



Pilates is a way of life

TEACHER TRAINING PROGRAM

In Joseph Pilates' traditional system of exercise

Offered by

Harmonious Pilates Teacher Training School

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Location

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INTRODUCTION:

Harmonious Pilates has been offering the Pilates Teacher Training Program since 2002. Our graduates include Pilates teachers working independently, as well as Pilates studio owners and Licensed Physical Therapists.

Over the years, in addition to training teachers, we have also conducted several continuing education workshops for Pilates teachers as well as numerous workshops for Physical Therapists.

Since 2017, we are offering continuing education workshops as a PMA CEC provider. We have also completed an independent research on utilizing Pilates as a form of rehabilitation following a knee reconstruction surgery, which we presented at the 17th Annual Meeting of the Pilates Method Alliance in California.

OUR FACILITIES

The school is located in a professional building at 1025 Northern Boulevard, Suite 93 in Roslyn, New York. Our 1800-square foot Pilates studio houses 5 Reformers, 1 Trapeze Table (Cadillac), 6 Mats, 5 Towers, 2 Low Chairs, 1 High Chair, Ped-O-Pull, High/Ladder Barrel, 5 Spine Correctors and several pieces of small apparatus and props. We also have life-size human skeleton, muscle charts, diagrams, DVDs and access to Pilates Metrics app to enhance the Student's learning experience.



OUR MISSION STATEMENT:

Our mission is to provide future Pilates teachers with comprehensive knowledge of Joseph Pilates' traditional system of exercise.

We expect our students to thoroughly understand the principles and fundamentals of the method. We teach them to recognize and respect Pilates' conditioning and restorative attributes that define the method as a timeless and stand-alone discipline.

In that spirit, we maintain original order of the exercises, emphasize transitions and the importance of precise instructions.

OUR GOALS

- To advocate the value of completing 900-hour Pilates Teacher Training Program
- To provide in-depth knowledge of all aspects of the Pilates method
- To create teachers competent/skilled to teach all body types and all fitness levels
- To instill the importance of maintaining professional integrity as Pilates teachers
- To prove the benefit of apprenticeship-based system of Pilates training
- To encourage our graduates' forward thinking and further development as Pilates professionals
- To prepare our graduates to sit for the exam of the National Pilates Certification Program



PROGRAM DESCRIPTION

The curriculum of our training program meets the standards established by the Pilates Method Alliance. We offer 900-hour Program that consists of 780 apprenticeship hours and 120 lecture hours. Our Students usually complete the Program in about 12-18 months. Our comprehensive program is approved by the Pilates School Approval Program.

PART 1

Formal Lecture Series:

Our Program features a 60-hour lecture cycle, covering all exercises on Mat, all pieces of equipment (Reformer, Cadillac, High and Low Chair, Ped-O-Pull, High Barrel, Half Barrel, Spine Corrector) and on small apparatus (Magic Circle, Bean Bag, Foot Corrector, Toe Gizmo, Head Harness, small weights).

The lecture cycle explains in depth each exercise and its modifications for different ability levels, therapeutic application of Pilates, kinesthetic anatomy and teaching techniques.

Every Student is obligated to take the lecture cycle twice, receiving the total of 120 hours of classroom instructions.

The lectures are conducted during 8 weekends (Fri, Sat and Sun) spread out throughout a 10-month period of time.

PART 2

Apprenticeship:

Our 780-hour apprenticeship requirement is the principal part of the Program, and it consists of the following:

- **200 observation hours** (observing our Pilates instructors working with clients and taking detailed notes)
- **100 lessons** (taking private lessons and group classes in our Studio at a pre-approved by the Program Director ratio).
- **150 personal workout hours** (working out independently during the Studio's business hours). Personal workouts do not have to be completed at Harmonious Pilates facility.
- **250 practice teaching hours** (practicing teaching non-paying clients, either provided by the Student or offered by the Studio on an availability basis)
- **30 homework assignments hours**
- **30 case study hours**
- **20 mentorship hours**

To complete the Program within 12 months, the Student must devote 15 – 20 hours per week to the Program.

