

# the core center™ Pilates Instructor Education System

## Three Phases of training

**Exploration phase:** a focused and in-depth analysis and contemplation of each piece of Pilates equipment with the corresponding **core center** exercises and movements associated. Each of the four weekends will be devoted to **one modality** of the Pilates method; starting with mat work for the first weekend and moving on to the Universal Reformer, Trapeze Table (Cadillac) and Chair (including the newest Exo Chair version). The Exploration Phase of the **core center** Pilates Instructor Education System takes place in the spring.

**Integration phase:** an integrated approach to Pilates Instructor Education. Each weekend will be devoted to a thorough investigation of **one level** of the **core center** Pilates System on all equipment modalities; starting with the basics in the first weekend and moving through levels 1, 2 and 3 respectively with the following weekends. This approach allows an integrated study of all the exercises and movements associated with each particular level of Pilates training, as well as incorporating the concepts of horizontal and vertical layering. The Integration Phase of the **core center** Pilates Instructor Education System takes place in the fall.

**Embodiment phase:** an experiential approach to Pilates work, designed to allow every participant to personally experience the effects of each particular exercise or motion within the **core center** Pilates System of movement. Participants of this 3-day weekend intensive will have the opportunity to **practice every Pilates exercise and movement on each piece of equipment**. The Embodiment Phase is a summer workshop.

Each student may begin her/his training in either the integration or exploration phase of the program. Each weekend or entire phase may be taken as a continuing education seminar for the experienced, comprehensively certified Pilates Instructor.