      - Client Analysis
        - Health Issues, Movement Analysis, Activity Level - General Appearance,
        - What COULD the Student do.
      - Observations
        - Pre- and Post- Class Photos (front, side, and back views before & after every lesson).
      - Lesson Plan for each of the 10 lessons utilizing the Red Thread ® Method:
        - Equipment Used,
        - Exercises Used,
        - Purpose of each lesson and threads to equipment & exercises used.
      - Conclusion:
        - Effectiveness of lessons and general observations.

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A minimum of 884 hours is required to complete the entire program.

Observations, practical and self-study hours are unsupervised, journaled, and self-reported after each segment. Examples of observation, practical and self-study hours could include:

- Teaching hours applying the Red Thread®,
- Hours spent on homework,
- Hours spent preparing Final Thesis Presentation,
- Hours spent practicing/auditing workouts and workshops on KathiRossNash.com.
- Hours spent practicing and auditing workouts and workshops taught by Kathryn Ross-Nash on Pilatesology®, Pilates Anytime®.

The Program also includes:

- Intensive review of the Mat, Reformer, Cadillac, Chairs, Barrels and Auxiliary equipment as applied to the Method.
- Introduction and review of the Red Thread®
- A look at variations and positions for the individual body at the Foundation of the work
- A greater understanding of the goals and focus of each exercise.
- How to execute the exercises on classical equipment produced in a style of Pilates Designs®/ Gratz®/ Contrology®
- As Pilates engages touch for cueing and adjustment purposes, the program will require some level of touch, although sensitivity will be respected

Upon successful completion of the four seminars above, the student will receive a Diploma of Completion of the Pilates Professional Advanced Teacher Training Program - The Red Thread®. The Red Thread Seminars must be attended consecutively and all four must be completed for the student to be awarded the Diploma of Completion.

Completion of the comprehensive Pilates program does not guarantee employment or certification through the National Pilates Certification Program.

### Program/Course Costs (Updated Annually):

#### The Pilates Professional Advanced\* Teacher Training Program – The Red Thread®

##### Program Fees\*:

Application fee**	\$ 500.00 USD* <i>(upon acceptance, used towards total tuition payment)</i>
Tuition	Determined Annually
Optional Manuals***	Determined Annually

##### Additional Fees:

Initial assessment fee	\$ 350.00 USD*or as determined by Kathryn Ross-Nash <i>(if needed)</i>
Repeat Exams fee	\$ 300.00 USD <i>(each additional exam, if have to retake)</i>
Lessons****	Determined Annually <i>(number of lessons depend on teacher's availability)</i>
Travel, housing, books, subscriptions	Varied

**\*All Program Fees are non-refundable.** The Program Fees include the following: three/four seminars, quizzes, handouts and final exam. The Program Fee does not include the following: cost of the initial assessment, where required; private lessons taken with Kathryn Ross-Nash (lessons are not a required part of the program but students may wish to take

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private lessons); Mandatory Personal Liability Insurance (per Agreement, must be named as additional insured on the policy); or re-testing fees and/or lost manuals. Manual Fee Not included. Each workshop will have its own manual. All Manuals must be pre-ordered. All materials are copyrighted.

\*\*As specified by school's policy, **the application fee** (\$500.00 USD) is **not refundable** if the student is not accepted into the program and is applied to the tuition payment, if accepted.

\*\*\* **Manuals** are available for each segment but are NOT a required purchase, as wall charts and handouts with all the information needed for the training will be available at the studio. The student may choose to purchase a manual prior to each segment. Because the manuals are revised every year, the cost of each manual purchased is **non-refundable**.

\*\*\*\* During the program, students may wish to take private lessons. The lessons are NOT a required part of the program and depend on the teacher's availability.

**The Payment for the entire program is due upon acceptance into the program.** If a section is missed they can observe the next available segment scheduled, if available, or watch two of the same segments online. All segment observations require prior approval by Kathryn Ross-Nash. The cost for observing these segments is at the expense of the student and is the same as attending the missed segment in person.