As proof of satisfying the apprenticeship requirements, the Student is required to keep an Apprenticeship Log. The Studio will provide a sample of the Log. All Log entries must be validated by the Studio's instructors. Unless otherwise specified in the Enrollment Agreement, all lessons, student teaching, case study and observations must take place at the Studio.

As Pilates engages touch for cueing and adjustment purposes, the program will require some level of touch, although sensitivity will be respected.



SAMPLE OF PROGRAM TIMELINE

APPRENTICESHIP: O- Observations; L- Lessons; T – Teaching; PW – Personal Workouts; M - Miscellaneous

MONTH	O	L	T	PW	M	LECTURES	TEACHING	CASE STUDY	WRITTEN EXAM	PRACTICAL EXAM
January	20	10	0	15	5	L 1				
February	20	10	0	15	5					
March	20	10	5	15	5	L 2	Intro to teaching		Anatomy	
April	20	10	10	15	5	L 1	Start teaching non-paying clients			
May	20	10	20	15	5	L 2		Begin your case study		
June	20	10	25	15	5				Mid-year	
July	15	5	30	10	5	L 3				
August	15	5	30	10	5	L 4				
September	20	10	35	15	5	L 3				
October	20	10	35	15	5	L 4			Final	Practice Performance
November	10	10	35	10	0					Practice Teaching
December	0	0	25	0	0					Final Teaching Performance
Total	100	200	250	150	50	120		30		

EXAMS:

Written exams:

1. Anatomy exam
2. Mid-year theory exam
3. Final theory exam plus final case study report

Performance exam

Level V on Mat or Reformer, supplemented by chosen by Harmonious Pilates, Inc. advanced exercises on the Cadillac and Chair

Teaching exams

1st exam is a practice teaching exam designed to evaluate the Student as a teacher. Student receives detailed, written feedback.

2nd exam is the final teaching exam with detailed, written feedback as well.

Teaching exams should be scheduled at least a month apart.

Upon completion of the program, the student receives a Pilates Teacher Certificate.

Notice:

Completion of the comprehensive Pilates program does not guarantee employment and does not warrant a Nationally Certified Pilates Teacher designation.



PROGRAM COSTS

TUITION for the Program is \$ 6.600 USD + cost of lessons * (see Fees on page 9). Tuition **includes** the following:

- 120 hours of step by step live instructions analyzing in depth how to teach all the exercises, all levels (beginner through advanced), on mat and all apparatus - Reformer, Cadillac, Wunda Chair, High Chair, Ped-O-Pull, High Barrel, Spine Corrector, Foot Corrector, Toe Gizmo, Bean Bag, Magic Circle, Head Harness and light weights.
- Manuals – Mat, Reformer, Cadillac, Chair
- Apprenticeship
 - i. Access to the studio to complete all observations, personal workouts, practice teaching and case study (during its business hours)
 - ii. Quarterly progress review
 - iii. 10 evaluations of teaching skills
 - iv. 2 evaluations of personal workouts
 - v. Mentoring
- All exams (3 written, 1 practice teaching, 1 final teaching, 1 practice performance, 1 final performance)
- Registration fee to take the exam for Nationally Certified Pilates Teacher (good for 1 year from the date of graduation)

Tuition does not include: private lessons with Harmonious Pilates teachers, replacement of lost Harmonious Pilates Manuals, professional liability insurance, required books that the student purchased on their own.

Tuition can be paid in full or in 4 installments according to a mutually agreed upon in writing timetable.

FEES

Entrance Evaluation Exam - \$85

Must be taken before admission to the Program to determine whether the prospective Student demonstrates the skills necessary to satisfy the Enrollment Requirements.

