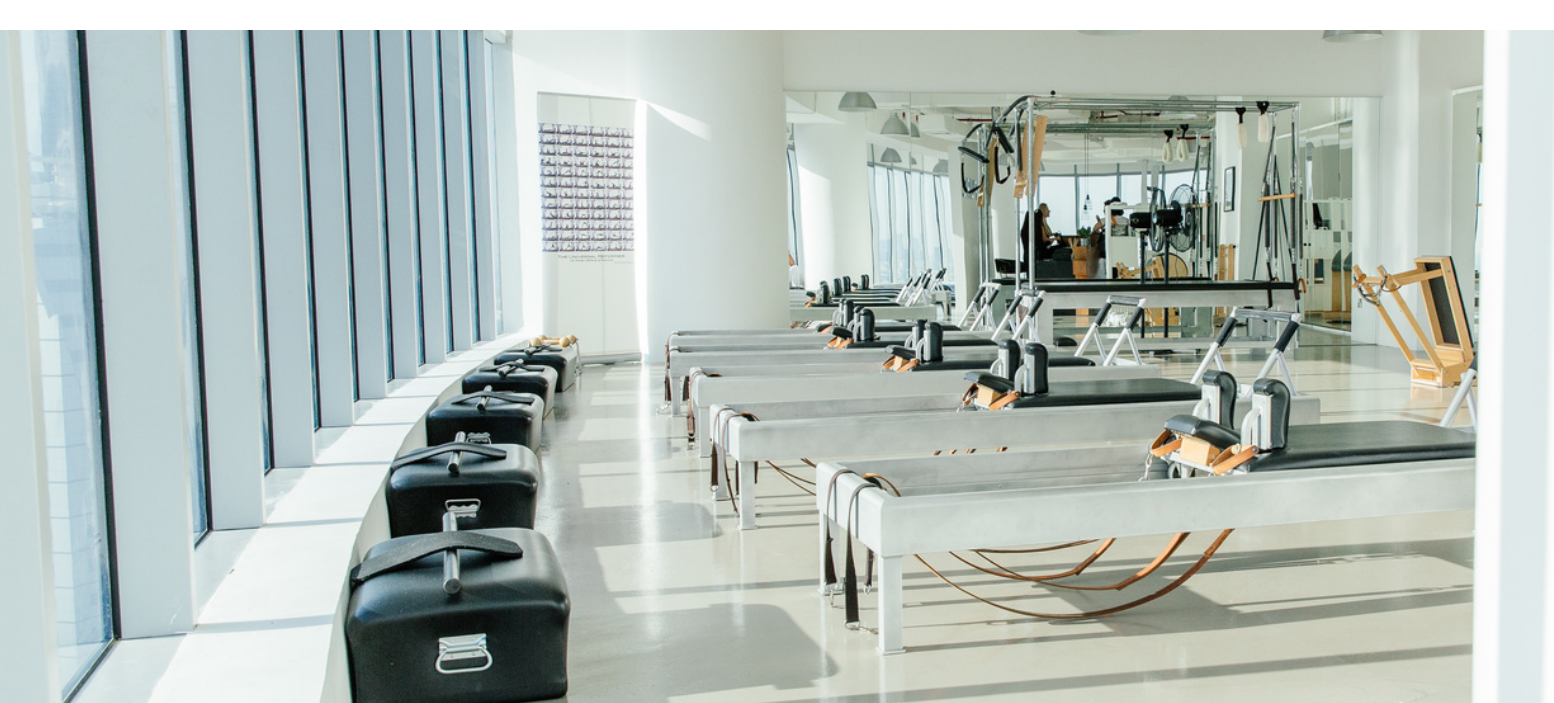




ORIGINAL PILATES TEACHER TRAINING 2023

PURE PILATES



Hello there!

Thank you for your interest in PURE Pilates Teacher Training Program. This unique program is dedicated to all people wanting to learn and teach the true and original form of Pilates.

PURE Pilates has for years been a hub for teachers around the world to come and educate themselves to the highest standards, and now you have the opportunity to immerse yourself into the world of Contrology.

The Original Pilates Teacher Training Program was born from the need to offer people the best education in original Pilates from the start. My aim with this program is to share the knowledge that I have learned from my mentor Jay Grimes who trained directly with Joe and Clara Pilates. I and the PURE team are dedicated to preserving the original method to its purest form and growing a network of highly trained and skilled teachers that will keep the work of Joseph Pilates alive.

