

Kristen Studios & Physical Mind Institute



Welcome to the Pilates Instructor Training Program

Welcome to the Pilates Instructor Training Programme at **Kristen's Studio**, delivered in English and aligned with **Physical Mind Institute accreditation standards**. Based in Cyprus, our programme is internationally benchmarked and designed for those seeking high-quality Pilates teacher education delivered to professional global standards.

You will train in a working studio environment with senior Master Instructors who are actively engaged in the Pilates profession. Learning takes place through hands-on practice, observation, and supervised teaching, allowing you to build real teaching confidence alongside a clear understanding of movement, technique, and safe, client-centred programming.

The programme combines the traditional Pilates repertoire with contemporary movement knowledge informed by current research and best practice. Throughout your training, emphasis is placed on understanding how bodies move, cueing clearly and effectively, and adapting exercises to suit a wide range of clients and settings.

Your education is guided by highly experienced instructors who are committed to professional integrity, mentorship, and long-term instructor development. We are here to support you at every stage of your training and as you progress in your Pilates career, locally and internationally.

REQUIREMENTS OVERVIEW

The curriculum recognises two levels of achievement, delivered through the following training modules:

1. Pilates Mat Instructor
2. Pilates Reformer Instructor

Each module includes both a written and a practical examination. A Certificate of Completion is issued upon successful completion of each individual module.

Following completion of the required additional personal practice, observation, and teaching hours, students may be recognised as a fully qualified instructor, in accordance with Physical Mind Institute accreditation standards.

Module 1: Pilates Mat Instructor REQUIREMENTS FOR COMPLETION

To be eligible for certification as a Pilates Mat Instructor, students must successfully complete all programme requirements outlined below, in alignment with Physical Mind Institute accreditation standards.

PRE-REQUISITE REQUIREMENTS (THEORETICAL)

Students must complete an **8-hour** Pilates Anatomy course, delivered through instructor-led training.

A foundational understanding of anatomy is essential for safe, effective, and intelligent Pilates instruction. This course provides core anatomical knowledge relevant to movement analysis, alignment, and injury awareness within the Pilates method.

Students who have previously completed a college level anatomy course or who are licensed health professionals (e.g. MD, PT, OT, Athletic Trainer) may apply for a waiver of this requirement. All waiver requests are subject to documentation review and approval.

INSTRUCTOR LED TRAINING (THEORETICAL & PRACTICAL)

- Mat 1 Course work (16 hours)
- Mat 2 Course work (16 hours)
- Mat 3 Course work (16 hours)

This coursework provides structured education in:

- Pilates principles
- exercise analysis
- teaching methodology
- intelligent class design and progression

STUDENT LED TRAINING (PRACTICAL)

- 20 Mat personal sessions
- 15 observation hours
- 35 student teaching hours

PERSONAL SESSIONS

Personal sessions may include Pilates mat classes or private Pilates sessions. Students may count previously completed sessions, provided appropriate evidence is supplied.

Developing and maintaining a personal Pilates practice is an essential component of becoming an effective, confident, and credible instructor.



OBSERVATION HOURS

Observation hours consist of observing experienced Pilates instructors teaching:

- Group Mat Classes
- Private Mat Sessions

Observation supports the development of verbal and manual cueing skills, class sequencing, and professional teaching presence.

STUDENT TEACHING HOURS

Student teaching hours include Pilates mat instruction delivered:

- in a studio or fitness facility
- as an employee or independent instructor
- with family, friends, or practice clients

All teaching hours must involve active instruction and contribute to the development of teaching competency.

FINAL EXAMINATION & CERTIFICATION

Once a student has completed all required coursework, personal practice, observation, and teaching hours for the highest level of training they intend to complete, they must successfully pass a final written and practical examination demonstrating professional teaching competence before a Certificate of Completion is issued.

Students are not required to test out separately at each level. The final examination is completed only at the highest level undertaken, as outlined below:

- Students completing **Pilates Mat training only** will complete their final examination following completion of all Mat requirements.
- Students completing **Pilates Mat and Reformer training** will complete their final examination following completion of all Reformer requirements.

THE PRACTICAL EXAMINATION

The final assessment consists of:

- a written examination, and
- a practical examination, involving the observation of a teaching session with either an individual client or a class.

Students may present for examination once all programme requirements and hours have been completed and they are deemed ready to test out.

