

OnePilatesRome

medrosmethod
SCHOOL CATALOG



Via del Governo Vecchio, 73, Rome, 00186, Italy
+39 339 7538609 +39 06 647 600 55
patriciamoonmedros@gmail.com
www.onepilatesrome.com

<http://www.pilates-gratz.com/pages/one-pilates-rome-featured-studio-series>

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INTRODUCTION

One Pilates Rome, a PSAP-APPROVED teacher training school, offers a comprehensive teacher training program that adheres to the highest standards of professional excellence.

One Pilates Rome was founded in 2011 by Patricia Medros, PMA®-CPT. Patricia Medros remains the founder, 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, One Pilates Rome's mission is to graduate professionals with the skills to lead fulfilled, empowered, and meaningful lives and to inspire others to follow the Pilates path.

Core Values

More than a set of exercises, Pilates can transform lives. Like all great oral traditions, the classical Method is transmitted by human 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, however, happens 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 apprenticeship. In this environment, we all come face-to-face with our personal limitations or struggles, and, valuably are given the tools and the platform to overcome them.

Highest Standards

The goal of the comprehensive program is to imbue within each student the culture of Pilates. This is more than training in exercises!

The basis of the pedagogy at One Pilates Rome is science and current literature. The training includes learning the scientific evidence on factors that contribute to the proper execution of each exercise. This includes research on anatomical and biomechanical factors and covers research 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 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 their education. Every facet of the classical body of work is learned, in profundity. In addition, One Pilates Rome exposes students to other aspects of the profession, from basic business policies, to 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.

Hundreds of One Pilates Rome graduates have successfully opened, or work, in studios throughout Europe, the United States, and the UK. They distinguish themselves through their motivation and commitment to continue on their path of self-discovery. They bring seriousness of purpose to Pilates to 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.

No Short Cuts

The duration and breadth of One Pilates Rome's comprehensive program pay tribute to the original Pilates teacher training origins. In Joseph Pilates' New York studio, certain clients were asked—first by Joseph Pilates, and later by his protégées—to 'help teach' other clients in the studio. This was the ultimate honor of recognition. These designated ad-hoc teachers were chosen based on their own embodiment and understanding of the Method.

Following suit, the program at One Pilates Rome allows the necessary time to absorb and develop one's practice, and oneself, to a gold standard—approximately three years. All current apprentices and graduates attest to the value of time to appreciate the life-transforming benefits of the system, to feel the work in their bodies, and to share it effectively with others.

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 and 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 zest and pleasure' (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 knowingness 'in the bones' 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.

One Pilates Rome provides you a full immersion in the classical heritage to feel grounded, satisfied, and fulfilled in your practice, and to experience first-hand the heart/body/mind/spirit integration to deepen your self-knowledge and launch your professional standing.

GOALS OF ONE PILATES ROME

- 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 through the Pilates system
- To broaden reach, opening satellite schools in Spain, the UK, the USA, and Israel
- To foster community and networking among graduates
- To aid graduates in their professional development

TEACHER BIOGRAPHIES

The faculty of One Pilates Rome 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 conference 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 One Pilates Rome teacher training program, Patricia oversees the end-to-end learning and development process of apprentices. She teaches the seminars and lessons (covering repertoire, anatomy, kinesiology, and more), evaluates assignments, administers exams, and has authored all training materials.

Jessica Medros, PT, DPT

Jessica earned her Doctor of Physical Therapy (DPT) from Samuel Merritt University in 2016, and holds a B.S. in Kinesiology (with a concentration in neuromuscular control) from San Francisco State University. She is a certified GYROTONIC®, yoga, and classical Pilates Mat teacher, with decades of experience. Jessica also has years of training in ballet, jazz, modern, Dunham, Capoeira, and West African dance.

Currently, Jessica is a physical therapist at UCSF Benioff Sports Medicine Center for Young Athletes, and is part of its Dance Medicine Team. She provides Pilates-based, dance-specific, as well as sport-specific rehabilitation. Jessica is also certified in myofascial decompression, and will be testing to become a Certified Strength and Conditioning Specialist, as well as a Sports Certified Specialist with the APTA.

