



EXHALE PILATES FULL COMPREHENSIVE TERMS AND CONDITIONS 2024

EXHALE
PILATES
 LONDON

EXHALE PILATES

Introduction

Exhale Pilates London has been offering professional teacher training programs since 2017.

Exhale Pilates Objectives

Exhale Pilates is dedicated to teaching Classical Pilates, the true works of Joseph Pilates in a fully supportive, inclusive and enriching teaching environment.

The Exhale Pilates Team

Gaby Noble – Founder

Hannah Storey – Studio Manager

Nicola Addison-Newland - Business Manager

Glossary of Terms

“A body” refers to the person you will train, this can be another Apprentice, a friend or family member. You will be training this person free of charge and do not need to be insured to teach them.

The “apparatus” refers to all the equipment in the Pilates studio that you will be taught on.

Program Objective

Upon completion, the graduate will be competent to teach all Beginner, Intermediate and Advanced levels of Pilates exercises on all types of apparatus and the Mat.

Full Comprehensive Program Overview

The Full Comprehensive education program is divided into three levels. The course is offered over a twelve month period and requires 600 hours to complete. Course extensions are at the discretion of the course leaders and only approved by the Founder.

The Beginner System: Three days of face-to-face workshops and 200 hours of practice.

The Intermediate System: Three days of face-to-face workshops and 200 hours of practice.

The Advanced System: Four days of face-to-face workshops and 200 hours of practice.

Face to face workshops are delivered by experienced teacher trainers. Each day consists of learning the exercise from the manual, hands on teaching and self-mastery.

Apprentices will receive a manual at the beginning of each course level. Please note, any lost manuals will be charged at £50 per manual.

Practice hours comprise of:

- Observation hours - these must be taken at Exhale Pilates or another recognised Classical studio authorised by Exhale Pilates.
- Practice teaching hours – This involves practising with a body by splitting time on all apparatus and mat work.
- Personal Workouts hours.
- Participation in Private and Group sessions - we recommend you take at least two sessions per week.
- Additional monthly workshops - it is compulsory to attend one workshop per month.
- Education Coordinator 1:1 progress check in every. This can be done in person, via zoom or email.
- 3 online multiple choice and written anatomy exams after Beginner, Intermediate and Advanced practical exams
- 2 case study – You will be assigned two case studies, one after your Intermediate and one after your Advanced practical exams

Prerequisites

Course Prerequisites & Commitment

All potential Apprentices are to take a minimum of 25 hours of Pilates sessions at Exhale Pilates before commencing the course. A minimum of ten hours must be private sessions. It will be at the discretion of the Exhale Pilates Founder if more sessions are required before commencing. This does not guarantee a place on the course.

Prior to being accepted onto the course each prospective Apprentice must attend a final 1:1 with founder or head of education to determine whether they are ready to join the course.

Acceptance on to the course

Acceptance into the program does not guarantee completion, employment, or Certification by Exhale Pilates. Upon acceptance, Apprentices must sign an Enrolment Agreement showing all policies and procedures have been understood and agreed to and to confirm that they have read and understood the commitment of time required to complete the course and all terms and conditions.

Course Fees

The fee for the full comp is £5000. A deposit of £1000 is required to secure your place on the course. This is followed by one further payment of £2000 two weeks in advance of the start of the Beginner level. The final payment of £2000 must be paid at least two weeks in advance of the Intermediate level.

Apprentices will receive a 10% discount on classes and privates at Exhale Pilates studios. This does not include our inductions or monthly membership options.

What will I learn?

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During your course you will learn the art of teaching Pilates along with a wonderful repertoire connected by precise transitions to create a rhythmic, fluid and focused workout which will build greater strength, flexibility and endurance.

- The full classical repertoire from Beginner to Advanced level on the mat.
- The full classical repertoire from Beginner to Advanced level on all apparatus.
- Hands on teaching techniques for safety and efficiency.
- How to adapt the work to suit your client.
- How to create modifications for clients.
- How to be a confident and effective Pilates Teacher.
- Anatomy & Physiology.

Level 1: Beginner System:

The Beginner system focuses on the technical and teaching aspects of all of the apparatus at this level minus the Pedi Pole. Apparatus includes the Reformer, Wunda chair, Cadillac, Electric Chair, Ladder Barrel, Small Barrels and mat work. Basic anatomy is covered.