Susanna Foustok

Founder, PURE.

Who We Are

Founder of Pure Pilates, Susanna has been teaching Pilates for almost 20 years. She originally studied with Stott Pilates in Oxford and completed their full certification in 2007. Her thirst for learning more led to the discovery of classical Pilates and she traveled extensively training with the world's leading classical Pilates trainers. In 2013 Susanna was accepted to study under Jay Grimes in Vintage Pilates Los Angeles, a first-generation master teacher who worked in Joseph and Clara Pilates's studio for over 10 years. She completed their intensive Master's Program in 2014 and got invited to continue the mentorship program with Jay until 2016. Susanna is passionate about sharing her knowledge with teachers around the world and has presented at Pilates conferences in Brazil, Finland, and Greece to name a few.



"Susanna has amazing teaching skills, but most importantly she has completely embodied the method; and it shows in any exercise she demonstrates. Also she never steered away from the original method; never."

Dr Jaber

Why to Choose Us

Our program is the only fully comprehensive Original Pilates certification in the region. The program is designed and carried out by second-generation teacher Susanna Foustok respecting the teachings of Jay Grimes. During the year-long program, you will be learning authentic Pilates from the best teachers in a fully equipped 2000sq ft Gratz studio. Our nearly 500-hour program consists of in-studio seminars, observation hours, teaching practice, online teaching clinics, mentor hours, and group sessions. You will learn to teach Pilates as a complete method on all the apparatus as it was meant to be.

A very special feature of our exclusive program is the quarterly online Teaching Clinics with Special Guest Master Teacher Sandy Shimoda and the online anatomy course by Sonje Mayo who is not only a Physical Therapist but also an experienced Pilates teacher who trained directly with Joe Pilates. You are definitely in the best hands!



How It Works

01 BOOK AN INTERVIEW

Making sure that this program is the right fit for you, we will organize a short video call. Choosing the right path for your education is important and this call is to assess your suitability for the program. You might be asked to send in a short video of the mat and/or reformer workout to complete the interview.

02 GET ACCEPTED

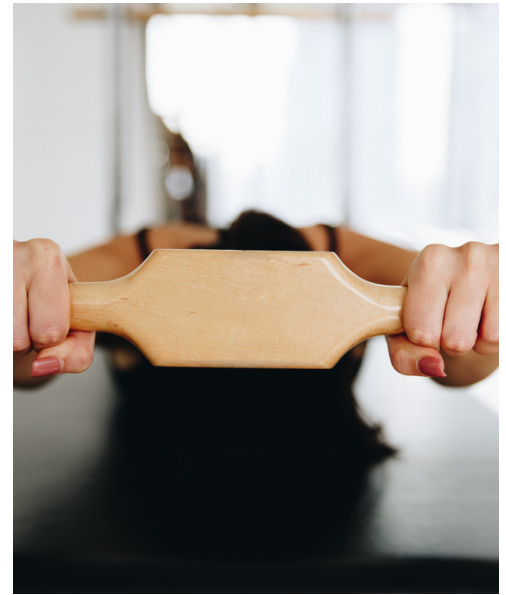
If we feel that the program is the right fit for you then you will receive an acceptance letter shortly after the interview.

03 PAY FOR YOUR INVESTMENT

Instead of breaking down your education into separate modules that add up, you will pay once and have your whole year of training covered.

04 PREPARE FOR YOUR PROGRAM

The program will be physically demanding so preparation is key for you to maximize the benefits of the training.



COMMUNICATION

CONTACT DETAILS

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WEBSITE

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SOCIAL MEDIA

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YOUR INVESTMENT



WHAT YOU'LL GET:

Investing in high-quality education is a big decision. You will be enrolling in a year-long life-changing experience, getting the best education from the start.

TOTAL PRICE

\$6990 +tax

- ✓ Internationally recognized quality program
- ✓ 3 expert teacher trainers
- ✓ A year-long journey of developing your skills to the highest level
- ✓ Hands on teaching experience
- ✓ Use of fully equipped studio for practise and observation hours
- ✓ A supportive learning environment
- ✓ 10% discount on privates and group classes

What You'll Get

1

4 in studio seminars

The main study structure is formed by the four quarterly seminars. These intensive 3-day studies are held in studio from Friday to Sunday.

2

4 Online Teaching Clinics

Between the seminars, you will have an online clinic with Sandy Shimoda. Sandy is known around the world for her skillful way of instilling depth and knowledge in teachers. These clinics focus on developing an understanding of the fundamental concepts behind the method.