Registration fee - \$100 (non-refundable)

Books: \$ 150 (approximately) – list given to the student upon completing registration

Lessons:

private lessons - mandatory bi-monthly at Harmonious Pilates at \$ 65 per lesson (\$ 130 per month)- approximately \$1400 total

group classes – complimentary (space permitting) or \$28 per class

We accept cash, checks, payments via Venmo, Zelle, as well as credit cards. A 2.75% service charge will be applied to all credit card transactions.

Note: Partial or full payment alone without a satisfactory completion of the Program requirements does not entitle the Student to receive a **Pilates Teacher Certificate** from Harmonious Pilates Teacher Training program

All private lessons and group classes must be taken at Harmonious Pilates Studio.

TOTAL PROGRAM COST: \$ 8335



ADMISSION REQUIREMENTS

To enroll, a prospective Student must:

- Be a high school graduate or have a high school equivalency diploma
- Be 18 years of age
- Have no injuries that would prevent performance of challenging exercises during the course of the Program
- Pass an Entrance Evaluation Exam demonstrating proficiency in intermediate level Reformer
- Have beginner level understanding of Mat and Cadillac
- Feel the benefits of Pilates in their own body and be able to understand the corrections

No applicant will be denied on basis of race, national origin, color, creed, religion, sex, age, disability, gender identity, gender expression, or sexual orientation.

ENROLLMENT PROCEDURES

Our Program offers rolling admission. The enrollment procedure includes submission of an application, passing of an Entrance Evaluation Exam, completion of the Enrollment Agreement, signing of the accompanying enrollment documents and paying required fees and tuition.

Acceptance into the Program does not guarantee graduation.

Graduation from the Program does not guarantee employment or certification.



ATTENDANCE REQUIREMENTS

Students are required to arrive to class on time, prepared and with proper materials.

Students must attend all 120 hours of lectures.

If a Student does miss a lecture, she/he must make appropriate arrangements with the Program Director to attend a make up instructional meeting for each missed lecture, which are offered at \$65 per hour.

Students are expected to complete the program within 12-18 months. A 6-month time extension for Program completion is offered to those students who need extra time to graduate.

(see *Time Extension for Program Completion*).

Students unable to continue the Program for medical reasons or due to personal hardship are required to seek formal leave of absence until they are able to return to the Program. Proper documentation is required to substantiate the Student's temporary withdrawal from the Program (see *Leave of Absence Procedure*).

An overall attendance rate of at least 90% is required.

Program Director may request a student to withdraw from the program if absence or tardiness exceeds 50%.

Students are assigned an advisor with whom they have quarterly meetings in order to stay on track.



CONDUCT POLICY

Our Students receive full access to the Studio, its teachers, clients and equipment during the Studio's business hours (Mon-Fri 8 am – 8 pm; Sat 8 am – 1 pm; closed on Sundays).

Students are expected to conduct themselves in a respectful and mature manner and follow the **Observations, Personal Workouts and Practice Teaching Protocols, which** they receive from the Program Director during orientation.

Students are prohibited from soliciting the Studio's clients for personal gains.

Students must have a valid Professional Liability Insurance to practice teach clients at the Studio. Upon request, the Program Director can help in obtaining such insurance coverage.



PROGRESS POLICY

Each student is assigned an advisor. There are four meetings between the advisor and the student held within the 12-month training program to ensure that the student makes satisfactory progress. Students must keep an Apprenticeship Log to record all the hours spent at the studio and submit the log to the advisor during each quarterly meeting. Student's progress is evaluated according to the number of apprenticeship hours completed as specified in the Advisory Schedule sheet and exams passed. Student should meet the minimum of 85% of the projected number of hours during each quarters of the program

The Program Director monitors student's overall progress. Unsatisfactory progress will be grounds for dismissal.

Academic probation procedure

Students who do not maintain an 85% on required tests as well as projected apprenticeship hours (see *program timeline in Program Description*) will be placed on probation for 30 days. During the probation period, students must pass all failed tests and increase the number of apprenticeship hours to satisfy the requirements. The student may be terminated if grades are not satisfactory at the end of the probationary period. Termination shall be at the Program Director's discretion. The Program Director has final authority and shall notify the student of the final decision.