Jessica consults for One Pilates Rome in various capacities. She is an experienced exercise model, and has co-authored all of One Pilates Rome's training manuals.

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

FACILITIES

One Pilates Rome is located in the historic center of Rome, on Via del Governo Vecchio, 73. 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.

COMPREHENSIVE PILATES EDUCATION PROGRAM

A 450- to 1000-hour course of study.

Occupational Objective:

To prepare the graduate to acquire a position as a comprehensively-trained Pilates instructor, whether in an existing fitness facility and/or in the capacity of opening his or her own studio. (Note: Completing One Pilates Rome's comprehensive Pilates teacher training program 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, three-day course), each subsequent module is composed of:

1) Seminar and Module

Approximately 40 hours of in-studio didactic instruction, i.e. seminar, taking place at the start of each Module. Pertinent to the level of proficiency to be studied, seminars provide an overview of all relevant classical Pilates exercises in their intended sequence and include 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 200 apprenticeship hours are spent **per Module** over the duration of the comprehensive teacher training program.

2) Studio apprenticeship

Approximately five months of in-studio apprenticeship follows each seminar. Principles learned during the seminars are applied, practiced, and developed according to each student's capabilities. Apprentices spend approximately 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 studio director.

3) Exams

Each module concludes with two exams: a performance and a teaching exam. In the performance, 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. Note: The Advanced module includes an additional performance exam, bringing the total number of exams to three: two performance and one teaching. Students must pass all relevant exams before proceeding to the next module.

There is no distance training offered at this time.

COMPREHENSIVE PILATES EDUCATION PROGRAM (TEACHER TRAINING) FEES (2018)

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

MODULE COURSE NAME	MODULE COURSE 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**)

LESSONS POLICY AND FEES

One Pilates Rome 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 teacher's experience level. Therefore, for each approximate 5-month apprenticeship period associated with each level of accomplishment, students must foresee paying 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 comprehensive teacher training program must be at least 18 years of age and have a high school or equivalency diploma 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 One Pilates Rome, 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. Seminar attendance must be 100%. Fulfillment of apprenticeship duties requires approximately ten 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 seminar 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 One Pilates Rome 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 comprehensive 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 One Pilates Rome's standard of conduct may be allowed to resume attendance. The director will review each case individually and decide upon re-admittance.

EDUCATIONAL SERVICES

One Pilates Rome 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 test results. Each of the five levels of proficiency as outlined above in Comprehensive Pilates Education Program requires passing the relevant exams for admittance to the subsequent level of instruction. To graduate from the program, students must pass all program 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 school, with no refund of funds paid.

EXAMS AND ASSESSMENTS

Students must pass all relevant exams to continue with the comprehensive teacher training program and be eligible for graduation. Please refer to Grading System above, regarding stipulations that constitute action for termination of a student.

In addition, 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 director (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; 4) Frequency, effort/intention, and collegiality in team training; 5) Studio maintenance and client service (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. One Pilates Rome 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 of transcripts or summation of work-to-date documentation 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 €150 fee per assessment.

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 €350.

STUDENT GRIEVANCE PROCEDURE

Students with grievances adhere to the following protocol.

- **Meet with director of One Pilates Rome.** 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.

- 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 One Pilates Rome. 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 One Pilates Rome's comprehensive teacher training program receive a One Pilates Rome 'Comprehensive Pilates Teacher' diploma. Satisfactory completion of the teacher training program is comprised of:

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

Patricia Medros, PMA®-CPT
Founder CEO: Medros Method – One Pilates Rome
email: patriciademoonmedros@gmail.com
Tel: +39 339 7538609, +39 06 64760055
Skype: medrospatricia
Head Office: Rome, Italy
Via del Governo Vecchio, 73, 00186
www.onepilatesrome.com

Prices subject to change