

# TRAINING PILATES REFORMER



## The Basics – Mastering your Reformer

*(Beginner Level)*

Express Training – 10 hours

### Training Description

The objective: to acquire complete mastery of the Reformer and structure professional sessions, from beginner level to the most advanced skills

It is the essential first step before purchasing and teaching Reformer classes safely and with a complete understanding of the equipment. These fundamentals apply to all Reformer machine brands.

#### Who is it for?

- Pilates instructors
- Sports coaches and fitness coaches
- Yoga teachers
- Pilates coaches wishing to deepen their expertise
- Aspiring Pilates studio founders
- Individuals & discerning enthusiasts

#### Certification

Certification is obtained through **interactive MCQs** at the end of the training.

#### Format

Training **100% e-learning** – 10h

Digital link access for life, 24/7

# Course Content

During this course, participants will learn:

## How the Reformer Works

The detailed operation of the Reformer, including its settings: springs, straps, foot bar, carriage, headrest, pulleys...

## Essential adjustments

The essential adjustments for adapting the machine to each body type and every level of practitioner.

## Safety rules

Safety rules and correct installation practices to avoid any risk of injury.

## Fundamental principles

The fundamental Pilates principles applied to Reformer practice: breathing, centring, control, fluidity, precision and concentration.

# Benefits of the Training

By the end of the training, the instructor will be able to:

## **Understand and master the Reformer machine**

Identify each component of the machine, carry out the essential adjustments, and adapt the Reformer to the body shape and level of each participant.

## **Teach the basics of Pilates Reformer safely**

Guide students through a structured first practice by applying safety rules, the fundamental principles of Pilates, and good posture.

## **Structure professional Reformer sessions**

Build effective sessions by integrating the fundamental Pilates Matwork exercises and adapting the practice to different participant profiles.

- ☐ This training provides the essential foundation before progressing to the advanced and specialist modules.

# Training Kit — What's Included

The **FORMATION PILATES REFORMER Les Bases - Master Your Reformer**

includes:



## Lifetime Digital Access

24/7 lifetime access to all training content.



## Access to the FB Group

Join the private community of coaches on Facebook.



## Certification via Interactive MCQs

Validate your learning through interactive questionnaires.

## 20 Educational Videos

Detailed videos to master every aspect of the Reformer.

## 2 Masterclass Videos

In-depth masterclasses to take your practice further.

# Description of Training Areas

## Learning areas

1

### **History and Principles of the Pilates Method**

**Objectives :** Discover the history of the Pilates method and understand the fundamental principles developed by Joseph Pilates: concentration, breathing, centring and movement control.

2

### **Anatomy, Posture and Body Awareness**

**Objectives :** Understand the principles of postural awareness and learn the basics needed to guide practitioners towards correct alignment and better movement control.

3

### **Pilates Reformer Basics**

**Objectives :** Understand how the Reformer works and learn how to teach the fundamental exercises drawn from the Matwork to structure the foundations of teaching.

4

### **Settings, Safety and Posture Control**

**Objectives :** Learn how to properly adjust the Reformer machine, ensure safe practice and apply the necessary postural adjustments for optimal alignment.

5

### **Building Effective Reformer Classes**

**Objectives :** Understand the essential principles for building effective sessions, differentiate between Pilates Reformer and dynamic Pilates Reformer approaches, and structure classes suited to practitioners.

# Complete Training Pathway

## **STEP 1 – Fundamentals & Safety**

Learn to master the adjustments and detailed operation of the machine.

Build solid technical foundations for safe, risk-free practice.

## **STEP 3 – Transition & Practice**

Transfer your acquired knowledge from the mat to the machine using the straps and the Box.

Practise at your own pace thanks to the included videos and masterclasses.

## **STEP 2 – Posture & Alignment**

Master the principles of postural awareness applied to the Reformer.

Learn to place each participant in perfect alignment, without pain or tension.

## **STEP 4 – Business & Certification**

Receive the keys to creating your studio and making your own practice space profitable.

Validate your pathway with an expertise certification via MCQs.

A minimum of **70% correct answers** is required to validate each area.

# Customer Support and Assistance

Axel, our sales adviser, is here to support you in preparing your project. We are committed to providing you with a response within a maximum of **24 working hours**.



## Help Choosing

We guide you towards the Reformer best suited to your practice and your specific needs.



## Full Support

We support you from preparing the quotation right through to the delivery and installation of your machine.



## Studio Layout

We help you optimise the layout of your space for the ideal installation of your equipment.

Telephone: [+44 \(0\) 7 520 693 489](tel:+44(0)7520693489)

[hello@aura-pilates-uk.com](mailto:hello@aura-pilates-uk.com)

### Customer service hours:

- Monday to Friday:  
9:00 am – 6:00 pm
- Closed on Saturday and Sunday

 Aura Pilate UK



### Pilates Reformer Training

Includes individual coaching to validate your techniques and knowledge