

PATRICIA  MEDROS

Professional Pilates Teacher Training



Patricia Medros Pilates

SCHOOL CATALOG





www.patriciamedros.com
info@patriciamedros.com

Table of contents

Introduction	2
Mission Statement	2
Core Values.....	2
Goals of Patricia Medros Pilates	4
Teacher Biographies	4
Facilities.....	6
Professional Pilates Teacher Training.....	6
Professional Pilates Teacher Training Fees (2019)	7
Free Auditing of Past Modules.....	8
Lessons Policy and Fees.....	8
Admission Requirements	8
Enrollment Procedures.....	8
Attendance Requirements / Leave of Absence.....	8
Conduct Policy.....	9
Dismissal.....	9
Educational Services.....	9
Grading System	9
Exams.....	10
Assesments.....	10
Transfer of Credit Policy	10
Refund Policy	10
Student Grievance Procedure.....	11
Sexual Harassment Procedure.....	11
Student Files – Contents and Access	12
Satisfactory Completion	12

Introduction

Patricia Medros Pilates, a PSAP-APPROVED teacher training school, offers a Professional Pilates Teacher Training program that adheres to the highest standards of excellence.

Hundreds of Patricia Medros Pilates graduates have successfully opened or work in studios throughout Europe, the United States, and the UK. They bring seriousness of purpose to Pilates and inspire transformation in the lives of those they teach and in their own. They are strong and resilient in body, sound and grounded in mind, and empowered to fulfill their life's purpose. They embody the spirit of Pilates and keep the flame of the method alive. They are recognized by their motivation and commitment to continue on their path of self-discovery.

In 2011, Patricia Medros, PMA®-CPT founded the school. She is the sole proprietor, and teacher trainer, and performs all duties regarding the management and promotion of the school, studio, and parent organization.

Mission Statement

Through an embodiment of the method, Patricia Medros Pilates' mission is to graduate professionals with the skills to lead fulfilled, empowered, and meaningful lives through Pilates and to inspire others to follow the Pilates path.

Core Values

More than a set of exercises, Pilates transforms lives. Like all great oral traditions, the classical method is transmitted through personal interaction, from master to student. Books and videos can show us the exercises, as shapes the body assumes. Knowledge and understanding of the soul of the method happen only over years of dedicated self-study, individual lessons, and hours in the studio shadowing the mentor.

Of equal importance is each individual's effort, discipline, and determination to succeed when confronted with the many challenges arising during the formation. In this environment, we all come face-to-face with our personal limitations or struggles. It is through the program that we find a platform and tools to overcome them.

HIGHEST STANDARDS

The goal of the Professional Pilates Teacher Training is to imbue each student with the culture, spirit, legacy, and worth of Pilates. This is more than training in exercises!

The basis of the pedagogy is science and current literature. The training includes learning the scientific evidence that contributes to the proper execution of each exercise. This includes research on anatomical and biomechanical factors and on motor learning and motor control. Osteokinematics

(how the bones work), and arthrokinematics (how the joints work), are taught simultaneously with the choreography, transitions, apparatus set up, sequence, order, name, goals, modifications, and variations of each exercise. Best practices of using voice modulation and intonation, tactile and verbal cueing, spotting techniques, and teacher positioning (position of teacher in relation to the client physically and psychologically, apparatus, and exercise) are covered thoroughly.

Graduates are meticulously-trained Pilates professionals. They have no fear of having missed out on any part of a comprehensive education. Every facet of the classical body of work is learned, in profundity. In addition, the Professional Pilates Teacher Training exposes students to other aspects of the industry, from basic business policies, to marketing, customer service, professional advancement, team cooperation, leadership qualities, and self-care measures to stay stimulated, excited, and eager to take risks and avoid career fatigue and burn out.

