

EXHALE

PILATES



L O N D O N

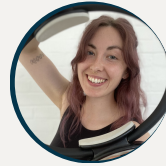
EXHALE PILATES
FULL COMPREHENSIVE
TERMS AND CONDITIONS
2025

EXHALE PILATES

The Exhale Pilates Team



Gaby Noble
Founder



Hannah Storey
Programme Manager



Nicola Addison-Newland
Business Manager



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Course Leader

Exhale Pilates has been offering professional teacher training programmes 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 for free (ie., Apprentice, a friend or family member).

Programme 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 Programme Overview

The Full Comprehensive education programme 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 £150 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.
- Programme Manager 1:1 progress check ins every month. This can be done in person, via zoom, over the phone or email.
- 3 demonstration and 3 teaching exams for Beginner, Intermediate and Advanced exams
- 3 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

After initial interest in the Full Comprehensive, Exhale Pilates recommends booking a private session with a fully qualified teacher in the studio. Following this, the Apprentice will be advised on what to work on to prepare for the assessment. A minimum of 25 hours of Pilates in a classical studio is advised to learn the exact order and receive personal corrections to improve self practise. It will be at the discretion of the Exhale Pilates if more sessions are required before commencing. This does not guarantee a place on the course.

The apprentice must be physically at an Intermediate level in the classical Pilates work, and be able to demonstrate the Intermediate Reformer and Matwork to a good level in the assessment private (£150). Exhale Pilates will be assessing the ability to demonstrate the work with discipline, to respond to cues, to understand the intention of the exercise and to be physically at an Intermediate level in strength and mind body connection.

Acceptance on to the course

Acceptance into the program does not guarantee completion, employment, or Certification by Exhale Pilates. Upon acceptance, Apprentices must sign a Par Q to confirm they understand that they exercise at their own risk and will fully inform Exhale Pilates of any injuries, weaknesses, pregnancy or anything else that may affect their ability to complete the demonstration element of the course before the workshops, and sign these Terms and Conditions 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, which can be paid in full. To pay in instalments: a deposit of £1000 is required to secure a place on the course after the assessment private. The second instalment of £2000 is due two weeks before the Beginner workshop and the final payment of £2000 must be paid at least two weeks in advance of the Intermediate level. Apprentices will receive a discount on privates, duets and trios, as well as 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.
- How to do the exercises to a good ability, understanding the intention of the exercise and how to improve personal practise
- 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. Each 200 hour phase should take no longer than 4 months, to complete the entire course within 12 months.

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 exam retest fee will be £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.

Hours Logging

Apprentices are required to log their practice hours on Google Sheets, assigned to them at the start of the course. This will be checked regularly and signed off by the Programme Manager.

Teaching hours, observation hours and practise hours can take place in any of the Exhale studios (Marylebone, Primrose Hill or North Finchley) and/or another Classical Pilates studio recognised by Exhale Pilates, which must be booked via the Mindbody platform.

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 hours sheets. If Apprentices are absent from these weekend seminars there will be an hourly studio rate for any missed training hours.

Commitment

It is the Apprentices' responsibility to ensure the course hours fit into their schedule and life commitments. The recommended time is a minimum average of 10 -15 hours a week every 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 discreet when observing, to keep noise volume low when practise teaching and to use available equipment not being used by Teachers.
- To respect the Teachers' time, especially during their breaks in between clients.
- Apprentices must book training hours on the Mindbody system. The availability is at the discretion of the Programme and Operation Managers.
- 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 audition 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

Exhale Pilates are not liable for any injuries sustained on the course, please let the Programme Manager know before of any reason why the Apprentice may not be able to participate fully in the workouts during the 10 days of workshops or 600 hours of training ahead of the demonstration exams. Exhale Pilates will organise a phone call to discuss any modifications to fit the Apprentice's needs.

Conduct Policy

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 programme.

Dismissal

Exhale Pilates reserves the right to terminate any Apprentice from any programme at any time. In the event that an Apprentice is terminated from the programme, Exhale Pilates shall refund any unused Training Programme 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

Programme extensions for extenuating circumstances are granted at the sole and absolute discretion of Exhale Pilates. The Apprentice must submit a written request to the Programme Manager or Founder setting out in detail the extenuating circumstances that they wish to request an extension for. If the extension is over 2 months, the Apprentice will be required to re-apply for teacher training programme 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

If the Apprentice has paid the £1000 deposit to secure their space on the course and decide to not continue or are not accepted onto the course after their assessment private, this will not be refunded.

Programme Cancellation due for Unforeseen Circumstances

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. In this instance, funds will be put on hold until the course can resume.

Change of time, date or venue

Exhale Pilates reserves the right to vary the charges at any time. Current charges for Workshops are displayed on the website. Exhale Pilates 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

Primrose Hill Studio

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NW1 8HS

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North Finchley Studio

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London N12 8NR

Marylebone Studio

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London W1G 0EE

Education email: education@exhalepilateslondon.com

Reception: info@exhalepilateslondon.com

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