

THE PILATES ART EDUCATION

The Pilates Art Education is a complete course covering, first, the original work of Joseph H. Pilates and then second, many additions from his 1st generation of students. Furthermore, exercises for recovery and fine-tuning to deal with conditions and to help people recover from injuries are also taught.

The most important part of the course is devoted not only to the exercises from J. Pilates but placing them in the same context as he did. The exercises are practiced and described according to his principles and methodology – which is covered as a subject on itself during the course. Unlike the modern courses – mostly classical or contemporary Pilates– which teach the method according to concepts that came either from his students – Powerhouse, Core, imprinting, etc. – or from those who stand against those principles –neutral spine and neck, parallel work, etc. – this course concentrates in working the whole body unanimously and equally. Everything is done safely, but nothing is avoided.

Time and effort

Since good training can only come through experience, we stress execution: being able to perform each and every exercise to a standard. That takes time and effort. Only through successful performance comes real – and accurate – understanding. Moreover, if the trainer has benefited from the method, then training others will reflect that: awareness of the work involved and a positive look that comes through focusing positively on the benefits, rather than rules or instructions. After all, Pilates stated that you should only start teaching after ten years of practice.

That is why we allow 1½ to 2 years starting from the last seminar to take the final exam. We offer more repertoire, increasing the benefits and the sense of achievement, but it requires a bit more time than the average course.





Course contents

Every piece of apparatus is covered. Every level of the method is explained: from the simplest beginning to the extra advanced exercises usually not taught or taught in exclusive settings.

- Mat Raised Mat and Bench Mat
- Standing exercises
- Reformer
- Tables: Rehab Tables, Table (christened later Cadillac) and an additional section on V-Bed
- Tower (named later 'the Guillotine')
- High Chair, Wunda Chair, Small Chair
- Barrel, Spine Corrector, Small Barrel
- Pedi Pole
- All the smaller apparatuses, including the Foot Corrector and the Magic Squares: Neck Stretcher, Toe and Finger Correctors, plus Magic Circle, Tensometer Exercises, Windmill, Sand Bag, Poles, Head Pole, etc.



The course covers all levels, from the starting exercises to the very advanced ones. Like this, not only do we understand the possibilities of the method, but why the method is designed in such a particular way. Knowing the intended final results – total body control and natural movement – the basic exercises become very clear, and their purpose is easily understood.

This approach prepares trainers to not only introduce Pilates to another person but to be able to train also high-performance clients.

It is probably the most extensive course available. It is based on real Pilates investigation done by Javier Velazquez, with over two decades dedicated just to research. He has taken hundreds of sessions with the students of Joseph Pilates and also has nearly 40 years of experience practising the method.

Most importantly, the course is based on the experience obtained by applying the results of the research on everyday clients for years. Tried and tested.

Everyone involved in the education has many years of experience and they all are very accomplished. They are just as great trainers as they are performers themselves.



Course levels

The course consists of 4 levels:

- Novice/Starter to Learner
- Experienced
- Fit*
- Extra Advanced

The first three levels correspond to what is generally known as Basic, Intermediate and Advanced. The last one includes what is usually known as Super Advanced.

All of them include exercises by Joseph H. Pilates – both the known ones and the ‘hidden’ ones – and exercises later created by his students.

In addition, Pre-Pilates and reconditioning exercises are taught to help trainers deal with conditions or to help a client with a particular exercise at any level.

**Note: Joseph Pilates did not use the terms Basic, Intermediate and Advanced. Those were created after his death when designing new courses. What is commonly referred to as Advanced nowadays, Joseph Pilates called it ‘fit’.*

Course dates

The seminar dates in Rotterdam are:

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| • Novice/Learner 1 | 9th and 10th september | 2023 |
| • Novice/Learner 2 | 7th and 8th october | 2023 |
| • Experienced 1 | 13th and 14th january | 2024 |
| • Experienced 2 | 17th and 18th february | 2024 |
| • Fit 1 | 18th and 19th may | 2024 |
| • Fit 2 | 8th and 9th june | 2024 |
| • Extra Advanced | 14th and 15th september | 2024 |

In addition there will be 2 seminars in Singapore:

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| • Seminar 1 | 11th and 12th november | 2023 |
| • Seminar 2 | Spring 2024. Exact date to be announced. | |

There will be 30 weekly workshops on Fridays: one workshop for Singapore followed by the workshop in Rotterdam.

All seminars and workshops are given by Javier Velazquez and will take place in the studios guided by the studio mentors.

All seminars and workshops are recorded and made available to the participants.

Course purpose

The purpose of the course is to create trainers that can teach the exercises, but they can also perform them: that is the difference we are creating. You only pass your final test if you can perform the Fit/Advanced routine.

There are 9 or 10 exams. There are three exams per period: one for training, one theory (one, two or three cases) and a performing one, where we assess individual performance, teaching and knowledge.

The final 'Pilates Art Trainer' diploma is obtained when the applicant can pass all the exams and perform & train the extra-advanced exercises. If in the final exam the applicant cannot perform and train the extra-advanced exercises, they can opt for the 'Pilates Art Education Completion Diploma' which attests to the students ability to perform and train to a rather high standard.



That diploma is by itself a higher level diploma than most coursed since it covers more exercises from Basic to Advanced than any course we know.

Nevertheless, we hope the students will be inspired enough to try to get to the 'upper level', and we will do our best to encourage them to work with the Extra-Advanced repertoire. In fact, they can always take extra time and take one more test - that would be no. 10 - to cover the Extra Advanced level if they don't feel ready to include that part with the final ones.



Course locations

The course has two homes. Rotterdam and Singapore. The hosts are Mariska Barnard and Christina Abraham, both assisted by Eva Hasselbach and Neo Hong Chin respectively. They will be mentoring the apprentices and assisting Javier Velazquez during the course. You can't get a better team.

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3014 TZ Rotterdam
The Netherlands



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Singapore 269694

The price of the course is € 6,200 and that includes all 7 seminars, 30 workshops, 9/10 exams, online assistance, studio use and access to observation.

For more information please don't hesitate to contact:

Mariska Barnard at info@pilatesrotterdam.nl or Christina Abraham at info@pilateskinetics.sg

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