NO SHORT CUTS

The depth and breadth of the Professional Pilates Teacher Training pays tribute to the origins of teacher training itself. In Joseph Pilates' New York studio, certain clients were asked – directly by Joseph Pilates – to help other clients who were having difficulty understanding the exercises. This was the ultimate honor of recognition. From these ad-hoc appointments, Joe Pilates' first teachers and teacher trainers were born. Romana Kryzanowska was one of these firsts. She, and others, were chosen based on their proven mastery of the method learned from years of dedicated practice.

In honor of this tradition, the Professional Pilates Teacher Training takes approximately three years to complete. Why? Because you'll need this time to develop your own practice, and yourself, to a gold standard level of excellence that meets your, and historical, expectations. Graduates attest to the value of dedicating these years to their formal education. Although a considerable sacrifice, it's the key to turning the life-transforming benefits you have experienced as a student into a profitable profession. No stone is left unturned, there are no gaps in your preparation. We want you to feel confident to open your own studio or run a firmly-established operation when you graduate.

LIFE SKILLS LEARNED

From witnessing change in the body, we come to realize that change is possible in other realms, such as in our personal quests and relationships. In the Pilates studio, through intense, effortful physical practice with laser-like mental focus, positive self-talk, and the caring guidance and emotional investment of the mentor, the borders between the mind and body begin to dissolve. A spirit of equanimity, empathy, and universality arises as a felt sense. With time, this elevated state of consciousness persists to become the baseline from which we go about our daily lives empowered, revived, content, and with more “spontaneous pleasure and zest (oft-quoted words of Joseph Pilates when referring to the benefits of his method) in all we do. In other words, transformed.

This transformation instills courage, confidence, a sense of purpose, and a deep knowingness that adversities and limitations (whether physical or in the form of beliefs) arise only to be overcome and turned into triumphs. Even tragic events can be framed and considered differently – as catalysts to propel us toward a meaningful life with the impetus to make our dreams come true.

BRINGING REAL PILATES BACK INTO THE PILATES WORLD

For those of you:

- who feel something is missing in your experience of Pilates
- who have learned a little bit of this and a little bit of that, and are searching for cohesion
- who have attended many workshops, but never concretized the subject matter into viable tools, skills, or insights that made a difference in your work
- who have no distinct lineage to represent
- who have not achieved the level of success you seek
- who have aches and pains, despite having practiced Pilates for some time
- who have not been exposed to the science behind the exercises or the literature that explains how the body works and learns optimally
- who desire a more in-depth understanding of anatomy, biomechanics, motor learning, motor control, and the psychology of peak athletic performance . . .

Now is the time to bring real Pilates into your life and back into the Pilates world.

At Patricia Medros Pilates you'll be fully immersed in the classical heritage to feel grounded, satisfied, and fulfilled in your practice. You'll learn to experience first-hand the heart/body/mind/spirit integration to deepen your self-knowledge and launch your professional standing.

Goals of Patricia Medros Pilates

- To be an international center of excellence in classical Pilates
- To maintain unwaveringly high standards in teaching all clients, students, and visiting professionals
- To mentor all to realize their highest potential through progression in the Pilates system
- To broaden its reach world-wide
- To foster community and networking among graduates
- To aid graduates in their professional development

Teacher Biographies

The faculty of Patricia Medros Pilates is comprised of Patricia Medros, and also Jessica Medros and Jonathan Medros, who act as consultants on an as-needed basis.

PATRICIA MEDROS, PMA®-CPT

Patricia is a second generation Pilates teacher, having earned certification status directly from Romana Kryzanowska in 1999. She was the first person to bring classical Pilates to Rome, and was also Italy's first Power Pilates Teacher Trainer and representative.

Moving from the United States to Rome in 2001 to establish her proprietary education center, Patricia is dedicated to cultivating classical Pilates throughout Europe, while also pursuing,

emphasizing, and teaching the scientific underpinnings of the method. Patricia regards her methodology as neuromuscular re-education, mindfulness practice, interoception development, and awareness training of the entire self. She is known for her ability to elicit a deep kinesthetic experience of every exercise, and for validating the traditional work with scientific research.

