

Pilates Art Education 2025

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Objective:

A comprehensive education to train instructors of high standards who are able to perform and teach Pilates the way Joseph Pilates designed.

1. What is unique about this education?

1. Research done on Joseph Pilates

This program is based on an investigation done by Javier Velazquez who spent more than 20 years dedicated to research on Joseph Pilates and his work. He has taken hundreds of sessions with Joseph Pilates' students, and more than 40 years practising the method.

2. Number of exercises and apparatus

The intended results of practising Pilates are total body control and natural movement. This course covers all levels on all apparatus, from the basic exercises to the very advanced ones. This helps us understand the possibilities of the method, and why it is designed in such a way.

The course is based on the experience obtained by applying the results of the research on everyday clients for years.

3. Performance Required

Only through successful performance comes real and accurate understanding.

If you have benefited from the method, you will be able to pass it on as you train others. You will also gain awareness of the work involved and have a positive outlook that comes through focusing on the benefits, rather than rules or instructions.

4. High standards

Our objective is to train instructors of high standards who are able to help clients improve, whether the client is someone with an injury, or an athlete or movement professional.

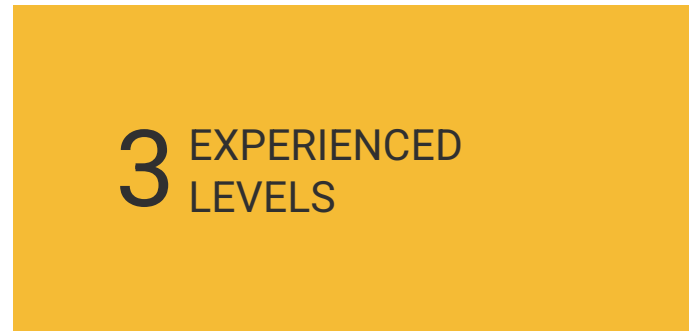
A well-trained instructor should have the ability to enable a client to move in a simpler, more efficient and better manner.

2. Levels

STAGE 1



STAGE 2



STAGE 3



3. Seminars

In seminars, apprentices learn the choreography of the exercises of each associated level.

	Level	Date	Location	Trainer
1	Novice/Learner 1	13 and 14 Sept '25	Rotterdam	Javier
2	Novice/Learner 2	11 and 12 Oct '25	Rotterdam	Mariska
3	Novice/Learner extra	8 and 9 Nov '25	Singapore (zoom)	Javier

	Level	Date	Location	Trainer
4	Experienced 1	10 and 11 Jan '26	Rotterdam	Javier
5	Experienced 2 and Pré-Pilates part 1	7 and 8 Feb '26	Rotterdam	Mariska
6	Experienced extra	11 and 12 April '26	Singapore (zoom)	Javier
7	Fit 1	16 and 17 May '26	Rotterdam	Javier
8	Fit 2	4 and 5 July '26	Rotterdam	Javier
9	Extra Advanced	12 and 13 Sept '26	Rotterdam	Javier
10	Pré-Pilates part 2	10 and 11 Oct '26	Rotterdam	Javier

Extra notes seminars:

1. Time schedule seminars:

Rotterdam: Saturday 12:00-19:00 and Sunday 9:00-17:00

Singapore (Zoom): Saturday and Sunday 3:00-11:00 (all Rotterdam time)

2. All seminars will be recorded.

3. All seminar recordings will be made available for apprentices.

4. All seminars are included in the program fee.

5. During all the seminars in Rotterdam, the students from Singapore will be on Zoom following the seminars. Seminar 2 and 5 will be given in Singapore too, by Christina Abraham and Hong Chin Neo in the same weekends.

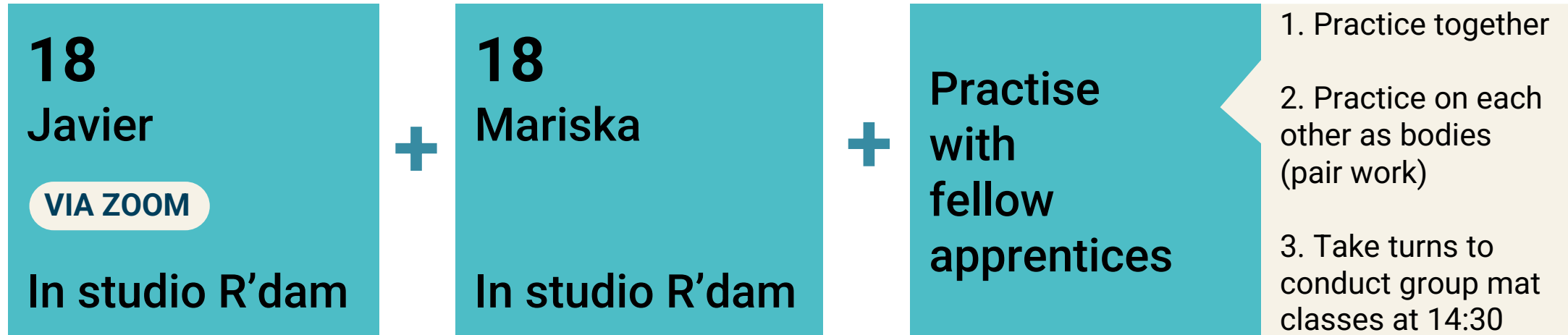
6. There will be an ***additional*** 2 Seminar weekends conducted for the Singapore apprentices by Javier, which will also be recorded. These recordings will also be made available for all Rotterdam apprentices.

