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ROMANA'S PILATES

Independent Instructor Training Program

*"I'm proud of what a lifetime of practicing Pilates has done for me.
Now let me show you what Pilates can do for you."*
Romana Kryzanowska

*"Joe was a genius. My job is to give you what he and
my mother have given me in its truest form"*
Sari Mejia Santo

ROMANA'S PILATES is TRUE PILATES

Romana's Pilates Independent Instructor Training Program (IITP) is a comprehensive education program that trains the most capable and knowledgeable instructors in the industry. The legacy of the True Pilates Method that was passed from Joseph Pilates to Romana Kryzanowska, continues on today through our international network of Romana's Pilates Certified Instructors, Training Centers and affiliated studios.

True Pilates is personal and specific to each individual's needs based on the principles created by Joseph Pilates. Designed by Romana, our program maintains the integrity of True Pilates and provides the skills to teach the method effectively and safely. The program is structured as 3 stages covering the full repertoire of exercises at every level on the apparatus. Each stage consists of a group seminar, independent study, private lessons and an assessment that will allow you to progress at your individual level.

The Romana's Pilates team of highly experienced and dedicated instructors will mentor you throughout the program, providing hands-on instruction, regular question-answer sessions, one-on-one meetings and group classes. Under the guidance and teaching of our Instructor Trainers we will prepare you for a long and successful career of teaching the method – as it was originally intended by Joseph Pilates.

ROMANA'S PILATES

Independent Instructor Training Program (IITP)

Initial Assessment

The initial assessment is the first step on the rewarding journey of becoming a Romana's Pilates Instructor. We recognize that each candidate comes to us with various levels of experience and knowledge in the method and so we assist each applicant to prepare for the assessment and enrollment according to their specific needs.

During the assessment, candidates are expected to demonstrate proficiency at the intermediate level on key pieces of apparatus and show a basic understanding of the principles of Pilates. Enrollment to the program is open to applicants who have been formally assessed and cleared by an authorized instructor.

Certification Stages 1, 2 and 3

The Program is structured as 3 stages - Basic, Intermediate and Advanced. Each student must accomplish the activities within each stage before progressing to the next level. Following completion of all three levels, newly certified Instructors are presented a Certificate of Achievement signed by Romana Kryzanowska and her daughter and level 1 instructor, Sari Meija Santo. Each stage consists of the following activities:

Group Seminar

During the 3 day seminar, instructor trainers provide a detailed overview of all exercises associated with that stage. The focus is on learning,

understanding, performing and teaching. Through this process our students gain a thorough understanding of the goals of each exercise, when and how to introduce exercises, working with injuries and most importantly how to formulate a challenging and effectual session specific to the body in front of them.

Independent Study

Students are expected to complete 200-300 hours of observation (per stage) at an authorized studio and use this time to review, practice and reinforce what was learned during the seminar. We highly encourage our students to ask questions, compile notes, observe teaching techniques and participate in study sessions to enhance this process.

Private Lessons

One-on-one sessions with our Certified Instructors are required for students to integrate the method into their own bodies with a focus on technique, precision and flow.

Stage Assessment

Upon completion of the above activities for each stage, the student is evaluated through a practical assessment of competency at teaching and administering exercises, with an additional written element for stage 2 and 3. These assessments as well as the individuals' performance throughout the program, contribute to the successful completion of the Romana's Pilates IITP.

Continuing Pilates Education (CPE)

To maintain the consistency and quality of the Romana's Pilates IITP all of our instructors must complete at least one CPE event per year to maintain their certification. Our regular continuing education events draw instructors together from around the world to enhance skills, refresh the body and work the mind. In fact, our Instructors are so passionate about what they teach many of them attend multiple CPE events each year - Joseph Pilates never stopped learning and neither will we!

Frequently Asked Questions

How long does the certification program take to complete?

The program generally takes from 6 months to a little over a year to complete. The number of hours each student can consistently commit to the program will determine how long it takes to become fully certified. At a minimum we expect that students commit to 15 hours a week of observation.

How flexible is the Program?

Each Stage begins with a 3 day seminar that is mandatory. Following that, studio hours can fluctuate according to your needs and goals within the guidelines set by your Training Center.

Is this a full certification program?

Yes, the Romana's Pilates Certification Program extensively covers all equipment, apparatus and exercises. From the more popular matwork and reformer to the lesser-known Foot Corrector and Breath-a-cizer, our program covers all that Joseph Pilates created.

When are seminars held?

Seminars for each stage are held regularly and frequently at our Training Centers around the world. Contact your local training center for more details or check our website; **www.truepilatesny.com**

How do I get started?

We invite you to contact one of our Training Centers and set up a Romana's Pilates IITP Introductory Session. We will answer any questions you may have regarding the program and formulate an actionable timeline for enrollment onto the program according to your specific needs and capabilities. A full list of training centers can be found on our website **www.truepilatesny.com**

Contact Information

For more information on the program and to find Training Centers in your area, please contact us or visit our website:

www.truepilatesny.com

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