Patricia has presented at the Pilates Method Alliance conferences and Pilates on Tour®, taught thousands of clients, qualified hundreds of apprentices, written and published over 25 teacher training manuals, and conducted dozens of instructional programs and workshops in Italy, Spain, Switzerland, Israel, the UK, and the United States. She holds a BSc from Northwestern University.

For the Patricia Medros Pilates teacher training program, Patricia oversees the end-to-end learning and development process of apprentices. She teaches the Modules and lessons, evaluates assignments, administers exams, and has authored all training materials.

JESSICA MEDROS, PT, DPT

Jessica graduated with honors from Samuel Merritt University with a Doctor of Physical Therapy and graduated with honors from San Francisco State University with a bachelor of science in kinesiology, concentrating in neuromuscular control.

Jessica is a sports medicine physical therapist at UCSF Benioff Children's Hospital in Oakland, California. She is the lead of the Dance Medicine Program at the Oakland campus. Along with orthopedic and sports rehabilitation, she provides dance-specific rehabilitation, Pilates-based rehabilitation, and is a specialist in ballet and en pointe training. She also teaches the weekly Pilates and yoga classes at UCSF in Oakland.

Jessica is a Certified Strength and Conditioning Specialist and is certified in yoga, Pilates mat, and GYROTONIC® with advanced applications for dancers. She is a lifelong dancer and continues to study with first and second generation Pilates and GYROTONIC® teachers who are dance specialists. Jessica is an experienced Pilates exercise model and co-author and editor for Patricia Medros Pilates and Patricia Medros Pilates. She currently is studying to become a board certified Orthopedic Clinical Specialist.

JONATHAN MEDROS

Jonathan is a Certified Manual Physical Therapist through the North American Institute of Orthopedic Manual Therapy. His experience in relieving chronic pain through this training, and through the application of his studies of 'Stretch Therapy' with Kit Laughlin, and 'Building the Ultimate Back' with Dr. Stuart McGill, has helped many students regain strength and alleviate ailments after injury.

Formal studies with Jay Grimes, Bob Leikens, Dorothy Van der Walle, Michael Fritzke, Ton Voogt, Mejo Wiggins, and Peter Fiasca, along with completion of the comprehensive Pilates teacher training program with Power Pilates, distinguish Jonathan as an accomplished, classically trained Pilates instructor of the third generation.

Since obtaining certifications in both Power Pilates and Power Yoga, Jonathan has been applying

his skills to instruct in both disciplines. He teaches movement and exercise with a holistic approach incorporating both recent and historical techniques into therapeutic exercise and sports training programs. He challenges by instilling discipline and insisting on performing movement with intensity and integrity.

At Patricia Medros Pilates, Jonathan consults on an ad hoc basis regarding exercise physiology, improving customer services, and implementing marketing strategies.

Facilities

Patricia Medros Pilates is located in the heart of the historic center of Rome on Via del Governo Vecchio in the Piazza Navona area. The studio is approximately 1,600 square feet, and is housed within a landmarked 17th century building. There are two classrooms furnished with Gratz™ Pilates equipment: two Reformers, Cadillac, High Chair, two Wunda Chairs, Ladder Barrel, Small Barrel, Spine Corrector, Arm Chair, Ped-O-Pull, Foot Corrector, Toe and Head Tensionators, and Push Up Handles. There is also a reception area, changing room, and two bathrooms equipped with shower facilities.

Professional Pilates Teacher Training

A 450- to 1000-hour, two- or three-year comprehensive Pilates education.

Career Objective:

To prepare the graduate to open and run a successful, acclaimed, top-notch studio or to land a position as a comprehensively-trained Pilates instructor in an existing fitness facility. (Note: Completing Patricia Medros Pilates' Professional Pilates Teacher Training does not guarantee employment or eventual certification through the Pilates Method Alliance.)

