

Friday, August 21, 2015

## Comprehensive Pilates Certification Program

Company: erika bloom pilates

Location: New York, NY

Compensation: work study available

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The Erika Bloom Comprehensive Pilates Certification

Fall 2015 – Spring 2016 term

classes begin September 25, 2015

Erika Bloom Pilates Plus is known for its superior Pilates instructors, trained with an eye for detail and ability to custom tailor focused and effective sessions for every client type. The goal of the Comprehensive Pilates Certification is both to train exceptional instructors, as well as hone new talent for the studio.

The Comprehensive Pilates Certification provides both Pilates mat certification and full 600+ hour Pilates apparatus certification. With one program, you will be prepared to teach informed and effective sessions of the Pilates repertoire including mat and the complete apparatus: Reformer, Cadillac, Chair, and Barrel.

Our program will provide you with in-depth knowledge of both the classical and contemporary exercises as well as additional information that is typically only found through continuing education courses. Learn to teach your clients to master the exercises, change their bodies, and improve their health.

You will finish knowing:

Classical mat exercises

Classical Reformer, Cadillac, Barrel, and Chair exercises

New exercises developed by contemporary Pilates leaders

Use of props and small apparatus including physioballs, bosu balls, balance boards, therabands, small balls and more

Proper form and alignment for each exercise

Detailed information on the biomechanics of each exercise

In-depth anatomy through hands-on learning

Hands-on cueing and adjustments

Methods of exercise modification

Imagery and visualizations

Contraindications and modifications for injuries and special populations

Therapeutic solutions for injuries and special populations

How to create effective, customized sessions for each body type, injury, and condition

The lecture portion takes place over 16 weeks, followed by observation, self-practice, and practice teaching. The program is broken down as follows:

170 hours of lecture

110 hours of self-practice

110 hours of observation

130 hours of practice teaching

80 hours of apprentice teaching

And includes:

Self-practice and practice teaching hours supervised by Erika Bloom

Ample space, equipment, and time for self-practice and practice teaching

Three complimentary private Pilates sessions with an Erika Bloom instructor

A complimentary monthly group class exclusively for certification students

Complimentary attendance of our continuing education workshops

Observation of sessions by Manhattan's most sought after Pilates instructors

Prerequisites:

Basic anatomy knowledge (recommended text: The Anatomy of Movement by Blandine Calais-Germain)

Minimum 20 hours of previous Pilates training, both mat and apparatus

Ten private Pilates sessions with at least one taken with an Erika Bloom Pilates Plus instructor

Our program has limited enrollment. We accept students by application only and consider all certifying students as candidates to join our amazing team of Erika Bloom Pilates Plus instructors. To apply, send a letter of interest with your resumé to [certification@erikabloom.com](mailto:certification@erikabloom.com) and we will contact you to schedule an interview.

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