Level 2: Intermediate System:

The Intermediate system follows the teaching progression to this level and outlines the appropriate evolution of work for the client. Apparatus includes the Reformer, Wunda chair, Cadillac, Electric Chair, Ladder Barrel, Small Barrels and Pedi Pole and mat work. Intermediate anatomy is covered.

Level 3: Advanced System:

This focuses on the Advanced repertoire and breaks down the exercises to adapt to the needs of the client through identifying weaknesses, or injuries, and applying the Method with modifications for physical limitations. Apparatus includes the Reformer, Wunda Chair, Cadillac, Electric Chair, Ladder Barrel, Small Barrels, Pedi Pole and Mat Work. Advanced anatomy is covered as well as a case study.

Exams

Exams

Exams are taken at each level and upon completion of each 200 hour phase. Apprentices are required to bring a body to teach in their exam.

The exam process comprises of:

1. Beginner

- Teaching the body the Beginner system on the Mat, Reformer and other apparatus as chosen by the examiner.
- Demonstrating knowledge of the Beginner Mat, Reformer and other apparatus as chosen by the examiner in their own body.
- Answering any questions asked of them by their examiner concerning the Beginner system and any other equipment.
- Demonstration of knowledge of the system.
- Health and safety in the instruction of the exercises and of the apparatus.
- Demonstrate complete proficiency of the Intermediate Mat and Reformer in their own body before progressing to the next stage of the course.

Upon passing the practical test, the Apprentice will be required to take a multiple choice Beginner Anatomy exam.

2. Intermediate

- Teaching the body the Intermediate system on the Mat, Reformer and other apparatus as chosen by the examiner.
- Demonstrating knowledge of the Intermediate Mat, Reformer and other apparatus as chosen by the examiner in their own body.
- Answering any questions asked of them by their examiner concerning the Intermediate system and any other equipment.
- Demonstration of knowledge of the system.
- Health and safety in the instruction of the exercises and of the apparatus.

Upon passing the practical test, the Apprentice will be required to take a multiple choice Intermediate Anatomy exam and assigned a case study.

Exams

3. Advanced

- Teaching the body the Advanced system on the Mat Reformer and other apparatus as chosen by the examiner.
- Demonstrating knowledge of the Advanced Mat Reformer and other apparatus as chosen by the examiner in their own body.
- Answering any questions asked of them by their examiner concerning the Advanced system and any other equipment.
- Demonstration of knowledge of the system.
- Health and safety in the instruction of the exercises and of the apparatus.

Upon passing the practical test, the Apprentice will be required to take a multiple choice Advanced Anatomy exam and be assigned a case study.

If an Apprentice does not pass any exam, they must repeat it in order to continue and are responsible for paying a separate fee to repeat the exam.

If an Apprentice does not pass any exam, they must repeat it to continue.

Failure to pass

The first failure will not be charged but will require an additional ten hours of practice before retesting and a private session with the course leader. Each additional failure requires an additional ten hours and a further private session. A retest fee will be charged for each retest thereafter. The Beginner retest will be charged at £90, the Intermediate at £120 and the Advanced at £150.

Awarding of certification

Apprentices must complete and pass all elements of the course, the Beginner, Intermediate and Advanced practical exam, all anatomy exams and the case study, before being awarded their Full comprehensive certification. Upon completion Apprentices will receive a hard copy of a certificate.

Resources

Education Portal

The Education portal will be where you can monitor your progress throughout the course, upload your hours and your work and send any communications to the Education Coordinator.

Apprentices are required to log their practice hours directly through the online educational portal, assigned to them at the start of the course. This will be checked regularly and signed off by the supervising instructor, every 50 hours.

Teaching hours, observation hours and practise hours can take place in either of the Exhale studios (Primrose Hill or North Finchley) and/or another Classical Pilates studio recognised by Exhale Pilates.

Commitment

Attendance Requirements

Apprentices are required to have a 100% attendance to the Beginner, Intermediate and Advanced seminar weekends to pass. Apprentices must attend at least one additional workshop per month. All attendance will be tracked via the education portal. If Apprentices are absent from these weekend seminars there will be an additional charge of £250 per day for each day of absence. Apprentices will automatically be deferred onto the next course appropriate to the seminar level missed.