Coursework is divided into six sequential Modules: Foundations Mat, Foundations System, Intermediate I, Intermediate II, Advanced I, Advanced II. With the exception of Foundations Mat (a self-contained, two-day course), each subsequent module is composed of:

1. Modules

Approximately 20 hours of in-studio didactic instruction, i.e. seminar, takes place at the start of each Module. Pertinent to the level of proficiency to be studied, Modules provide an overview of all relevant classical Pilates exercises in their intended sequence through theoretical explanation and physical participation. The curriculum covers the scientific principles of anatomy, biomechanics, and kinesiology; choreography and goals of each exercise, on all apparatus, including transitions; modifications and variations; pedagogy regarding the teaching of Pilates to others; self-care measures for the long-term health of the Pilates instructor; and the philosophy and history of Pilates. The curriculum is designed to equip students with a full grasp of the depth and breadth of the Pilates culture. In total, approximately 100-200 apprenticeship hours are

required *per Module* over the duration of the Professional Pilates Teacher Training.

2. Studio apprenticeship

Approximately five months of in-studio apprenticeship follows each Module. Principles learned during the Modules are applied, practiced, and developed according to each student's capabilities. Apprentices spend approximately 5 to 10 hours per week in the studio, working independently and with peers, attending weekly lessons, and observing and assisting in other lessons taught by the teacher trainer.

3. Exams

Each Module concludes with at least two exams: a performance and a teaching exam. In the performance exam, the student executes the relevant Pilates repertoire, in its correct sequence, on a range of apparatus, and under specific time constraints. The practical exam involves teaching the repertoire to a peer. Each exam is 55 minutes in duration. The Advanced modules include additional exams – Advance I requires two performance and two teaching exams, and Advanced II requires one performance and two teaching exams. Students must pass all relevant exams to gain access to the next Module.

There is no distance training offered at this time.

Professional Pilates Teacher Training Fees (2019)

Each Module includes the relevant seminar, manual, and in-studio apprenticeship hours (including use of studio equipment).

MODULE NAME	MODULE FEE	EXAM FEE
Foundations System	€1350	€350
Intermediate I	€1350	€350
Intermediate II	€1350	€350
Advanced I	€1350	€500
Advanced II	€1350	€450
Total Cost Modules & Exams	€6750	€1950

Total Combined Cost Modules, Exams and Assessments (please see below Exams and Assessments) is €9350 (*approximately €3100 per year for 3 years*).

Free Auditing of Past Modules

Any apprentice in good standing is entitled to audit any Module previously taken, at no additional cost, after completing Foundations System. This is a life-long invitation for graduates of Patricia Medros Pilates who continue to frequent the studio teaching and/or taking private lessons.

Lessons Policy and Fees

Patricia Medros Pilates believes that the significance of the private lessons with the teacher trainer or designated teacher in transmitting the entirety of the Pilates Method from generation to generation is of unparalleled value. Mandatory bi-monthly private lesson costs range from €80 to €130 per hour based on the teacher's experience level. Therefore, for each approximate 5-month apprenticeship period associated with each Module, students must foresee costs from approximately €160 to €260 for lessons per month for approximately 5 months. **More than bi-monthly lessons are highly recommended.** Lessons are paid weekly on a consumption basis. 24-hour cancellation policy applies.

Admission Requirements

Prospective students of the Professional Pilates Teacher Training program must be at least 18 years of age and have a high school diploma or equivalency to be admitted. No applicant will be denied on the basis of race, national origin, color, creed, religion, sex, age, disability, gender identity, gender expression, or sexual orientation.

Admittance requires the submission of a completed personal information/application form, interview with the director of Patricia Medros Pilates, introductory lesson, and completion of Foundations Mat.

Enrollment Procedures

The enrollment process includes completion of above admission requirements, as well as review of school policies and submission of the Enrollment Agreement.

Attendance Requirements / Leave of Absence

Students are expected to arrive punctually for class, with proper materials. Tardiness is annotated in each apprentice's journal. Module attendance must be 100%. Fulfillment of apprenticeship duties requires approximately 5 to 10 hours per week in the studio.

