



The Pilates Professional Advanced* Teacher Program teaches you not only the connection between exercise but the application of the Pilates Method. It trains you on what to look at and 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. As a teacher you will no longer view the Pilates as a list of exercises, but as a complex method that can be simplified by understanding the thread that weaves between each exercise.

The program I present, Pilates Professional Advanced* Teacher Training, is for classically trained instructors who have been teaching for a minimum of five years. The teacher must have completed a comprehensive 450+ hour Pilates Teacher Training program. Insurance is required as well. It is limited to ten instructors and the workshops are taught in four weekends (Friday, Saturday, and Sunday) spread through a 12-16 month period. As of now the program is full until 2020.

The groups are formed with individuals chosen to create optimum learning. The program focuses on the application of the method — not exercises and how to execute them. I have five of almost every piece of equipment for optimal learning. This means you never sit and watch, unless I am instructing, but you are able to be hands on, as the teacher or student. The program focuses on the application of the method. I have a large group of students in which I develop my groups. I look at training, style, background and training to create an environment of maximum learning.

Focus

- Foundational - using variations (break downs) to build the body before you.
- Core - Understanding the Core exercises and how they link at each level to the apparatus.

*** 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.**

- Advanced - How to look at the body and use the method to strengthen it as well as finding the foundational exercises in the Advanced to better see and understand the work.
- Injuries and issues and how to apply the method no matter what the issue.
- How to use the appropriate apparatus to create a workout that follows the method.

The Equipment:

- What the focus of each piece of apparatus is and the order in which to work the body, increasing your efficiency as a teacher for better training results.
- It is about learning to teach the body before you while applying the Pilates Method and demystifying the how, where, what, when and why of the work.

This is not a foundational teacher training program. The exercises are not taught at all, with the exception of Pre- Pilates. We cover the understanding of them in relationship to each other, the Method and the body before you.

If you would like to be added to the wait list, I will need a copy of your insurance, certification, continued education, employment and well as resume.

Testimonials:

Yes, I have gone through Kathi's Advanced* Pilates Professionals training! This is where her Red Thread approach to understanding the method is clearly laid out and supported through critical thinking exercises and scenarios. It consists of 4 weekends and you have homework assigned in between training weekends (they were spaced out over 16 months for our group).

It is not a program to learn the exercises as this is what your Comp training is designed to do (however, if you are not classically trained you will struggle with having the same understanding of what exercises are, progressions, order, philosophy, style, etc). It is a program where you break down the exercises and look at relationship building and maintaining the integrity of the order while working with someone in the most appropriate place to generate the intention and elicit the biomechanics response of the exercise purpose.

I would highly recommend it! I have taken 4 comprehensive trainings so far to support my understanding of exercise intention and overall cuing support and progression structure, yet all of these programs were limited in how they allowed the apprentice to realize and apply complex session mapping, exercise substitution without loss of method integrity, and exercise relationship balance through the entire session and then from session to session.

The critical thinking skills that the Red Thread program gives starts to build that broader understanding and application of the Method to truly make it meaningful at the moment of action (during the exercise, during the workout). Another way to compare: Red Cord is an exercise therapy method that is designed to put people in positions that make dormant muscles fire and activate in the moment. Once the muscle is activated you can then build the neural-muscular patterning into functional presence.

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This is similar in what Kathi is teaching — there are better exercise choices within the method that will support immediate muscle patterning activation. Instead of it being the responsibility of the teacher to cue a client better if they are not "getting" the exercise, why not look at what needs to be developed within the exercise purpose/goal/intention and choose a related exercise/apparatus that allows the client to access this purpose/goal/intention.

The Pilates Professional Advanced* Teacher Training does not state or imply that employment, occupational advancement, and/or certification are guaranteed upon completion of the program.

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.

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