



# EXHALE PILATES MASTER MAT TERMS AND CONDITIONS 2024



# The Team

## The Exhale Pilates Team

Gaby Noble – Founder

Hannah Storey – Studio Manager

Nicola Addison-Newland - Business Manager

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.

## 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.

Introduction

# Master Mat Program Overview

The Master Mat education program is offered over a four month period and requires 60 hours to complete. Course extensions past the four month timeline are at the discretion of the course leaders and only approved by the founder.

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

Apprentices will receive the manual at the beginning of the course. Additional/replacement manuals will be charged at £50 per manual.

Your 60 hours of apprenticeship comprise of:

- Practice teaching hours – to involve practising with a body, clearly displaying appropriate hands on, modifications if and when necessary.
- Personal practise hours.
- Participation in one in person or online group session per week.

Also included as part of your training:

- Apprentices also will receive a 10% discount on online classes and online private sessions at Exhale Pilates London during your apprenticeship, except for monthly memberships at Exhale Pilates London (compared to regular client prices). A discount code will be provided and not to be shared with any external clients booking in at the studios.
- Education Coordinator 1:1 progress check, in person, email or a phone call.
- Exams - one practical exam and one online anatomy exam.

## Course Fee

The fee for the Mat course is £1200

# Prerequisites

## Course Prerequisites & Commitment

All potential Apprentices are to take a minimum of ten hours of Classical Mat Pilates sessions either at Exhale Pilates or another Classical Pilates studio before commencing the course. Online mat classes with Exhale are also available. 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.

## Program Objective

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

## What will I learn?

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.
- 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.
- Basic Anatomy

## 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.

# Exams

## Exams

Exams are taken upon completion of your 60 hours. Apprentices are required to bring a body to teach in their exam.

The exam process comprises of:

- Teaching the body the Beginner, Intermediate and Advanced Mat exercises only from the manual.
- Demonstrating complete proficiency of the Beginner, Intermediate and Advanced Mat exercises in their own body only from the manual.
- Answering any questions asked of them by their examiner concerning the Mat exercises.
- Hands on during the instruction of the exercises.
- Knowledge of modifications of the exercises.
- Effective verbal cueing of the exercises.

## Anatomy exam

Upon passing the practical test, the Apprentice will be required to take a multiple-choice Beginner Anatomy exam which must be taken within the 4-month timeframe and a link to the exam will be sent via email.

## Failure to pass

The first failure will require an additional five hours of practice before retesting and a private session with the course leader. Each additional failure requires an additional five hours or self-practise. A retest fee of £100 will be charged for each retest.

## Awarding of certification

Apprentices must complete and pass all elements of the course, the practical exam and the anatomy exam, before being awarded their certification. Upon completion Apprentices will receive a hard copy of a certificate.

# Resources

## Education Portal

The education portal will be where Apprentices and the education coordinator can monitor your progress throughout the course. This is where you will be able to upload your hours and your work and send any communications to the Education Coordinator if and when required.

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

# Commitment and expectations

## Attendance Requirements

Apprentices are required to have a 100% attendance to both days of the Master Mat training weekend to pass.

## Commitment

It is the Apprentices' responsibility to ensure the course hours fit into their schedule and life commitments. The recommended time is a minimum of five hours a week, to be able to complete the course within the four months.

## Behaviour and expectations

- Apprentices are expected to arrive on time with proper materials and attire.
- No phones are allowed during workshops or observations.
- Apprentices are advised and be willing to assist fellow Apprentices in achieving their hours.

## Conduct Policy

Apprentices are expected to act in a respectful, mature and professional manner when amongst fellow apprentices and whilst at Exhale Pilates. Apprentices are expected to follow studio protocol when applicable.

## Dismissal

Exhale Pilates reserves the right to terminate any Apprentice from the course at any time. 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 if they are not complying with the terms and conditions and the commitment required for the course.

## 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.

# Deferment

## Deferment

If a deferment is required, The Apprentice must submit a written request to the Education Coordinator setting out in detail the extenuating circumstances that they wish to request a deferment for. Deferments for extenuating circumstances are granted at the sole and absolute discretion of Exhale Pilates. Deferments are a maximum of 3 months.

Deferments 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

If more than 3 months is required, then a re-entrance evaluation fee may be incurred (£150) this is at the discretion of Exhale Pilates.

If an Apprentice can no longer attend the weekend they are signed up for, then a further charge of £200 will be charged to enrol them onto the next course

All Apprentice benefits will cease during this period of time.



# Cancellation and 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 payment will be put on hold until the course resumes.

## 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 Hours and contact details

These times can be dependent on studio bookings, the Front Desk is not manned for all of the opening hours.

## Primrose Hill

Monday 08:00 - 19:00

Tuesday 07:00 - 20:30

Wednesday 08:00 - 20:00

Thursday 09:30 - 20:30

Friday 07:00 - 14:00

Saturday 08:30 - 12:30

Sunday 08:30 - 13:30

## North Finchley

Monday 08:30 - 19:00

Tuesday 09:30 - 19:00

Wednesday 09:30 - 20:00

Thursday 09:30 - 20:00

Friday 10:00 - 13:30

Saturday 09:30 - 12:30

Sunday 09:30 - 12:30

## Holiday Closures

Christmas Day and New Year's Day with reduced hours on Bank Holidays.

## 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

+44 (0)207 186 0611

Education email: [education@exhalepilateslondon.com](mailto:education@exhalepilateslondon.com)

Reception: [info@exhalepilateslondon.com](mailto:info@exhalepilateslondon.com)

Website: [www.exhalepilateslondon.com](http://www.exhalepilateslondon.com)

# Agreement

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

Name:

Signature:

Date: