



Menezes Pilates Mat 1

REQUIREMENTS:

The MENEZES Method Pilates Floor 1 (Mat Level 1) is designed for those who have gained:

- a. minimum 1 year personal training experience (Registered Fitness Leader),
- b. physically fit,
- c. Senior First Aid certified **OR**
- d. minimum RAD Teachers Certificate **OR**
- e. higher qualifications (such as physiotherapy, sports science, human movement degree **OR**
- f. other pilates qualification.

Currently registered Physiotherapists and other practitioners automatically qualify for the course - please make sure you are fit enough to be able to demonstrate the exercises.

Your workshop leader is **Allan Menezes**.

After over 30 years of teaching athletes, rehabilitation and dancers, Allan has created his own unique version - the Menezes Method.

The Differences between MENEZES Method Pilates™ and other Pilates:

DESCRIPTION	MENEZES METHOD	OTHER PILATES
Five specific breathing rules	●	DNE
The B-Line®	●	Navel to spine
The Perfect Torso Posture™	●	DNE
The Menezes Position™	●	Turnout
The MENEZES Pilates CORE™	●	DNE
Stable Spine™	●	Neutral spine
Golden Rules for teaching	●	DNE
Specific sequencing and cueing of words when teaching	●	DNE

The Stamina Stretch™ for increased lung capacity	●	DNE
The Safety Scales™	●	DNE
Continual Feedback Assessment (CFA) for clients	●	Occasional
The Exercise Formula™ for superior teaching	●	DNE
90% of exercises have a 'pre-fit™ and 'super-fit™ version for a wider exercise base	●	Occasional and various
Superior bio-mechanics on each movement – the “WHY” of the exercise	●	Occasional

DNE: Does Not Exist

Your Floor Level 1 course includes:

- Tuition for four days with theory exam on the last day
- Tuition covers 7 stretches and warm-ups, 20 exercises with multiple variations of each
- Plenty of interactive application of theory into practical
- Workouts each day conducted by Allan Menezes
- Teaching practice under supervision to correct and improve your skills
- Practical exam required via DVD after 30 days of the end of the course
- Logbook of daily workouts for 30 days after the course

You also get:

- Twelve month membership of the Pilates Institute
- Access to the staff for any queries regarding your clients.
- Name, business name, telephone and internet details to the leading Pilates website in the world
- Floor 1 DVD and workbook
- *"Complete Theory Guide to Menezes Pilates"* and Floor 1 Exercise Routine e-Books
- Certificate after successful completion – click here for SAMPLE

EACH EXERCISE HAS 2 TO 3 VARIATIONS TO SUIT YOUR DIFFERING CLIENT BASE, this gives you up to 60 versions of the exercises from Pre-fit™ to Normal to Super-fit™

Other courses usually only give you one version.

1. There is a Theory exam on the fourth day After the course you are required to do a full workout each day for 30 days keeping a logbook of this.
2. Towards the end of this section you can practice teaching on family and friend, from the work you have studied from the course.
3. At the end of 40 days after the course you are required to submit a DVD of you teaching (Family and friends whom you have been practicing with) – this is your practical exam. Once reviewed, you will be provided with a complete written report of the result and each exercise analyzed.

It is recommended that attendees do a full Level 1 workout each day for 30 days before starting to teach classes, from the DVD provided with the course.

"To be terrific - you have to be Specific!"

This Floor 1 course includes **12 month membership to the Pilates Institute of Australasia (PIA)**.

Membership includes:

1. Listing on our website of your company name, your name and contact details for people wishing to book with you
2. Access to contact Allan regarding any questions on the Method, teaching, marketing, your unusual client issues, etc.
3. Member Newsletter to let you know what is going on in the industry, latest versions of exercises, new research, discounts on pilates and other related products.
4. use of PIA logo on your letterheads and business cards
5. Use of all PIA and Allan Menezes Intellectual Property (IP) for teaching
6. discounted membership rates after the first 12 months

CLICK HERE for sample of Certificate upon completion of the course

[CLICK HERE TO BOOK NOW](#)