EDUCATIONAL SERVICES

Student has access to the Schools' library of books, publications and videos. All the materials include information on how to teach exercises, teaching techniques, anatomy, kinesiology, imagery and philosophy of teaching.

Students receive a complementary access to the Harmonious Pilates customized exercises library through the Pilates Metrics app and full access to the Pilates Metrics app for the duration of the program.

Students receive a complimentary access to the Pilates Anytime online for the duration of the program.

GRADING SYSTEM

Passing grade for all written exams is 85%. Students taking required written exams will be informed of their grades within 14 days of submitting the exam. The grade will be delivered to the student in person or via email.

The school provides study guides for each written exam.

All practical exams are pass/fail. Students are informed of their status within 30 minutes of taking the exam. Students are provided with oral and written feedback.

Student who fails a written or practical exam is allowed to repeat them.



SATISFACTORY COMPLETION

A student who satisfactorily completes the 900 hours of the comprehensive Teacher Training Program at Harmonious Pilates and makes all required payments will be awarded a Pilates Teacher Certificate.

To successfully complete the Program, the Student is required to:

- attend all Lectures
- complete 780 hours of Apprenticeship documented in the Apprenticeship Log with all entries verified by authorized signatures
- Complete 30 hours of case study and submit relevant reports as a part of the final exam
- Complete “Anatomy Coloring Book” by Wynn Kapit and Lawrence M. Elson
- Complete reading of books and publications recommended by the Studio
- Receive a passing score of 85% or higher on all six exams: 3 written exams, 2 performance exams, 2 teaching exams

Notice: Acceptance into the Program without satisfactory completion of the requirements does not entitle the student to receive Teacher Certificate.

Graduation does not guarantee employment and/or certification.



LEAVE OF ABSENCE PROCEDURE

If the Student is unable to continue the Program for medical reasons, his/her participation in the Program may be suspended for a period of up to one year from the date of the occurrence of the illness, injury, or medical condition, which must be documented by a licensed physician. Such documentation must be submitted to the Studio no later than 30 days after the illness, injury or medical condition has occurred. The Student is not permitted to resume any activity at the Studio without a written permission from a licensed physician attesting to the Student's ability to fully resume his/her participation in the Program.

Leave of absence due to pregnancy is one year and six months long. The student must be six months post-partum to resume the training.

In case of non-medical reasons for interrupting the Program, the Studio will make a reasonable effort to accommodate the Student's needs. A written statement of personal hardship, including the anticipated date of return to the Program, is required.

If a student needs to withdraw from training for a short period of time (1– 6 weeks) we ask that the student provides a letter, personal or from a doctor, explaining the circumstances. If the student paid the program in full, the school will retain all payments and allow the student to resume the apprenticeship upon return after 6 weeks.

If the student is on an installment plan, the payment must be up to date before they take the 1-6 weeks leave.

Leave of absences that are longer than 6 weeks will be treated as a drop. The refund will be determined by the refund policy and will include all payments made in advance for any future training. Upon restarting, the school will determine if the student needs to start fresh with a new course and pay the required tuition, or if the student is eligible to join an existing program and tuition will then be calculated proportionately, based on the number of hours needed to complete.

TIME EXTENSION FOR PROGRAM COMPLETION

Our School offers 6-month extension for students who need additional time to complete the Program. The Student must enter into a time extension agreement if they have not graduated from the 900-hour program after 18 months but wish to continue their studies at Harmonious Pilates. The time extension can be purchased for a fee of \$650 and are subject to a separate written agreement. Student can obtain up to 3 consecutive extensions.



