



THE BRIDGE

ORIGINAL PILATES TEACHER
TRAINING PROGRAM

PURE PILATES



Hello there!

Thank you for your interest in The BRIDGE—our Original Pilates Teacher Training Program. This unique program is dedicated to already certified teachers wanting to continue to learn and explore the original form of Pilates, Contrology.

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

The Original Pilates Teacher Training Program is based on the teachings of my mentor Jay Grimes who trained directly with Joe and Clara Pilates. The PURE team and I 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.

We are excited for you to join our family of passionate Pilates professionals and to offer you the skills to teach this life-changing method in its true form, as a corrective exercise, and change peoples' lives!

Susanna Foustok

Founder, PURE.

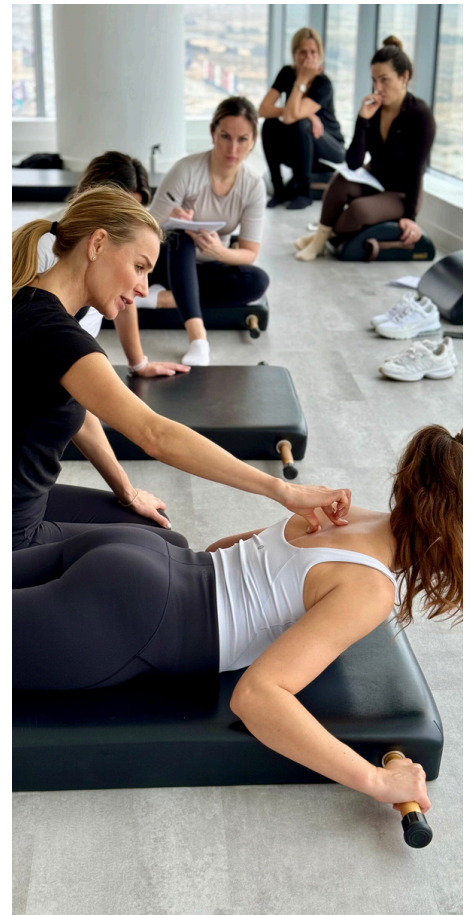
Who We Are

Founder of Pure Pilates, Susanna has been teaching Pilates for over 20 years. She began her journey with Stott Pilates in Oxford, completing their full certification in 2007. Her curiosity and passion for the method soon led her to explore classical Pilates, training extensively with some of the world's leading classical teachers.

In 2013, Susanna was accepted to study under Jay Grimes at Vintage Pilates in Los Angeles – a first-generation master teacher who worked directly with Joseph and Clara Pilates. She completed their master's program in 2014 and was invited to continue a mentorship program with Jay until 2016.

With a background in both contemporary and classical Pilates, Susanna has a unique perspective on the global Pilates landscape. This allows her to deeply understand the differences between the two approaches and, most importantly, help teachers bridge the gap from contemporary training to the original method.

Susanna is passionate about sharing her knowledge worldwide and has presented at Pilates conferences in Brazil, Finland, and Greece, among others. She remains dedicated to helping teachers refine their work and keep the method alive in its most authentic form.



"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



Joseph Pilates



Jay Grimes



Susanna Foustok

Why to Choose Us

The BRIDGE Program is a rare opportunity for certified Pilates teachers to immerse themselves in the original method with direct lineage to Joseph Pilates. Unlike larger programs, we limit our groups to just 10 participants, ensuring an intimate, focused, and highly personalized learning experience. From day one, you receive hands-on instruction, one-on-one mentorship, and individualized feedback to refine your movement and teaching.

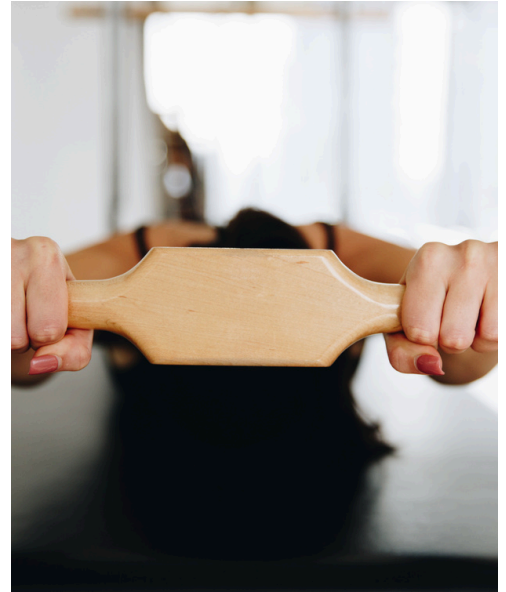
Our lineage is pure—rooted in the teachings of Jay Grimes, who studied directly with Joseph Pilates. This means you're not just learning exercises; you're absorbing the true essence of Contrology, the way it was meant to be practiced and taught. This program is designed to deepen your understanding, sharpen your skills, and give you the confidence to teach with authenticity and precision on all the apparatus and on all levels.