## Admissions Requirements:

### The Pilates Professional Advanced\* Teacher Training Program – The Red Thread®

This program is open to all Pilates Teachers who meet the prerequisites and are in good health. The applicant must be able to physically and mentally complete the rigors of this intense program. To apply, the applicant must meet the following criteria:

1. Completion of a Pilates teacher training program that required the following for successful completion:
  - o A minimum of 450 hours of study and observation.
  - o Training on all major pieces of apparatus. These include, but are not limited to the Reformer, the Cadillac, Barrels and Chairs.
  - o Both practical and written examinations.
2. If not trained through Romana's Pilates, USPA, Pilates Core, Metropolitan Pilates, Vintage Pilates- The Work or Re:AB, the applicant must complete an assessment conducted by Kathryn Ross Nash or her designee. Assessments may be fulfilled during workshops that are taught by Kathryn Ross-Nash taught at the Ranch.
  - o The assessment, which will be conducted in person or through videoconferencing, will involve execution of the Intermediate Mat and Reformer as well as four exercises on each of the apparatus.
  - o This assessment is to be done prior to admittance at the expense of the applicant.
  - o The fee for having the assessment conducted is \$350.00 (subject to change) and is separate from the cost of the Program.
  - o Documentation of the foregoing must be provided to Kathryn Ross-Nash New York Pilates, LLC with the application. Prior trainings and other education are considered on an individual basis.
3. Completion of 10-week "100 Challenge" program taught by KRN or one of the teacher assistants.
4. The applicant must provide evidence of current employment.
5. The applicant must have 5+ years of teaching experience.
6. The applicant must have a valid annual CPE.

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No applicant will be denied on the basis of race, national origin, color, creed, religion, sex, age, disability, gender identity, gender expression, or sexual orientation.

All Students will be educated regarding touch.

## Enrollment Procedures:

### The enrollment process includes:

- Submission of an application, along with the current resume, proof of Comprehensive Pilates Teacher Training Program completion, continued education, insurance, and current employment.
- Payment of fees.
- Signing of all documents.
- Review of school catalog.
- Review of policies and procedures.
- Completion of enrollment agreement.

Prospective students may enroll anytime based on the enrollment quota openings as long as they have met the above requirements. Enrollment does not guarantee acceptance into the program. Acceptance into the program does not guarantee graduation or certification by the National Pilates Certification Program.

## Attendance Requirements:

Students are expected to arrive on time for class with proper materials. All Seminars must be completed to receive Certificate of Completion (diploma). Instructors may request a student to withdraw from the program if the student is absent from any of the Seminars (without prior approval from the Director) or tardiness exceeds 10%.

Students who are unable to attend 1 of the 4 seminars for medical reasons or severe personal problems must notify Kathryn Ross-Nash or The Teacher of Teachers providing the training, so alternative arrangements may be made. If it is an option logistically, the student may be required to attend the same level seminar with another group or review two segments of the same level segment online, complete all the worksheets, write an essay and satisfactory complete assigned homework. Note, the student will be responsible for both the Segment fee as well as online Segment. Additional payment may be required to purchase online materials, secure additional spot in the class, etc.

Students who are unable to continue classes for medical reasons or severe personal problems will be required to take a leave of absence until they are able to return to class. All requests for Leave of absence must be submitted in writing to Kathryn Ross-Nash or the Teacher or Teachers that is providing the training. Proper documentation will be required to substantiate a student's withdrawal (see *Leave of absence*).

## Leave of absence:

Students who interrupt their registration because of personal or family circumstances, injuries or illness, but plan to return may take a leave of absence with prior approval by Kathryn Ross-Nash. Failure to attend class is not equivalent to a leave of absence and students will not receive an adjustment of charges unless a formal leave of absence is filed and approved. Students are expected to come back within 6 months. Medical certificates may be asked in cases of injuries or illnesses. Students who take a leave of absence due to pregnancy are granted an additional six months to recover. All student privileges will be suspended for the time of leave. If the prices have changed during the time of leave, once the student is able to return to the program and there is available vacancy, the student must pay current prices for the courses. All leave of absence requests must be submitted in writing to the program Director.