DISMISSAL FROM THE PROGRAM

The Student may be may be dismissed from the Program for the following reasons:

- Unsatisfactory progress, such as but not limited to: failure to accumulate apprenticeship hours and complete exams as specified in the program timeline.
- Excessive absence exceeding 75% of the total Program hours
- Unethical or inappropriate conduct toward the Studio's employees or clients or harmful to the Studio's reputation
- Solicitation of Studio's clients or other Students for any purpose
- Violation of the policies set forth in this Catalog and the Enrollment Agreement
- Solicitation of Studio's clients or other trainees for personal gains
- Violation of the policies set forth in this Catalog and the Enrollment Agreement

The Student will be notified about the dismissal in writing **via email** and afforded an opportunity to submit written objections to the dismissal via email within 7 calendar days from the receipt of the dismissal letter. The Studio will reply to the written objections within 12 business days.

TRANSFER OF CREDITS POLICY AND PROCEDURE

Harmonious Pilates does not guarantee transferability of its credits to another institution



BRIDGE PROGRAM

Harmonious Pilates accepts candidates who partially fulfilled requirements of another program or graduated from another program but wish to further expand their knowledge. It is separate from our 900-hour, PSAP approved, comprehensive program.

BRIDGE PROGRAM is apprenticeship based. Maximum 450 hours.

Bridge Program can fulfill student's various needs.

- to teach the Pilates' traditional exercise system to students who completed "contemporary" program
Or
- to broaden the knowledge the teacher already has in the Pilates' traditional system of exercise

Entrance requirements:

Graduate of minimum of 450 hours comprehensive program

Evaluation:

Teaching test on Ref and Mat, performance test on Ref

Duration: 6-8 months

Lectures 60 mandatory

Apprenticeship: maximum 390 hours

Lessons: maximum 50

Observations: maximum 100

Personal Workouts: maximum 75

Teaching: maximum 125

Homework assignments: maximum 15

Mentorship: 10

Case study: 15

BRIDGE PROGRAM FEES AND TUITION

The applicant must be evaluated by the Program Director.

Upon completion of the candidate's evaluation, the Program Director then decides on the number of apprenticeship hours necessary to put the individual on the path to graduating from the Harmonious Pilates, Inc. Teacher Training Program.

FEES:

Registration fee - 100\$ (non-refundable)

Evaluation of skills fee - \$85

TUITION: **\$ 3300 - \$3500** (depending on duration of the program) plus cost of lessons*
see Fees on page 20 of this Catalog

Tuition **includes** the following:

- 60 hours of step by step live instructions analyzing in depth how to teach all the exercises, all levels (beginner through advanced), on mat and all apparatus - Reformer, Cadillac, Wunda Chair, High Chair, Ped-O-Pull, High Barrel, Spine Corrector, Foot Corrector, Toe Gizmo, Bean Bag, Magic Circle, Head Harness and light weights.
- Manuals – Mat, Reformer, Cadillac, Chair
- Apprenticeship
 - i. Access to the studio to complete all observations, personal workouts, practice teaching and case study (during its business hours)
 - ii. 3 progress reviews
 - iii. 3 evaluations of teaching skills
 - iv. 2 evaluations of personal workouts

v. Mentoring

- All exams (3 written, 1 practice teaching, 1 final teaching, 1 practice performance, 1 final performance)
- Registration fee to take the Nationally Certified Teacher exam (good for 1 year from the date of graduation)

Tuition does not include: private lessons with Harmonious Pilates teachers, replacement of lost Harmonious Pilates Manuals, professional liability insurance, required books.

Private lessons: *Mandatory bi-monthly private lessons with Harmonious Pilates teacher at \$ 65 per lesson (\$130 per month) - maximum \$1040

group classes – complimentary (space permitting) or \$28 per class

Tuition can be paid in full or in in monthly installments upon mutually agreed in writing timetable.

The enrollment procedure includes submission of an application, passing of an Entrance Evaluation Exam, completion of the Enrollment Agreement, signing of the accompanying enrollment documents and paying required fees and tuition.

Acceptance into the Program does not guarantee graduation.

Graduation from the Program does not guarantee employment or certification.

Graduate will be awarded Pilates Teacher Certificate indicating completion of total of 900 hours of Pilates training.

