

POST GRAD COURSE

BROOKE SILER PILATES

X

EXHALE PILATES LONDON

“It is the mind itself which shapes
the body” – J. Pilates



64 hours of hands on advanced learning after which you will receive your certificate of completion signed by Brooke Siler and Exhale Pilates London.

30 Years of Pilates Teaching: Brooke Siler is bringing her knowledge and intuition from 30 years of Pilates teaching experience, including a decade under Joseph Pilates' own protégée Romana Kryzanowska, and subsequent studies in anatomy, physiology and fascial networks, to this exciting Masters Series program at Exhale Pilates London.

Deepen Your Understanding: A masters program takes us from our training programs, that were much about broad-strokes and memorisation; through our initial teaching years, where we learned to apply what we learned to different body types, personalities and; to now deepening our understanding of what lies at the foundation of human movement as expressed through Pilates.

A Comprehensive Journey: Over and above working out, this program will challenge your mind to challenge your body. The Masters Series will encourage more intelligent and informed movement using principles and themes to work through.

Hands-On Learning Experience: Learn to see, feel and understand the movements from new perspectives and finesse them to extract more from yourself and your clients.

Personalised Guidance: Join Brooke for a pre-weekend and bi-monthly online sessions, enhancing your practice and engaging in lively Q&A discussions, culminating in a certificate of completion signed by Brooke Siler.

WHAT'S INCLUDED

This Masters Series covers 56 hours of live, in-person, hands-on work with Brooke at one of the beautiful Exhale Pilates studios in London. In addition to the studio sessions, Brooke will meet with you once before the first in-person weekend and then twice monthly (in-between your studio sessions) to continue the workouts as well as opening lively Q&A discussions that can be worked through from your homes/home studios. These online sessions will total another 8 hours of Masters Series study, bringing the program total to 64 hrs, after which you will receive your certificate of completion signed by Brooke Siler. Additional resources: Masters Movement Manual Handouts & Opportunities.

KEY DATES

FEBRUARY 2025

1st & 2nd February - Weekend 1

Time: 9am - 5pm

During the first weekend, participants will explore the REAL principles of Pilates, delve into breathwork techniques for depth and change, and examine proportions and leverage in relation to the forces of physics.

ONLINE CLASSES

11th February

Time: 11am - 1pm GMT Meet & greet session

Two Mat workouts:

Romana Kryzanowska-inspired session, Joe's original Contrology exercises

MARCH 2025

1st & 2nd March - Weekend 2

Time: 9am - 5pm

In the second weekend, we'll work on building strong postural foundations from "Feet to Seat" and optimising muscle activation for efficient exercises.

ONLINE CLASSES

11th March

Time: 12pm - 1pm

25th March

Time: 12pm - 1pm



APRIL 2025

5th & 6th April - Weekend 3

Time: 9am - 5pm

During the third weekend, we'll explore the fascial network's role in our movement directions and develop skills to assess and advance client needs, also known as "Breakdown, Breakthrough."

ONLINE CLASSES

22nd April

Time: 12pm - 1pm



MAY 2025

10th & 11th - Weekend 4

Time: 9am - 5pm

In the final weekend, we'll enhance Pilates techniques and cueing skills while boosting cardio with "Rhythm and Flow" methods. The weekend concludes with a celebration and certificates.



WHY IS THE MASTERS SERIES IS FOR YOU?

- 👣 Learn alternative ways to inspire your clients and reignite your own practice!
- 👣 Find new lightbulb moments in every exercise and the system.
- 👣 Learn, teach, and use creative hands-on techniques that maximise results!
- 👣 Elevate what you already know by adding new perspectives.
- 👣 Ask those questions you always wanted to ask! No judgment.
- 👣 Learn to work your clients through intelligent system strategies.
- 👣 Work through stuff together – more bodies and brains are better than one!
- 👣 Fall deeper in love with the practice than you did at the start.
- 👣 Get back into your body with deeper knowledge and understanding.
- 👣 Relive your full comprehensive certification with the knowledge you have now!
- 👣 Refresh your body (and knowledge) by showing up for yourself.
- 👣 Explore, and understand, the differences in Romana (Classical) and Joe's (Archival) work.

£2999

Limited numbers available, so for more information contact education@exhalepilateslondon.com

To secure your space to be a part of this incredible opportunity, purchase [HERE](#).

ABOUT BROOKE SILER

Pioneer in Fitness: Brooke Siler began her Pilates journey in 1994 under Romana Kryzanowska's guidance, honing her skills for a decade at Drago's Gym in New York City. In 1997, she established the renowned re:AB Pilates studio in Manhattan, attracting Hollywood's elite clientele. Her bestselling book, "The Pilates Body," solidified her authority in the field.

Author and Innovator: Brooke's literary contributions and innovative products like The Tensatoner™ have reshaped Pilates. With expertise spanning anatomy, physiology, and fascial networks, she collaborates with educators globally, enriching her techniques.

Global Influence: Since relocating to the UK in 2015, Brooke extends her influence worldwide, delivering classes, workshops, and conferences, maintaining her steadfast position in the Pilates community for three decades. Passionate and authentic, she shapes the future of Pilates with unwavering dedication.

" You'll have nothing to give to your clients if you don't give to yourself "
– Romana



*This program is a MOVEMENT program and as such we are unable to allow injured participants to enrol.