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If a student needs to withdraw from training for a short period of time (1-6 weeks, missing 1 segment) we ask that the student provides a letter, personally or from a doctor, explaining the circumstances. The school will retain all payments and allow the student to observe the segment via zoom with the current class or complete the segment with another group. There are no installment plans, the student pays for the entire program prior to the program start. Leave of absences that are longer than 6 weeks, missing more than 1 segment, will be treated as a drop. There will be no refunds issued for the missed segments. If student chooses to restart the program and is accepted into the program, the student will have to pay for full program tuition. Upon restarting, the school will determine if the student needs to start fresh with a new course and pay the requisite tuition, or if the student is eligible to jump into an existing program and tuition will then be calculated proportionately, based on the number of hours needed to complete.

### Conduct Policy:

All students are expected to act maturely and are required to respect other students and faculty members as well as the school's property, assets and traditions. Possession of weapons, illegal drugs, and alcohol of any kind are not allowed at any time on school property. Any violation of school policies may result in permanent dismissal from school.

In addition, all students are expected to adhere to the **Code of Ethics** below.

#### Code of Ethics

1. Do no harm.
2. Teach within your 'scope of practice' and give full attention to the comfort and safety of clients at all times.
3. Maintain professional boundaries. The following constitutes improper behavior:
  - a. Inappropriate physical contact.
  - b. Financial exploitation.
  - c. Sexual exploitation.
4. Maintain client confidentiality.
5. Direct clients to seek medical attention when necessary.
6. Do not discriminate against clients or colleagues on any level.
7. Do not intentionally solicit other Pilates professionals' clients.
8. Treat clients and colleagues with respect, truth, fairness, and integrity.
9. Comply with all applicable business, employment and intellectual property laws.
10. Maintain professional appearance and conduct.
11. Do not misrepresent skills, training, professional credentials, identity or services.
12. Continue gaining education to enhance your skills and knowledge, and to provide the highest quality services to clients.
13. Maintain appropriate insurance (liability, studio, contents, etc.)
14. Maintain appropriate teacher-to-student ratios in all class settings.

### Dismissal:

Any student may be dismissed for violations of rules and regulations of the school, as set forth in school publications. A student also may be withdrawn from classes if he or she does not prepare sufficiently, neglects assignments, or makes unsatisfactory progress. The director, after consultation with all parties involved, makes the final decision.

The Director may temporarily suspend students whose conduct is disruptive or unacceptable to the academic setting. After appropriate counseling, students who demonstrate a genuine desire to learn and conform to school standards of conduct, may be allowed to resume attendance. The director will review each case and decide upon re-admittance.

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If a current student enrolled is in violation of anything in agreement stated in the enrollment contract, they will be notified via email and given one week to respond. If said current student enrolled does not respond, they will be removed from the program and will no longer be able to participate in workshops, Continued Education and therefore will not receive the certificate of completion.

## Educational Services:

In addition to the manuals provided for the training, Kathryn Ross-Nash has recorded and made available videos applying the material learned in the program on KathiRossNash.com. Pilatesology.com, Pilatesanytime.com. All sites are subscription-based. Books written by Kathryn Ross-Nash are offered to the students of the program at a discount and studio copies are available at the Red Thread Ranch.

## Grading System:

### The Pilates Professional Advanced Teacher Training Program – The Red Thread®

- Students will be assigned homework after each segment. The homework must be submitted 1 week prior to Segment start and will be graded (pass/fail) prior to the Segment.
  - In addition to the homework, the students must submit the log of practice and self-study hours.
  - The teacher will use homework results to check students' understanding of the material and determine if additional attention needs to be given to specific areas of the course.
- During each Segment, students will complete quizzes (pass/fail) to check for material comprehension.
- During the last Segment, the Students will present Final Thesis on 10 Lessons Taught Applying the Red Thread® Method Case Study. The presentation must be sent to Kathryn Ross-Nash in advance of the Segment and hard copy available during the presentation. The Final Thesis will be graded as pass/fail and the results will be shared with the Student by email.

At the end of the last Segment, the students will take final exam covering topics from each segment. The exam will be graded as pass/fail and the results will be shared with the student by email.