During the practical examination, students are assessed on their ability to demonstrate professional teaching standards, including:

- Correct set-up and execution of exercises
- Client safety and appropriate modifications
- Logical and effective sequencing
- Appropriateness of exercises for the client or class
- Understanding and application of Pilates principles
- Clear cueing and effective communication

ASSESSMENT OUTCOMES

If a student does not successfully pass the examination on their first attempt, they will be provided with clear feedback outlining areas for improvement. A timeline and action plan will be established to support successful completion upon re-assessment.

Successful completion of both the written and practical components is required for certification, in accordance with Physical Mind Institute accreditation standards.

PILATES MAT PROGRAMME HOURS

Total hours for completion of the Pilates Mat programme:
118 hours (*not including anatomy*)



Module 2: Pilates Reformer Instructor

REQUIREMENTS FOR COMPLETION

To be eligible for certification as a Pilates Reformer Instructor, students must successfully complete all programme requirements outlined below, in alignment with Physical Mind Institute accreditation standards.

PRE-REQUISITE REQUIREMENTS (THEORETICAL)

Students must have completed the required Pilates Anatomy training prior to commencing the Reformer programme, unless a waiver has been approved in accordance with programme guidelines.

Students must have successfully completed Pilates Mat Instructor training or hold an approved equivalent qualification.

INSTRUCTOR LED TRAINING (THEORETICAL & PRACTICAL)

- Reformer 1 Course work (18 hours)
- Reformer 2 Course work (16 hours)
- Reformer 3 Course work (14 hours)

This coursework provides structured education in:

- Reformer repertoire and progressions
- Safe and effective use of apparatus
- Movement analysis
- Professional teaching methodology

STUDENT LED TRAINING (PRACTICAL)

- 30 Reformer personal sessions
- 30 observation hours
- 90 student teaching hours

PERSONAL SESSIONS

Personal sessions may include Pilates Reformer classes or private Pilates sessions. Students may count previously completed sessions, provided appropriate evidence is supplied.

Developing and maintaining a personal Reformer practice is an essential component of becoming an effective, confident, and credible instructor.

OBSERVATION HOURS

Observation hours consist of observing experienced Pilates instructors teaching:

1. Group Reformer Classes
2. Private Reformer Sessions

Observation supports the development of verbal and manual cueing skills, sequencing, and professional teaching presence.

STUDENT TEACHING HOURS

Student teaching hours include Pilates Reformer instruction delivered:

- in a studio or fitness facility
- as an employee or independent instructor
- with family, friends, or practice clients

All teaching hours must involve active instruction and contribute to the development of teaching competency.

FINAL EXAMINATION & CERTIFICATION

Once a student has completed all required coursework, personal practice, observation, and teaching hours for the highest level of training they intend to complete, they must successfully pass a final written and practical examination demonstrating professional teaching competence before a Certificate of Completion is issued.

Students are not required to test out separately at each level. The final examination is completed only at the highest level undertaken, as outlined below:

- Students completing **Pilates Mat training only** will complete their final examination following completion of all Mat requirements.
- Students completing **Pilates Mat and Reformer training** will complete their final examination following completion of all Reformer requirements.

THE PRACTICAL EXAMINATION

The final assessment consists of:

- a written examination, and
- a practical examination, involving the observation of a teaching session with either an individual client or a class.

During the practical examination, students are assessed on their ability to demonstrate professional teaching standards, including:

- Correct set-up and execution of exercises



- Client safety and appropriate modifications
- Logical and effective sequencing
- Appropriateness of exercises for the client or class
- Understanding and application of Pilates principles
- Clear cueing and effective communication

ASSESSMENT OUTCOMES

If a student does not successfully pass the examination on their first attempt, they will be provided with clear feedback outlining areas for improvement. A timeline and action plan will be established to support successful completion upon re-assessment.

PROGRAMME HOURS

Total hours for completion of the Pilates Reformer programme:

198 hours (not including anatomy)

COSTS OF THE PROGRAM*

The cost of each of the Pilates instructor training programs is as follows:

Course	Course Notes	Length	Cost
Anatomy	Course work	8 hours	200 €
Mat 1	Course work & practical test	16 hours	500 €
Mat 2	Course work & practical test	16 hours	500 €
Mat 3	Course work & practical test,	16 hours	500 €
Reformer 1	Course work & practical test	18 hours	750 €
Reformer 2	Course work & practical test	16 hours	650 €
Reformer 3	Course work & practical test	14 hours	600 €

*Please note, there will be an additional fee for manuals.

Successful completion of the program does not guarantee employment.

NEED MORE INFORMATION?

If you need information regarding additional training, certificates of completion, continuing education or anything else, please contact us at:

Telephone: +357 95 123595

E-mail: info@kristens.studio