

Regulations Governing the Training Requirements for a Member of Pilatessuisse

1. Basic principles

Members must demonstrate their knowledge of the following:

- Full classical or contemporary Pilates repertoire (reformer, cadillac/trapeze table, chair, barrels and mat)
- History and principles of the Pilates method
- Safety in handling the equipment
- Methodology and teaching
- Contraindications and modifications
- Knowledge of anatomy as relevant to Pilates

2. Training requirements / Number of hours

The training programme must meet the requirements set out in the Pilatessuisse Teacher Training Programme Guidelines and must be concluded by a practical test and a written theory examination.

The training programme is comprised of a minimum of 500 hours (equivalent to a training period of approx. 1.5 – 2 years). This includes:

- At least 100 hours of lesson experience
- At least 50 hours of the student's own training
- At least 50 hours of observation classes.

Two case studies must also be documented during the training period.

3. Requirement for a BLS-AED or First Aid certificate

The member must have a valid BLS-AED or First Aid certificate.

4. Registration for membership

Applications must be made online, through the Pilatessuisse website ("Applying for membership").

Graduates who have obtained their Pilates training from a training organisation recognised by Pilatessuisse only need to submit the relevant training certificate and their valid BLS-AED or First Aid certificate with their application for registration.

Graduates of other training schools must provide full evidence of training as detailed in Points 1 to 3.

5. Date of entry into effect

These regulations were approved at the General Meeting of Members on 24th March 2017 and came into effect immediately.

Date: 24th March 2017

Signatures of the Presidents

Linda Mathys
Andrea Keller Leuenberger

Signature of the Minutes Secretary

Helga Fröhli