## Progress Policy:

Students must submit all homework assignments and demonstrate satisfactory understanding of the material through the assignments and quizzes given during each Segment. The student may be terminated if grades are not satisfactory at the end of the probationary period. Termination shall be at the school Director's discretion. The Director has final authority and shall notify the student of the final decision.

## Transfer of credit policy (ONLY applicable to the institutions teaching the Red Thread® Method):

Credits from another institution will be evaluated on a case-by-case basis. Transfer of credits from other institutions requires a review fee of \$300 if a transcript is available. In the absence of a written transcript, test-out options will be considered, and fees related to the process will be charged by subject matter. Each level of foundational, core, advanced pre-Pilates/injuries will incur a \$300 fee per assessment.

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## Refund policy:

All Program Fees are non-refundable.

The Program Fees include the following: three/four seminars, quizzes, handouts and final exam. The Program Fee does not include the following: cost of the initial assessment, where required; private lessons taken with Kathryn Ross-Nash (lessons are not a required part of the program but students may wish to take private lessons); Mandatory Personal Liability Insurance (per Agreement, must be named as additional insured on the policy); or re-testing fees and/or lost manuals.

The application fee (\$500.00 USD) is not refundable if the student is not accepted into the program and is applied to the tuition payment, if accepted.

Because the manuals are revised every year, the cost of each manual purchased is non-refundable.

## Student Grievance Procedure:

1. Any complaint or conflict must be sent directly to Kathryn Ross-Nash.
2. If needed, a meeting will be held between all parties involved to resolve the situation.

## Sexual Harassment Procedure:

### Definition:

Sexual Harassment is defined as unwelcomed verbal, visual, or physical conduct of a sexual nature that is severe or pervasive and affects learning conditions or creates a hostile environment.

### Examples:

- Verbal or Written - Comments about clothing, personal behavior, or a person's body; sexual or sex- based jokes; requesting sexual favors or repeatedly asking a person out; sexual innuendoes; telling rumors about a person's personal or sexual life; threatening a person.
- Physical - Assault; impeding or blocking movement; inappropriate touching of a person or a person's clothing; kissing, hugging, patting, stroking.
- Non-verbal - Looking up and down a person's body; derogatory gestures or facial expressions of a sexual nature; following a person.
- Visual - Posters, drawings, pictures, screensavers or emails of a sexual nature.

### Procedure:

Any student who feels s/he has been subject to sexual harassment should take the following actions:

- Speak directly to the source of the discrimination.

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- If this is not a reasonable option, or if such an option does not remedy the situation, speak directly with the Director.

### Access to student files:

The documents listed below are kept confidential on file at the Red Thread Ranch. Students may review their complete file during Seminar weekend by requesting an appointment with the Director.

- Student files – contents:
  - Picture identification (drivers license, immigration card, passport, etc.).
  - Completed application.
  - Signed enrollment agreement.
  - Signed sexual harassment Policy.
  - Signed non-discrimination Policy.
  - All academic records.
  - All faculty notes.

### Satisfactory Completion:

A student who attends all the seminars, satisfactorily completes all assignments, exams, presentation and has paid in full will be awarded a certificate of completion (diploma).

### Continued Education and Graduates in Good Standing:

Upon completion of the program, in order to be considered Graduates in Good Standing, and to be listed on the Kathirossnash.com website as PPATT Alumni, the Student must:

- Adhere to the Code of Ethics post-graduation,
- Complete Annual CPE (in person) at the Red Thread Ranch with Kathryn Ross-Nash (workshops, private lessons with Kathryn Ross-Nash, or observations of Kathryn Ross-Nash teaching).

### Time extension for program completion:

Students who are unable to attend 1 of the 4 seminars and require program extension for medical reasons or severe personal problems must notify Kathryn Ross-Nash or The Teacher of Teachers providing the training, so alternative arrangements may be made. If it is an option logistically, the student may be required to attend the same level seminar with another group, review two segments of the same segment online, write an essay and satisfactorily complete assigned homework. Additional payment may be required to purchase online materials, secure additional spot in the class, etc.