Commitment

It is the Apprentices' responsibility to ensure the course hours fit into their schedule and life commitments. The recommended time is 10 -15 hours a week, to be able to complete the course within twelve months.

Behaviour and Expectations

- Apprentices are expected to arrive on time with appropriate materials and attire.
- No phones are allowed during workshops or observations.
- Apprentices are expected to be willing to assist fellow Apprentices in achieving their hours.
- To remain out of the way when observing, not to talk or be a distraction whilst observing.
- To be expected to help teachers when in the studio observing - putting away or getting out of equipment.
- Cleaning apparatus, maintenance and safety of the equipment.
- Apprentices can only work with a body aligned with learning level. Bodies being worked on that are not on the appropriate learning level will be classed as studio clients and will be charged as per the studio tariff.
- Apprentices can only work with one body at any time in the studio. No duets or groups.
- Apprentices have the opportunity to be invited to regularly teach on the studio timetables. This is decided by The Founder and is not guaranteed. Apprentices will be paid £15 per class.

Conduct Policy

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Apprentices are expected to act in a respectful, mature and professional manner when in Exhale Pilates. Apprentices are expected to follow observation, practice teaching, and studio protocol. Apprentices receive copies of all Protocols upon beginning the program.

Dismissal

Exhale Pilates reserves the right to terminate any Apprentice from any program at any time. In the event that an Apprentice is terminated from the program, Exhale Pilates shall refund any unused Training Program money on a pro-rated basis per the Refund Policy. No applicant will be denied on the basis of race, national origin, colour, creed, religion, sex, age, disability, gender identity, gender expression, or sexual orientation.

Apprentice Grievance Procedure

If Exhale Pilates receives a complaint or grievance with an Apprentice, Exhale Pilates will work with the Apprentice to determine how to address their concerns and agree on how to best move forward. Apprentices are encouraged to resolve any issue with the studio first.

Progress Policy

If satisfactory progress is not being made or an Apprentice is behaving inappropriately it is grounds for dismissal.

Extensions

Extensions

Program extensions for extenuating circumstances are granted at the sole and absolute discretion of Exhale Pilates. The Apprentice must submit a written request to the Education Coordinator or Founder setting out in detail the extenuating circumstances that they wish to request an extension for. The Apprentice will be required to re-apply for the entire teacher training program again should they not complete the extension period as agreed.

Extensions will be considered based upon the following:

- Injury
- Health
- Personal emergency
- Pregnancy - the Apprentice will have an extended deferment until the six months post-partum

Cancellation & Refund Policy

Program Cancellation due for Unforeseen Circumstances

In light of Covid-19, Exhale Pilates may be forced to postpone face to face training or move training online for the purpose of keeping all Apprentices and trainers safe.

Exhale Pilates reserve the right to cancel the course should circumstances beyond their control make it impossible to deliver the contract as agreed. For example, facility closure under Government ruling. Apprentices will be able to transfer to a later course at no additional cost.

Exhale Pilates agree to give reasonable notice before cancelling, except where there are 'serious grounds' for immediate cancellation due to Government ruling. In this instance your funds will be put on hold until the course can resume.

Change of time, date or venue

Exhale Pilates London reserves the right to vary the charges at any time. Current charges for Workshops are displayed on the website. Exhale Pilates London reserve the right to change the date, time and location of the Workshop up to 48 hours before.

Refund Policy

Apprentices who cancel this contract by notifying the studio within three business days of purchase are entitled to a full refund of all tuition and fees paid.

There will be no refund for Apprentices who withdraw before commencement of the course or during the course.

Studio Contact Details

Studio Addresses

Exhale Pilates Primrose Hill - Ground Floor, 1 Whittlebury Mews West, NW1 8HS

Exhale Pilates North Finchley - 269 Ballards Lane, North Finchley, N12 8NR

Exhale Pilates Marylebone- 90 Wimpole Street, W1G 0EE

Tel +44 (0)207 186 0611

Education email: education@exhalepilateslondon.com

Reception: info@exhalepilateslondon.com

Website: <https://exhalepilateslondon.com/>

Agreement

I agree I have read and accept the terms and conditions of joining Exhale Pilates London's Full Comprehensive course.

Name:

Signature:

Date: