

# TRAINING PILATES REFORMER



## Level 1 & 2 – Complete Certifying Course

*(Complete Training)*

100% e-learning training – 28 hours

### Training Overview

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

A complete e-learning course that enables you to master the machine's settings and safety, deepen your understanding of biomechanics as well as postural alignment, and teach with precision a range of routines adapted to all types of audiences.

#### Who is it for?

- Pilates instructors
- Sports coaches and fitness coaches
- Yoga teachers
- Physiotherapists & health professionals
- Dancers & movement professionals
- Pilates coaches wishing to deepen their expertise
- Future Pilates studio founders

#### Certification

Expertise certification **Reformer Classic 1 & 2** validated by MCQs

#### Format

**100% e-learning** training – 28h

Lifetime access to the digital link, 24/7

# Training Content

Throughout this two-level training, participants will learn:

## **Settings & Safety**

Understand the machine's complete operation: springs, straps, foot bar, carriage, pulleys and the settings required for safe practice.

## **Postural Control**

Learn the postural modifications that achieve optimal alignment and help prevent pain or tension.

## **Programming & Structuring**

Understand the structure of a class and use programming tools (scripts, Excel tools, exercise video library).

## **Biomechanics & Advanced Techniques**

Analyse the aims of exercises, understand movement biomechanics and teach more complex Intermediate-Advanced sequences.

# The Benefits of the Training Programme

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



## **Master the technical and safety environment**

Perfectly configure the machine (brake, springs, ropes, headrest) and ensure safe practice during the different positions (lying down, seated, on the Box or with the straps).

## **Design and programme structured sessions**

Use professional tools (scripts, Excel facilitator) to build coherent classes for Beginner-Essential and Intermediate-Advanced levels, while respecting the logic of the Pilates Reformer.

## **Teach with postural and educational expertise**

Demonstrate exercises with precision, apply coaching cues suited to different audiences and ensure optimal body alignment for each participant.

- ☐ A complete 28-hour training course to master the Pilates Reformer from beginner to advanced level.

# Training Kit — What's Included

The **FORMER PILATES REFORMER Level 1 & 2 Certified** training

includes:



**Lifetime Digital Link**  
24/7 lifetime access to all training content.



**Access to the FB Group**  
Join the private community of coaches on Facebook.



**Expertise Certification Included**  
Receive your expertise certification included in the training.



**3 One-to-One Appointments**  
Benefit from 3 personalised sessions with a trainer in person

**18 Educational Videos**

Detailed videos to help you master every aspect of the Pilates Reformer.

**6 Masterclass Videos**

In-depth masterclasses for a complete practice of both levels.

**84 Exercise Videos**

A complete library of exercises, plus 8 self-massage videos and 8 stretching videos as a bonus.

**2 Books + Excel Facilitator**

Script, workbook and an Excel programme facilitator to structure your classes.

# Description of the Training Areas

## Revision 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 control of movement.

2

### **Anatomy, Posture and Pilates**

**Objectives:** Learn the anatomy basics related to the centre of the body and understand the principles of postural awareness in order to improve alignment, control and precision of movement.

3

### **Breathing and Movement Control**

**Objectives:** Understand and practise Pilates breathing so that it can be taught clearly and effectively while improving the quality of exercise execution.

4

### **Mastering the Reformer: Settings, Safety and Posture**

**Objectives:** Learn how to use the Reformer machine correctly, master the essential settings, ensure safe practice and apply postural adjustments for optimal alignment.

5

### **Pilates Expertise**

**Objectives:** Learn the 6 Principles of Postural Awareness to apply to all Pilates exercises in order to increase the level of mastery, concentration and technical execution.

# Description of Training Zones

## Learning Zones

1

### **Programming a Reformer Class**

**Objectives :** Learn how to structure and programme intermediate-advanced Reformer sessions, understand the logic of a dynamic class, and use planning tools to organise exercises effectively.

2

### **Technique and Demonstration**

**Objectives :** Master the demonstration of intermediate-advanced exercises in order to present movements with precision, fluidity, and safety, making it easier for participants to learn.

3

### **Coaching and Teaching**

**Objectives :** Learn how to organise coaching cues, adapt exercises according to participants' level, and guide an intermediate-advanced Reformer routine effectively.

4

### **Relationship and Connection with Participants**

**Objectives :** Develop the ability to connect with different participant profiles, establish a positive class dynamic, and support students with pedagogy and authenticity.

# Complete Training Pathway

## **STEP 1 – Mastering the Fundamentals (Level 1)**

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

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

## **STEP 3 – Advanced Development (Level 2)**

Take your expertise further by programming and coaching complex, coordinated exercises for the Intermediate-Advanced level.

## **STEP 2 – Structuring and Teaching (Level 1)**

Learn how to programme, demonstrate and teach a Beginner Essential class effectively using our dedicated structure tools.

## **STEP 4 – Connection and Certification**

Learn to become an authentic and passionate coach, able to connect with all participant profiles.

Validate your pathway with an expertise certification.

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

# Customer Support and Assistance

## Sales Service

Lisa, our sales advisor, is here to support you in preparing your project.

Telephone: 06 73 42 20 10



### Help with Choosing

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



### Full Support

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



### Studio Layout

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

## Customer Service

We are committed to providing you with a response within a maximum of **24 working hours**.

Telephone: 07 68 90 61 69

[contact@aura-pilates-france.fr](mailto:contact@aura-pilates-france.fr)

### Customer service opening hours:

- Monday to Friday:  
9:00 – 18:00
- Closed on Saturday and Sunday



Aura Pilate France



### Formation Pilates Reformer France

Coaching individuel inclus pour valider vos techniques et connaissances

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**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