Students who are unable to continue apprenticeship obligations for medical reasons, or serious personal problems (e.g. injury, illness in the family, maternity), will be required to take a leave of

absence until they are able to return. Proper documentation will be required to substantiate a student's temporary withdrawal. Tuition paid to date will not be reimbursed; apprentice is expected to return to the program as soon as possible and enter at the same level of progress achieved at the moment the leave was granted. On a case-by-case basis, returning apprentices will be evaluated regarding the necessity of catch-up instruction to enable the apprentice to return to the same level of progress in which he/she departed. Should additional instruction be necessary, the returning apprentice is allowed to repeat the most recent Module attended at no additional cost.

Conduct Policy

All students are expected to act maturely, respect other students, faculty members, the facilities, and encourage a team-based, all-inclusive, inviting, cooperative, and constructive learning environment. Possession of weapons, illegal drugs, and alcohol of any kind are not allowed at any time on Patricia Medros Pilates premises. Any violation of this policy may result in permanent dismissal from the school.

Dismissal

Any student may be dismissed for violations of rules and regulations of the Conduct Policy, as stated above. A student also may be withdrawn from the Professional Pilates Teacher Training program if s/he does not prepare sufficiently, dedicate the required time in the studio performing apprenticeship duties, neglects assignments, or makes unsatisfactory progress. The director, after consultation with all parties involved, makes the final decision.

Suspensions may be issued to students whose conduct is disruptive or unacceptable to the academic setting. After appropriate counseling, students who demonstrate a genuine desire to learn and conform to Patricia Medros Pilates' standard of conduct may be allowed to resume attendance. The director will review each case individually and decide upon re-admittance.

Educational Services

Patricia Medros Pilates houses a full library of resources, available to students. Counseling from the director of the school is also offered on an as-needed basis.

Grading System

Grades are based on exam results. Each of the five levels of proficiency requires passing the relevant exams for admittance to the subsequent level of instruction. To graduate from the program, students must pass all exams and complete all written assignments. Grades are scored from 1 to 10, with 10

being the highest level of achievement. A grade of 4 or lower constitutes a failed exam. All failed exams may be repeated up to three times. After a third attempt resulting in failure, the student will be dismissed from the program with no refund of funds paid.

Exams

Students must pass all relevant exams to continue with the Professional Pilates Teacher Training and be eligible for graduation. Please refer to Grading System above, regarding stipulations that constitute action for termination of a student.

Assessments

In addition to the exams, the teacher trainer compiles formal Assessments after each Module has been completed, or on an as-needed basis, to assure each apprentice stays on track with his/her progress in the program. Each Assessment is categorized and evaluated according to the following criteria: 1) Assisting the teacher trainer with lessons with clients and other apprentices; 2) Frequency, flow, and seriousness of purpose in self-practice/solo workouts; 3) Frequency, punctuality, effort/intention, proactivity in learning sequence and in executing transitions during private lessons; 4) Frequency, effort/intention, and collegiality in team training; 5) Studio maintenance and customer care (answering doors, phone calls, welcoming clients) and studio upkeep (steady supply of water, tissues, general tidiness of apparatus); 6) Timeliness, quality of content, grammar and spelling in homework assignments. The cost of each Assessment is €130.

Transfer of Credit Policy

Credits from another institution will be evaluated on a case-by-case basis. Patricia Medros Pilates does not guarantee transferability of its credits to another institution unless there is a written agreement with another institution.

Transfer of credits from other institutions requires a review fee of €150. Transcripts or summation of work-to-date documentation will be reviewed including, but not limited to, a letter of introduction from the Director of Education of the student's prior school. In addition to the review of such documents, an evaluation of the student's proficiency level will be required. Each proficiency level (beginner, intermediate, advanced) will incur a fee of €150.

