



The Pilates Rotterdam Training Education

If you want to learn Pilates as a profession, there are several choices out there.

We present the most exhaustive and broad Pilates education to date. A very generous and well-researched syllabus that not only follows the original to the letter but it includes a substantial amount of extra exercises. From the pre-Pilates exercises we all need to assist clients with conditions, to the most acrobatic and extreme ones that were the aim of the original method.

Taught by trainers with decades of experience who studied for many years with a number of 1st generation trainers, not just a products of a school system.

Learn from teachers who not only know their stuff, but teachers who have been doing it well and with ease for a very long time, and have reaped the benefits of the method.



Because we teach the whole method, all the equipment will be covered: Reformer – Chairs (High, Wunda, Small) – Tables (Bed, Rehab, 'Cadillac') – Mat – Tower ('Guillotine') – Barrels (Ladder, Small, Spine Corrector) – Pedi-pole - Small Equipment – etc.

You can take the full course, especially if you haven't participated in one before, or you can join parts of it if you want to add the original full method to your knowledge.

The course will consist of Seminars, Workshops, Assisted learning, Homework, Online lessons and, of course, a lot of practice.



The whole course will take place at Pilates Rotterdam, including the final exams. Everything takes place at the same location.

Full participants will receive:

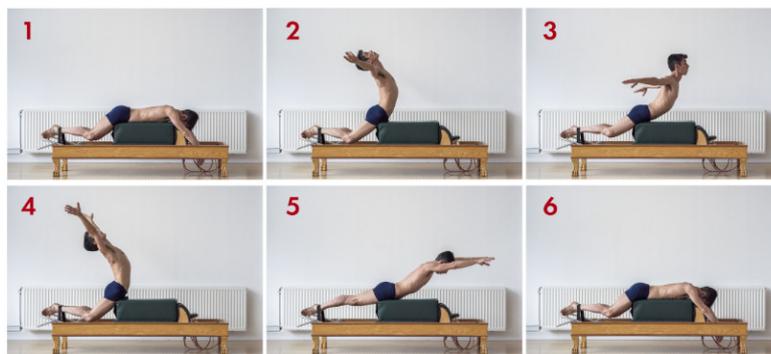
- 6 weekend seminars. Once a month (Sep 2021 - Feb 22)
- 30x 2 hour studio workshops + 24x 1 ½ hours online support every Monday and Friday for 5-6 months.
- Homework assignments.
- Studio observing (number of hours depends on previous experience - 200 to 600)
- Theory exam (Written test 3x)
- Practical exam (Teaching test 3x)
- Performance exam (Pilates execution test 3x)
- 10 Private sessions with Javier Velazquez

You can also join a partial education, picking as many items as you want (Seminars, workshops and/or support) or you can contact us to explain your wishes.

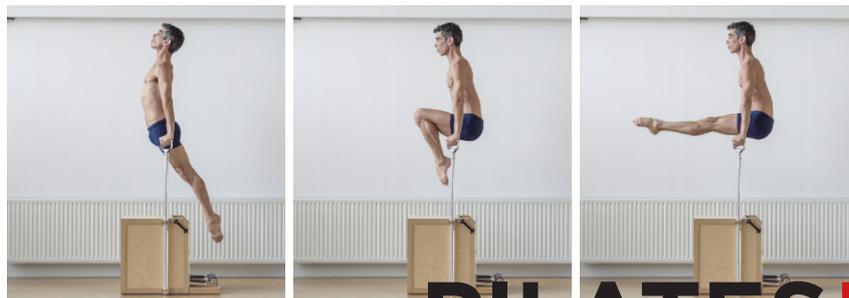


The course is divided in 3 sections: Novice to Standard, Standard to Advanced, Exceptional and Personal. Each sections has 3 exams.

The full participants can take 6 to a year to take all the exams. All exams must be passed to gain a certificate of completion (Pilates Rotterdam Trainers Course), otherwise a certificate of attendance would be issued.



You will learn 100% authentic Pilates, not someone's version or interpretation of it. No Pilates education covers as much material as honestly. No brands or affiliations to hold us back, colour, limit or fake the work.



PILATESRDAM



The most extensive coverage of the method based on decades of practice, teaching and research. With material simply unavailable in other available educations.

The combined knowledge of several of Joseph Pilates students together with the most authentic equipment to practice on.

Learn the method, how to successfully do it, then teach it and apply it.



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The whole course (all included) is €6300 + BTW (payable in 3 installments)

- Individual Seminar: €250 + BTW

- Individual Workshop + online: € 60 + BTW

Send us a quick email at info@pilatesrotterdam.nl if you want further information.

There is also the possibility of becoming part of the staff at Pilates Rotterdam during or after the education.



Preliminary Schedule

Fixed, but subject to change. If a student cannot make it to a particular workshop, they can follow online, though, interaction is limited to the online support afterwards.

We are considering having the seminars online too, but that is much harder since the camera is fixed and the material requires multiple points of view. Attendance is also very important when introducing the material.

September 2021							October 2021							November 2021						
M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S
		1	2	3	4	5					1	2	3	1	2	3	4	5	6	7
6	7	8	9	10	11	12	4	5	6	7	8	9	10	8	9	10	11	12	13	14
13	14	15	16	17	18	19	11	12	13	14	15	16	17	15	16	17	18	19	20	21
20	21	22	23	24	25	26	18	19	20	21	22	23	24	22	23	24	25	26	27	28
27	28	29	30				25	26	27	28	29	30	31	29	30					
December 2021							January 2022							February 2022						
M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S
		1	2	3	4	5					1	2		1	2	3	4	5	6	
6	7	8	9	10	11	12	3	4	5	6	7	8	9	7	8	9	10	11	12	13
13	14	15	16	17	18	19	10	11	12	13	14	15	16	14	15	16	17	18	19	20
20	21	22	23	24	25	26	17	18	19	20	21	22	23	21	22	23	24	25	26	27
27	28	29	30	31			24	25	26	27	28	29	30	28						
							31													

Seminar: ■

Workshop + Online help: ■ Possible extras: ■



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