3

30 online group session

These online group sessions are your weekly check-ins. You will review repertoire and develop an independent movement practise to guarantee consistent progress.





4

4 mentor sessions

These online sessions are your personal check-ins to track your progress and to help you with any areas that need specific attention.

5

Anatomy Clinic

You will be learning anatomy from an experienced Physical Therapist and Pilates teacher Sonje Mayo. Not only is she an anatomy expert but she also learned Pilates directly from Joe Pilates himself!

6

Free use of the studio

During your year of training, you have access to the studio for self-practice and practise teaching. You will also be spending time doing observation hours in studio.

7

10% Discount

You will get a 10% discount on all private and group classes during your study year.

8

Final exam

At the end of the year, there will be a final exam. The exam will test your teaching skills and knowledge of the repertoire.

Additional Services



Privates

Single session	396
5 sessions	1870
10 sessions	3520

Group Classes

Single session	165
5 sessions	770
10 sessions	1430

Online sessions

Private session	320
Group session	130

10% special discount from the above prices the are in AED

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If you are the one looking for a quality program to become a Pilates Teacher or to take your teaching to the next level - look no further! You can't get any better than this! You won't be disappointed and you will learn the Original Classical Method firsthand!
Highly recommended!

Elena



Testimonials



"The Pilates Teacher Training that I have undergone this past year with Pure Pilates has been revolutionary to my view of the human body, its structure, function, and ceaseless capability to rehabilitate and correct imbalances through movement. I expected to come out of this experience with the ability to teach people Pilates. Instead, I'm starting a life-long journey into guiding people through this miraculous method developed by Jo Pilates and becoming part of the legacy to carry his work forward and preserve it for future generations. The work my fellow graduates and I will do will surely change lives. I. Susanna passionately shares her in-depth knowledge of Jo's method with her students and ensures that each one digs deep within themselves to progress in their bodies and teaching. Susanna's voice encouraging me to reach, reach, reach further from my strong center will stay with me for the rest of my life."

Amanda

I believe this is the only Comprehensive Classical Pilates Teachers Program in this region!

The program structure is extremely well organized in terms of theoretical knowledge, practice, and observation hours. It felt like a lot of hours compared to contemporary pilates programs around, but this is what made a huge difference in learning!

The studio is fully equipped with Gratz Pilates Apparatus (World's Leaders) where we had the opportunity to observe highly specialized trainers at the studio, practice on the best equipment, and even train our friends for practicing teaching.

Another perk, last but not the least, Susanna managed to bring into the training such pilates legends like Sandy Shimoda (Vintage Pilates) for teaching clinics each seminar; Sonje Mayo for anatomy training and always having extensive support herself to offer to us in terms of private sessions, guided teaching hours and just a good talk about our progress and sharing her pilates wisdom.

So if you are the one looking for a quality program to become a Pilates Teacher or to take your Teaching to the next level - look no further! You can't get any better than this! You won't be disappointed and you will learn the Original Classical Method from first hands!

Highly recommended!

Elena



FAQ's

Is the training fully comprehensive?

YES! You will learn how to teach on all the apparatus and all the levels. The training also includes anatomy, and working with imbalances and injuries.

Is the training in person or online?

Both. The main seminars are in the studio and in between the seminars you will complete practise and observation hours. The weekly group sessions, aquarterly teaching seminars and anatomy training are done online.

If I don't live in Dubai, can I still join the program?

Yes. We have a lot of international students. Apart from the 4 seminars and the final exam, the rest of the hours can be done online and in your country of residence provided you have access to classical Pilates equipment.

Is there anatomy training?

Yes. The anatomy component is taught online by an extremely experienced Physical Therapist who is also a Pilates teacher trained by Joe Pilates himself!

Do I have to have experience on all the equipment before starting?

No. You need to be proficient in intermediate-level mat and reformer as a pre-requisite. You will learn to work on all the other apparatus in the program.

Let's Get Started!

We are excited to begin another amazing year of study!

Your new life as a Pilates professional is only a call away. Get in touch with us now!

SCHEDULE A CALL



042767658



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"My aim with this program is to share the knowledge that I have learned from my mentor Jay Grimes who trained directly with Joe and Clara Pilates. I and the PURE team are dedicated to preserving the original method to its purest form and growing a network of highly trained and skilled teachers that will keep the work of Joseph Pilates alive."

Suzanna