Students who are unable to continue classes for medical reasons or severe personal problems will be required to take a leave of absence until they are able to return to class. All requests for Leave of absence must be submitted in writing to Kathryn Ross-Nash or the Teacher or Teachers that is providing the training. Proper documentation will be required to substantiate a student's withdrawal (see *Leave of absence*).

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## Teacher Biographies:

### Kathryn Ross-Nash, Program Director

Kathryn began her Classical Pilates training in 1982 and has had the privilege to study with First Generation teachers Romana Kryzanowska, Kathy Grant, Sari Mejia Santo, Jay Grimes and Edwina Fontaine. She was a Romana's Pilates Level 2 Trainer. She received comprehensive training through the Pilates Studio, Romana's Pilates, Authentic Pilates, has been certified by the National Pilates Certification Program and is a Guild Certified Feldenkrais Practitioner. She was a principal dancer for ten years with Ballet Hispanico of NY, where she now sits on the Board of Directors. Kathryn holds a second-degree black belt in Tae Kwon Do and an undefeated AUU sparring record.

Kathryn worked closely with Romana for many years. Romana named her founding Vice- President to her Presidency of the Authentic Pilates Guild. Kathryn often traveled and demonstrated the work for Romana during her workshops. She is the only woman to demonstrate on both the Romana's Pilates Mat DVDs, she is the voice and teacher of the individual follow along Mat workouts and the Legacy Series DVDs. Romana is quoted about Ms. Ross-Nash, saying "her work is like ice cream", "poetry in motion" and "she is one of her best"- Romana's "Star of Stars."

Kathryn appeared with Romana multiple in Pilates Style Magazine. She can be found on her own Vimeo site, Pilatesology and Pilates Anytime. She was featured instructor in the premiere issue of Pilates Style and has been featured in the magazine many times since, served as a writer for its blog, magazine and currently sits on the Advisory Board. She is an often-quoted expert whose advice on the method and its authenticity is sought after worldwide. To celebrate her 55th Birthday she had the honor to grace the cover of Pilates Style Magazine as the oldest single cover model in their history. With this cover, which included a ten-page spread featuring her work "The Red Thread®". Along with her daughter, Zoe Ross-Nash, this cover kicked off the campaign #donttouchme, encouraging others to embrace their authentic self and shed the use of filters and photo shop alterations.

"My favorite thing in the world is to be able to teach the work I believe in so strongly, as my teachers so generously gave it to me."

— Kathi Ross-Nash

Known throughout the industry for her purity and devotion to the work, Kathryn's client list spans the athletic and entertainment industry. In 2016 she was bestowed the honor, by the PTA, to be the first instructor to teach Joe's work on the Isle of Man at the site of Camp 4, where Joe Pilates was interned. She was the first Pilates instructor to train the young dancers of the Vaganova School, in St. Petersburg, Russia. Kathryn has taught in Moscow, Chile, Australia, Spain, Russia, Germany, England, Portugal, Scotland, Israel, Brazil, Costa Rica and throughout the United States.

Kathryn founded the Authentic Pilates Union and was appointed Chair. She has owned and operated the American Body Tech Pilates Studio since 1992. She is the creator of many innovative workshops including: The Red Thread®, The Add On Mat®, Fix Your Feet™, Connection to the Jump™ and Variations on a Theme - Mat & Reformer™. Her DVD, Kathryn Ross-Nash New York Pilates© and books, Fix Your Feet - Using the Pilates Method© and The Red Thread of Pilates - The Integrated System and Variations of Pilates - The Mat©, The Red Thread of Pilates - The Integrated System and Variations of Pilates - The Baby / Arm Chair © and The Red Thread of Pilates - The Integrated System and Variations of Pilates – The High / Electric Chair© have been acclaimed worldwide.

Kathryn is a breeder judge and breeder of Champion Australian Shepherds.

## Facilities:

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Our studio is 2500 square feet, one story building at the Red Thread Ranch. We have showers, and 2 classrooms that are furnished with state-of-the-art Pilates equipment consisting of Reformers, Trapeze Tables, Wunda Chairs, High Chairs, Baby Chairs, Barrels, Guillotine, and all other small equipment. Charts, manuals, and videos are available to enhance the learning experience.

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