4. Workshops

There will be **12 workshops** per stage.

In a workshop, apprentices will have more hands-on practice to learn how to cue clients and spot them in exercises. We will also go through case studies to prepare for the written exam, which is useful when teaching clients.

Apprentices will also have opportunities to ask questions during the workshops.



Extra notes on the workshops:

1. Time schedule: Rotterdam Fridays 15:30-17:30.
2. All workshops (except when apprentices practice on their own) will be recorded.
3. All workshop recordings will be made available for all apprentices.
4. There will be an ***additional*** 36 workshops conducted for the Singapore apprentices by Javier and Christina Abraham and Hong Chin Neo which will also be recorded. These recordings will also be made available for all Rotterdam apprentices.
5. Dates of the workshops will be provided at a later date.
6. For extra practise there is a group mat on the Fridays at 14:30 at the studio in Rotterdam, for which each student takes a turn.

5. Case studies

How to plan a session for clients of different fitness levels, injuries and/or weaknesses.

The Instructor Training Program isn't just about learning the exercises, but also how to plan a session for a client.

Notes on Case Studies:

1. There will be workshops dedicated to going through case studies which will be tested in the written exam.
2. There will be a template for the test provided, and we will go through this with the apprentices.
3. There will be homework given to apprentices for practice.

6. Observations, teaching and self-mastery

At each stage, a minimum of 200 hours is required before apprentices are able to take the exams.

This means a minimum of 600 hours will be clocked in after all 3 stages.

Observation (1/3)

- To be in the studio of Pilates Rotterdam to observe any instructor who is teaching clients.
- During observation, apprentices can learn how the exercises are taught, how the instructor cues the exercises, how to spot to help the client, what exercises the instructor chooses to give the client or what the instructor decides to omit and learn why.

Teaching (1/3)

- Practise on other apprentices under supervision of the program directors.

Self-mastery (1/3)

- Practice with other apprentices.
- Privates sessions with program directors or another instructor to learn how to move well and do exercises that are specifically for your body to improve.

Notes on observation, teaching and self-mastery:

1. Apprentice timesheet: Apprentices are to log in the hours spent on a physical timesheet. These are to be submitted monthly to the program directors.
2. In addition to the seminars, workshops and observation, teaching and self-mastery, apprentices will also spend some time:
 - Memorising the sequences
 - Doing case studies and homework
 - Reviewing zoom recordings of seminars and workshops
3. Hours required **on top of** seminars and workshops, total over 600 hours.

7. Exams

Each stage consists of a series of 3 exams:

- I. Performance
- II. Teaching
- III. Written

Stage 1: Novice/Learner

Prerequisite: Apprentices can only proceed with this stage of exams after 200 hours are clocked in.

Exam	Details
Performance	Criteria: being able to perform the exercises with clarity in the steps and proper setup of the different pieces of equipment.
Teaching	Criteria: Being able to clearly and efficiently give instructions and teach the exercises. Basic spotting and at all times making sure a client is safe.
Written	1 Case study will be given to be completed in a day, to be done at home.
	Criteria: Give a simple, straightforward session for a client and their profile needs.
After passing exams	Passing all 3 exams is a prerequisite for taking the next stage of exams.

Stage 2: Experienced

Prerequisite: Passing all exams in Stage 1 and apprentices can only proceed with this stage of exams after 200 hours.

Exam	Details
Performance	Criteria: Same as Stage 1, but the Novice/Learner exercises should be looking very good by now. Ease when transitioning and an obvious level of comfort with the routines. The performer now shows control of the body and a reasonable level of strength and stretch.
Teaching	<ol style="list-style-type: none">1. Teach the Experienced Repertoire2. Teach Pre-Pilates Part 1 exercises3. Group mat and exercises of this stage
	Criteria: Same as Stage 1, and the apprentice should demonstrate the ability to correct, cue and help a client improve. Be able to judge when a client needs help learning the choreography of a particular exercise, or how to help a client get more from the exercises. Demonstrate the ability to see what the body needs, and what the client can do well.