Refund Policy

Prior to each Module's start date, 100% of tuition will be refunded. After each Module's start date, the following refund policy will apply: within 2.5 weeks: 90% less cancellation fee; after 2.5 weeks but within first 6 weeks: 75% less cancellation fee; after 6 weeks but within first 12 weeks: 50% less cancellation fee; after 12 weeks: no refund. Please note the cancellation fee is €450.

Student Grievance Procedure

Students with grievances adhere to the following protocol.

- **Meet with director of Patricia Medros Pilates.** Where grievances arise, the student is encouraged to schedule a meeting with the director, Patricia Medros, bringing along with him/her written explanation of the issue. At this meeting, student and the director mutually agree to steps for satisfactory resolution of the issue.
- If the above is not a reasonable option, or if such an option does not remedy the situation, student will schedule a follow-up meeting with the **Human Resources Advisor**, Elinora Pisanti, at el.pisanti@yahoo.it.
- If meeting with the Human Resources Advisor is not a reasonable option, or if such an option does not remedy the situation, student will **register grievance with the Pilates Method Alliance** at PSAP@pilatesmethodalliance.org.

Sexual Harassment Procedure

Definition:

Sexual Harassment is defined as unwelcomed verbal, visual, or physical conduct of a sexual nature that is severe or pervasive and affects working conditions or creates a hostile work environment.

Examples:

- Verbal or Written - Comments about clothing, personal behavior, or a person's body; sexual or sex based jokes; requesting sexual favors or repeatedly asking a person out; sexual innuendoes; telling rumors about a person's personal or sexual life; threatening a person.
- Physical - Assault; impeding or blocking movement; inappropriate touching of a person or a person's clothing; kissing, hugging, patting, stroking.
- Non-verbal - Looking up and down a person's body; derogatory gestures or facial expressions of a sexual nature; following a person.
- Visual - Posters, drawing, pictures, screensavers or emails of a sexual nature.

Procedure

Any student who feels they have been subject to sexual harassment should take the following actions:

- Speak directly to the source of the discrimination.
- If this is not a reasonable option, or if such an option does not remedy the situation, speak with the Director, Patricia Medros.
- If this is not a reasonable option, or if such an option does not remedy the situation, document all relevant facts and send documentation to: Human Resources Advisor, Elinora Pisanti at el.pisanti@yahoo.it.
- The Human Resources Advisor will become the third point of contact and the last contact would be the Pilates School Approval Committee (PSAP@pilatesmethodalliance.org).

Individuals who are found to have sexually harassed or knowingly filed a false complaint of sexual harassment against another individual at OPR shall be subject to disciplinary action, including termination of employment and/or enrollment.

Student Files – Contents and Access

Documents listed below are kept confidential on file at Patricia Medros Pilates. Students are welcome to access them at any time during studio hours. Regular school hours are Monday through Friday, 9:00 am to 6:00 pm. When the school is open during the weekend, students are welcome to access their files also at this time.

- Completed personal information/application form including non-discrimination policy
- Signed enrollment agreement
- Signed sexual harassment policy
- All academic records and homework assignments
- All test results

Satisfactory Completion

Students who satisfactorily complete the Professional Pilates Teacher Training receive a Patricia Medros Pilates Comprehensive Pilates Teacher diploma. Satisfactory completion of the teacher training program is comprised of:

- Full attendance in all program Modules (e.g. Foundations System, Intermediate I, etc.)
- Completion of apprenticeship hours and documentation of hours logged
- Consignment of written assignments, to a high standard
- Passing all exams
- All payments paid in full



Patricia Medros, PMA®-CPT

Founder CEO: Medros Method – Patricia Medros Pilates

email: info@patriciamedros.com

Tel: +39 339 7538609, +39 06 64760055

Skype: medrospatricia

Head Office: Rome, Italy

Via del Governo Vecchio, 73, 00186

www.patriciamedros.com

Prices subject to change

Copyright Patricia Medros, Patricia Medros Pilates, Medros Method 2019

