



Marjon van Grunsven

Artistic Director • Creative Director • Coaching & Consulting

PILATES TEACHER CERTIFICATION & CONTINUING EDUCATION PROGRAM

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Certification/ Courses/ In-depth study for teachers

Classical Pilates Method of Bodyconditioning

In 2004 Memento Bodyworks in the Netherlands started providing training / courses / continuing education for Pilates teachers. Owner and certified Pilates Instructor Marjon van Grunsven lived and worked for a period of 8 years in New York City where she has trained and worked since 1994 with master instructors Romana Kryzanowska (right hand of Joseph H. Pilates himself), Bob Liekens and many other Pilates instructors who are active to this day, worldwide, as Pilates Instructors and Master Instructors.

In 1997 Marjon obtained her certificate as Pilates Instructor from Romana Kryzanowska and thus she officially belonged to the 'Second Generation teacher' of the Classical Pilates Method of Body Conditioning. Until the year 2000, she remained active as a teacher on Bob and Romana's team in New York City. At that time she was also a supervisor for many Pilates teacher in training.

The demand for training, courses and continuing education for Pilates teachers increased enormously, also in the Netherlands. This was the reason for Memento Bodyworks to answer that question. At first there was only a preliminary training, to get acquainted, on the mat. The entire Mat routine soon followed at all levels and the studio provided the complete training with equipment.

During the unique program that Marjon offers to this day in both private and group settings, you will learn the exercises and principles created by Joseph Hubertus Pilates according to the classical and authentic way of his method. Classical and/or authentic refers to the given exercises and the



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use of language, or vocabulary, which is used during teaching. The training maintains a systematic structure and sequence of exercises and we ultimately try to integrate all 6 main Pilates equipment within one session. The mat is only part of the entire Pilates method. One of the most important in the base. That is why the training/course or in-depth study can start with that, but it DOES NOT HAVE to be.

In addition to learning the exercises, you will develop a complete understanding of the Pilates method. You will learn the specific aspects of a balanced session, become proficient in your understanding and application of proper body mechanics and posture for each unique person with all his/her fascinating differences and you will be trained in the methods used with clients with special needs. (such as neck, back, knee and shoulder problems). You will learn how to teach, what should be covered in a session and why it is important.

Even though one of the requirements for participation is experience in teaching and sufficient knowledge of the anatomy of the human body, the anatomy will be further covered during the follow-up courses / courses / continuing education of phase 2 and 3 and this knowledge will be tested during the final exams. *These modules are NOT anatomy courses, however.

Continuing education/ Training/ Courses and Supervision

Marjon believes that 'learning' is a process that never ends and that the training / course / deepening can be a step towards learning something new. Once completed in your chosen module, you will be enabled/advised to follow a number of refresher courses. These courses allow you to repeat everything and deepen your knowledge and perhaps improve what you have learned in the training. These courses also deal with matters that may not have been discussed during the training.

In the first year after you completed the module, you can receive supervision, according to your own needs. Supervision within this training/course/in-depth simply means guidance and/or coaching where necessary.

Location;

The training/course/continuing education *in groups* takes place in the Pilates Studio; Transforma Pilates Teteringen ; <http://www.transformapilates.nl/>

The training / course / continuing education *in groups* can also be provided on location

The training / course / continuing education *in a private* setting is given in Marjon's home studio OR on Location



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The Offer:

1. **Preliminary training Mat** - Basic, Beginner and Intermediate level of the mat - 2 consecutive days of intensive course followed by a return day– This module is recommended (but not mandatory) if one moves on to the second phase of the offer, the ' Continuing Education / Full Mat'. *After a personal intake interview with Marjon, we look at your experience and what suits you best.*
2. **Continuing Education / Full Mat** – All Levels of the Mat; Basic, Beginner, Intermediate, Advanced - *For admission to this module, after a personal intake interview with Marjon, we look at your experience and what suits you best.* This module includes 5 consecutive days of intensive course. Should you wish to receive a teaching certificate, this module is followed by compulsory teaching and observation hours, followed by a practical and theoretical exam. If you only want to receive a participation certificate for 'In-depth/ Continuing Education', this is a negotiable choice. This module is recommended (but not mandatory) if you move on to the third phase of the offer with the Pilates apparatuses; the Total System of the Pilates Method.
3. **Total System of the Pilates Method** - All Levels of the Pilates apparatuses; Basic, Beginner, Intermediate, Advanced – *For admission to this module, after a personal intake interview with Marjon, we will look at your experience and what suits you best.* This module comprises a 9 day intensive course, spread over 3 weeks. Should you wish to receive a teaching certificate, this module is followed by compulsory teaching and observation hours, followed by a practical and theoretical exam. If you only want to receive a participation certificate for 'In-depth / Continuing Education', this is a negotiable choice - We recommend 10 private sessions with Marjon prior to participation. These are not included in the total price, but when participating in this module, a discount is offered on the sessions for teachers (See below)
4. **Small Group (from 2p) tailor-made modules according to your specific needs.** This module is created together with your input.
5. **Private tailor-made modules according to your specific needs.** This module is created together with your input.

The Costs *(See next page for what's included in the price)*

1. **Preliminary Training Mat** - Price € 726, 00 (Incl. VAT)
2. **Continuing Education / Full Mat** – Price € 1815.00 (Incl. VAT)
3. **Total System of the Pilates Method** - Price € 3267.00 (Incl. VAT)
4. **Small Group (from 2p) custom-made modules** Price € 60.50 (Incl. VAT) per hour.
5. **Private custom modules** Price € 90.75 (Incl. VAT) per hour.
6. **Exam costs: Continuing Education / Full Mat** Price €150 ((Incl. VAT) / **Total System of the Pilates method:** Price €300 (Incl. VAT)



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Included

- A study folder supplementary to the specific module containing the necessary information about all specific Levels.
- Wettransfer/ Dropbox Video Material depending on the module you choose
- Optionally recorded video material which can be made for the student during the course. (with signed permission of the student)
- Depending on the student's choice; A practical and theoretical final test in which it is checked whether the student has sufficient knowledge about the three different levels, including the pre-Pilates exercises of the mat lessons.
- **First year from followed course** – 25% Discount on all private sessions in Marjon's practice during 1 year (Adjusted and tailor-made private courses sometimes also have an adjusted period of discount on lessons) - see price list below. Free participation in group mat lessons that Marjon gives. (In Teteringen and Den Bosch as well as where she gives workshops) - Free participation as an observer in Preliminary Training Mat courses and other continuing education training groups, the hours of which can be registered working towards the final assessment.
- After positive completion of the final assessment, the student will receive a teaching certificate. If the student only prefers a participation certificate, this can also be done in consultation with Marjon and the hours do not have to be achieved. This participation certificate is not a so-called teaching certificate.
- Participation in the training/courses/lessons is entirely at the participant's own risk. Every student is obliged to report physical complaints before the start of participation. Participation is only possible if your health is not an obstacle. If in doubt, contact your doctor and/or physiotherapist.

On Location/ Online

It is also possible to have the Certification/ Courses/ In-depth study take place on location or online.

In the case of 'On Location', a kilometer allowance and a maximum return travel time of 3 hours will be charged. This can all be discussed in consultation with Marjon.

If you have any questions about one of the courses/Course/In-depths and/or the forms, please contact Marjon by sending an e-mail to

marjonmemento@yahoo.com

Or call; 06-11463018