Stage 2: Experienced

Exam	Details
Written	2 case studies will be given to be completed in a day, to be done at home
	Criteria: Write sessions down that are much more aligned to the body of the client and better choices.
After passing exams	A certificate of completing Stage 2 of the Pilates Art program will be awarded with the passing of this stage of exams.

Stage 3: Fit & Extra Advanced

Prerequisite: Passing all exams in Stage 2 and apprentices can only proceed with this stage of exams after 200 hours.

Exam	Details
Performance	Criteria: The apprentice should demonstrate an obvious physical improvement. Flow, grace and balance should be very apparent. Some Fit and Extra Advanced exercises may still be hard due to physical limitations, but some should look very, very professional.
Teaching	<ol style="list-style-type: none">1. Teach the Fit Repertoire2. Teach a person who is doing Pilates for the first time3. Pre-Pilates Part 24. Group Mat + Group Exercises
	Criteria: The apprentice should be able to help a client achieve harder things. Can notice when a client doesn't flow, hasn't got control, needs help or simply encouragement, and then act accordingly. The trainer should enable a client to move in a simpler, more efficient and better manner.

Stage 3: Fit & Extra Advanced

Exam	Details
Written	3 case studies will be given to be completed in a day, to be done at home.
	Criteria: Write sessions down that are much more aligned to the body of the client and better choices.
After passing exams	<p>FIT EXAM: Only a “Pilates Art Education Completion Diploma” will be awarded with the passing of this exam. There is an option to do the Extra Advanced exam later to be awarded the “Pilates Art Trainer Diploma”.</p> <p>FIT & EXTRA ADVANCED EXAMS: A “Pilates Art Trainer Diploma” will be awarded with the passing of both sets of exams. This 2nd diploma test needs to be “retained”:</p>
Retention of Diploma	For instructors to retain the 2 nd Diploma, a final session must be taken with Javier after 1 year has passed. This is to encourage the instructor to keep the Extra Advanced level up. Firstly, it is for them to observe and feel what happens when they stay at that level for a period of time. Secondly, this is to make sure that they did not just force themselves to pass the 1st time. This is only done once. Not every year.

8. Materials provided

1. Stage and system cards with lists, orders and benefits of each and every exercise
2. Template for case studies
3. Various historical lists, info and theory
4. Zoom recordings of every event: seminar and workshop
5. Online help through Signal

9. Fees

Total amount for the whole Education is
€ 8.482,10 (Tax included)

Included in the fees:

1. 10 Seminars
2. 36 Workshops (online/studio)
3. 9 - 10 Exams (Performance/Teaching/Written, not the retakes)
4. Observation at Pilates Rotterdam
5. 10 sessions at Pilates Rotterdam

Notes about the fees:

1. You can pay the fee in stages, which can be arranged with Mariska, according what is possible for you.
2. The 1st invoice will be sent after the education started.

10. Team



Javier
Velazquez

Program Lead



Mariska
Barnard

Rotterdam



Eva
Hasselbach

Rotterdam



Christina
Abraham

Singapore



Hong Chin
Neo

Singapore

11. Entering the education

Before enrolling into the training program, a **pre-program assessment** will take place. To assess what is your fitness level, to get acquainted and so we can answer all your questions you might have.

This should take place before the end of August, and it will take about 1,5 hours.

12. Questions

1. How long does the Education take?

Someone **very, very** committed may be able to take 2 years to complete the program, but generally it will take 2,5 years and above. ***We do not set a deadline.***

You do not have to complete all the seminars before taking the first exams. You can prepare for them from the start.

You will get a Certificate of “completion of Stage 2” after passing all exams in Stage 2.

It is not good to rush to complete the program, because it takes time for your body to change to be able to do the advanced exercises and avoid injuries. Also, the whole process takes time - to understand, teach more bodies and practice.

2. How many apprentices are you taking in?

Pilates Rotterdam will take max 15 apprentices.

Criteria: Those who are willing to commit to the requirements and complete the pre-program assessment.

Other options:

To join the seminars and/or workshops to learn for yourself without the certification.

If you decide to do the exams later, that's possible too! But only apprentices will be able to observe in the studio and be mentored.

3. What if I can't attend a scheduled seminar / workshop?

It is highly recommended for you to be in the Pilates Rotterdam studio for the seminars/workshops so that you can fully benefit from them.

If you are out of town or sick and unable to make it, you can attend over Zoom from where you are or watch the recordings at your own time.

4. Where will the exams be conducted?

- The Performance and Teaching exams are conducted in Rotterdam with Javier, Mariska or Eva. It maybe will be possible to be in Rotterdam and do it over Zoom with Javier.

When you are ready to plan the exam, tell it to Mariska and she will plan it with you.

- You can do the written exams from home and submit them online.

For this written exam you send a message to Javier, so he can send you an email on the day you want to do it. He will send it at 9:00 in the morning and you can send it back before Cinderella time;)

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