

EXHALE PILATES

LONDON



EXHALE PILATES THE CLASSICAL MAT TERMS AND CONDITIONS 2025



The Team

The Exhale Pilates Team



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Exhale Pilates has been offering professional teacher training programmes since 2016.

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).

Introduction

The Classical Mat education programme is offered over a four month period and requires 60 hours to complete. Course extensions past the four month deadline (after Day 2 of the in-person workshops) are at the discretion of the course leaders and only approved by the Founder.

This is a 2-day face to face course with workshops delivered by experienced teacher trainers. 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 £150 per manual.

Your **60 hours of apprenticeship comprise of:**

- Practice teaching hours: Practicing with a body, clearly displaying appropriate hands on, modifications if and when necessary.
- Personal practice hours.
- Participation in group and private sessions.

Also included as part of your training:

- Apprentices can book online and studio privates for a discounted price, as well as 10% discount on classes at Exhale Pilates studios. This does not include our inductions or monthly membership options.
- Programme Manager 1:1 progress check, in person, email or a phone call.
- Exams - one practical exam (including demonstration and teaching) 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.

Programme 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.

- How to do the exercises yourself to a good ability, understanding the intention of the exercise and how to personally improve your own practise
- The classical repertoire from Beginner to Advanced level on the mat (excluding all super advanced exercises, omitting all of the overhead work).
- 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

Prerequisites

Acceptance on to the course

Acceptance into the program does not guarantee completion, employment, or Certification by Exhale Pilates.

Upon acceptance, Apprentices must fill in a Par Q, to confirm it is understood that the Apprentice exercises at their own risk and will fully inform Exhale Pilates of any injuries, weaknesses, pregnancy or anything else that may affect your ability to complete the demonstration element of the course before the workshops

Apprentices must also 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.

Exhale Pilates London are not liable for any injuries sustained on the course, please let Exhale Pilates know before of any reason why the Apprentice may not be able to participate fully in the workouts during the 2-day course or 60 hours of training ahead of your demonstration exam. The Programme Manager will organise a phone call to discuss any modifications to fit the Apprentice's needs.

Exams

Exams

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

Exam dates will be confirmed with the individual via email after the in-person workshops. These can be rescheduled once with no charge with 14 days notice before the exam date. If the Apprentice can no longer make their exam date and has either: a) rescheduled the date more than once, or b) cancelled less than 14 days before the exam date, the Apprentice will be required to pay a **£100 admin fee** to reschedule. If the reschedule falls outside of the four-month deadline, there will be a **£100 admin fee plus the £100 extension fee** to complete the course.

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. Exceptions to demonstrating the full sequence can be made if injuries, or weaknesses are known before the exam takes place.
- 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.

Exams

Anatomy exam

Upon passing the practical test, the Apprentice will be required to take a Basic Anatomy exam within 2 weeks of their practical, which must be within the 4-month timeframe. The link to the exam will be sent via email.

Failure to pass

If the Apprentice fails to pass their practical (demonstration and/or teaching) exam, the first failure will require an additional five hours of practice before retesting and a private session with an Exhale teacher to recap the exam feedback. Each additional failure requires an additional five hours or self-practice. **A retest fee of £100 will be charged for each retest.**

If the Apprentice fails to pass their anatomy exam, they must retry within 2 weeks after sufficient study. If this falls outside of the four-month deadline, the Apprentice will be charged the extension fee (£150).

Awarding of certification

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

Commitment and Expectations

Attendance Requirements

Apprentices are required to have a 100% attendance to both days of the The Classical 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. If practise hours in the Exhale Pilates studios are required, please book this in via email with the Programme Manager.

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 Programme Manager 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

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 or move the dates should circumstances beyond their control make it impossible to deliver the contract as agreed. 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 payment will be put on hold until the course resumes.

If Apprentices cannot make the new dates, they will be transferred to the next available date within 12 months.

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.