If you're looking for a program that respects the history of Pilates while giving you the tools to embody and pass it on at the highest level, the BRIDGE Program is for you!



How It Works

- 01 APPLY**
Get in touch with us at info@purepilatesdubai.com. You will be sent an application form and asked to send in your certificates for review.
- 02 GET ACCEPTED**
If we feel that the program is the right fit for you then you will receive an acceptance letter once we have reviewed your application .
- 03 PAY FOR YOUR INVESTMENT**
You can pay the full payment or choose to utilize our payment plan to spread out the cost.
- 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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Barsha Heights tecom Dubai, UAE

WEBSITE

www.purepilatesdubai.com

SOCIAL MEDIA

[@purepilatesdubai](https://www.instagram.com/purepilatesdubai)

YOUR INVESTMENT



TOTAL PRICE

TBC +VAT

- Instalment Plan + VAT
- Auto-payment Plan + VAT

- ✓ Internationally recognized quality program
- ✓ Experience on all the apparatus
- ✓ A year-long journey of developing your skills to the highest level
- ✓ Hands on teaching experience
- ✓ A supportive learning environment
- ✓ 10% discount on privates and group classes
- ✓ Second generation teacher trainer

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 10 Online Teaching Clinics

Between the seminars, you will have a monthly online clinic . These clinics focus on developing a deeper understanding of the fundamental concepts behind the method, and your overall skills as a Pilates teacher.

3 10 Online Group Sessions

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





4 mentor sessions

4

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

FREE studio use

5

You will get to use our fully equipped studio for your 200 self-practise and observation hours in the course of the year.

10% Discount

6

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

Final exam

7

At the end of the year, there will be a final exam, that can be completed in-studio or online. The exam will test your teaching skills and knowledge of the repertoire.

Seminar dates



FOUNDATION

TBC

PROGRESSIONS 1

TBC

SMALL APPARATUS
SPECIAL CONDITIONS

TBC

PROGRESSIONS 2

TBC

Seminar dates are subject to change

Additional hours



OBSERVATION

10

SELF-PRACTISE

40

SELF-STUDY

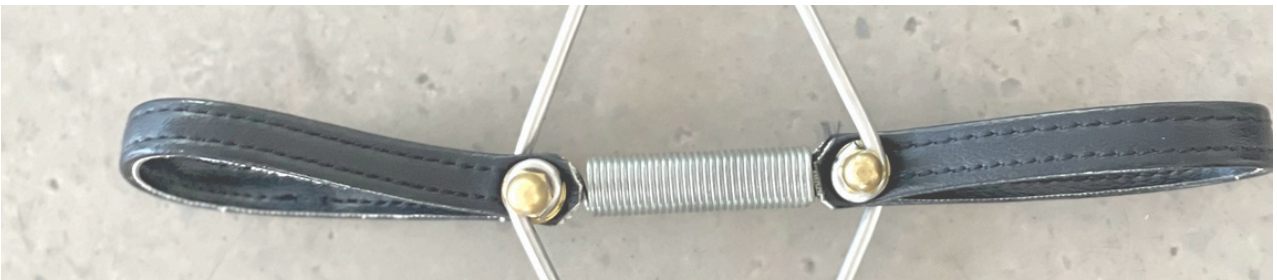
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The program requires you to complete 60 additional hours between each seminar. You need to be prepared to spend approximately 5 hours a week to complete the additional hours. A log book will be provided.

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Ever since I started the course everything started to make sense, and there was no longer any confusion! I am thankful to Susanna for being one of the gate keepers of this method. She sticks to the system and follows the lineage of her mentor Jay Grimes to every single detail.
No frills, just the original work!

Ljiljana



Testimonials



"The Pilates Teacher Training that I have undergone this past year with PURE 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!

Susanna passionately shares her in-depth knowledge of Joe'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

If you are the one looking for a quality program 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

What is the training structure?

The BRIDGE is an immersive, hands-on training designed for already certified teachers who want to deepen their understanding of the original method. The curriculum includes small-group training (max 10 participants), private mentorship, monthly online clinic and weekly online lessons.

Is the training in person or online?

Both. The main seminars are in-studio and in between the seminars you will have online group sessions, monthly clinics and mentor hours.

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 Pilates equipment.

How does this program differ from other continued education programs?

The BRIDGE is not just about learning exercises—it's about embodying and feeling the true essence of Contrology. This is a hands-on experience where you refine your movement, sharpen your teaching, and gain a deeper understanding of the method as it was originally intended.

Join the BRIDGE program—One year. Unlimited Growth.

Step into a year of dedicated study, expert guidance, and personal transformation. With individualized instruction, small group training and direct access to a second-generation teacher, this program is designed to support your growth as a teacher.

[APPLY NOW](#)



042767658



www.purepilatesdubai.com



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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."

Susanna

