

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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