



## **PILATES INSTITUTE OF AUSTRALASIA P/L**

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## **MENEZESpilates™** **Floor 1 Information**

**MENEZESpilates™ is different to other Pilates in the following:**

- \* Five specific breathing rules The B-Line®
- \* Five Different Breathing Types
- \* The Perfect Torso Posture™
- \* The Menezes Pilates CORE™
- \* Stable Spine™
- \* Golden Rules for Specific sequencing and cueing of words when teaching
- \* The Stamina Stretch™ for 25% increase in breathing capacity
- \* The Safety Scales™ for a Safe, Challenging workout
- \* Continual Feedback Assessment (CFA) for clients
- \* The Exercise Formula™ for superior teaching
- \* Most exercises have a 'pre-fit', 'normal' and 'super-fit' version for a wider exercise base
- \* Superior bio-mechanics taught by qualified instructors who will challenge your thinking from the start

**MENEZESpilates™** courses are more comprehensive than most other courses, especially in the cueing and sequencing of the exercises – and isn't the correct, specific teaching with corrections what it's all about?

Comprehensive theory with flashy workbooks can be great. All the glossy brochures and slick marketing also looks marvelous, but if you can't teach – you don't have a business!

We do not teach anatomy in our intensive 4 day Floor 1, as we expect attendees to know this since they are already in the industry.

We work very much from a bio-mechanical base and have created new moves never seen before in the fitness or pilates industries.

The course attendees receive the "**Complete Guide to the Pilates Method**" (2nd Ed via e-Book) and "**Pilates Complete Works – Your Health & Return to Life through Contrology**" books

and the **AUSSIEpilates Floor 1 DVD** as study material prior to the course, not available from other courses.

Our investment is based on the value of our course. We have received a reputation for being a challenging, comprehensive course that produces brilliant instructors.

There are too many average Pilates instructors in the world!

This investment is minimal compared to the long term returns to you and your business.

Our cueing and sequencing is second to none, which is vital when teaching or treating clients who may have specific physical issues. We also offer 3 versions of each exercise (pre-fit, normal and super-fit) as opposed to only 1 by other courses.

Physiotherapists are surprised by the intensity and functional application of our courses and comment how "it's like going back to university and studying again!" This is not a walk-through course by any means. Dedication and application will produce results!

**"I would recommend this course because of its high standards, 'scientific' approach, precision and professionalism"**

Karin Stephens - Physiotherapist – Australian Institute of Sport - Cycling Australia

Once your prerequisites are accepted, the PIA Floor 1 Course consists of:

1. Complete 20 workouts from the DVD prior to the course
2. Study the first 4 chapters of the **Complete Guide/Pilates Theory Bible** prior to the course
3. There is a theory exam at the end of the course - pass mark 75%
4. There is a practical exam by DVD submission 30 after the end of the course - pass mark 75%
5. Upon completion of the course you are required to do a DAILY personal workout of ALL exercises from the course workbook for the next 30 days to gain a better understanding of what you are teaching
6. Provide a logbook of these 30 days together with your DVD submission for practical assessment. This requires you to teach at least 2-3 subjects a workout from the back of the Course Workbook as described at the course. Upon successful completion, go to step 7 other wise see step 10 below.
7. After 100 hours of teaching and submission of this log book you are then eligible for Level 2.
8. The first day of Level 2 is an examination of Level 1.
9. Then the process repeats itself as in 4), 5), 6) and 7) for Level 2 and 3 teaching

10: If any section is found to be **NYC** (Not Yet Competent), further submissions of that section (Theory or Practical) can be made to become Competent.

Floor 1:

- a) If the first submission is found NYC, a second submission must be made within 30 days of the same exercises as the first DVD. Resubmission fee: \$50
- b) If the second submission is found to be NYC, then a resubmission DVD is required of ALL the stretches and exercises from the back of the Floor 1 workbook. Resubmission fee: \$110.
- c) If the third DVD submission is found to be NYC, then the FULL Floor 1 course will need to be attended at 50% discount off the original price.
- d) For all DVD submissions to be assessed, the student must be a financial member of the Pilates Institute.