The Program Director will also customize the training program if the prospective student's Pilates level of knowledge does not fit into the above-mentioned circumstances.

For further information please contact Joanna Telacka at (516) 365-8228 or email at harmoniouspilates@yahoo.com



CANCELLATION AND REFUND POLICY

1. A Student who cancels within 7 days of signing the enrollment agreement but before instruction will receive a full refund of all monies paid minus the non-refundable registration fee of \$100.00.
2. After the first day of class, refunds will be processed as follows:
Students will be refunded all monies paid minus:
 - **the non-refundable registration fee**
 - tuition earned by the school based on the student's last date of attendance.
 - tuition earned by the school is calculated using percentages.

Student is entitled to upon withdrawal/termination	Refund
Within the first 10% of program	90% less registration fee
After 10% but within first 25% of program	75% less registration fee
After 25% but within first 50% of program	50 % less registration fee
After 50% but within first 75% of program	25% less registration fee
After 75%	No Refund

3. All refunds will be made within 30 days from the date of termination. The official date of termination or withdrawal of a student shall be determined in the following manner:

- a. The date on which the school receives written notice of the student's intention to discontinue the training program; or
 - b. The date on which the student violates published school policy, which provides for termination
 - c. Should a student fail to return from a leave of absence, the effective date of termination for a student on an extended leave of absence or a leave of absence is the earlier date the school determines the student is not returning or the day following the expected return date.
- 4. The student will receive a full refund of tuition and fees paid if the school discontinues a Program within a period of time a student could have reasonably completed it, except that this provision shall not apply in the event the school ceases operation.
 - 5. The policy for granting credit for previous training shall not impact the refund policy.



STUDENT GRIEVANCE POLICY

A Student with a complaint or a grievance should take the following actions:

- Contact the person with whom they have the grievance and attempt to resolve the issue informally.
- If this is not a feasible option, or if such an option does not remedy the situation, she/he should notify the Program Manager in writing via email about the complaint or grievance.
- If the matter is still not resolved, students may appeal in writing to the Pilates School Approval Program. PSAP@pilatesmethodalliance.org

SEXUAL HARASSMENT POLICY

Sexual harassment is against the Studio's policy and will not be tolerated. All incidents of harassment must be reported to the Program Manager in writing. Once the harassment is reported, The Studio will take a prompt action intended to stop it.

Any Student who feels that she/he has been subject to sexual harassment should take the following actions:

- Speak directly to the source of the harassment
- If this is not a feasible option, or if such an option does not remedy the situation, she/he should submit a written harassment complaint to the Program Manager via email
- If this is not a feasible option, or if such an option does not remedy the situation, she/he should document all relevant facts and send the documentation to Pilates School Approval Program PSAP@pilatesmethodalliance.org



ACCESS TO STUDENT'S FILES:

The Student may access his/her file maintained by the Studio by submitting a written request to the Program Manager via email. The Student will be granted access to his/her file during the Studio's business hours. Student's files are the property of the Studio.

STUDIO BUSINESS HOURS

The Studio is open Monday through Friday, 8 am- 8 pm, Saturday 8 am – 1 pm, Sunday closed.



TEACHERS BIOGRAPHIES

Joanna Telacka, MS NCPT

Ms. Telacka is the President of Harmonious Pilates, Inc. She has been teaching Pilates since 1999. She received her comprehensive Pilates training and earned her Master Program diploma in classical Pilates at The Pilates Center in Boulder, Colorado. Ms. Telacka is also a Nationally Certified Pilates Teacher.

In her efforts to actively participate in maintaining the highest standard of teaching, Ms. Telacka is an educator of future Pilates teachers. She has been the Program Director and the lead teacher of the Harmonious Pilates Teacher Training Program for the past 18 years.

Ann Marino

Ms. Marino has been teaching Pilates since 2004. Prior to becoming a classical Pilates teacher, she taught aerobics, gymnastics and worked with children with learning disabilities.

Ms. Marino's Pilates education includes over 600 hours of apprenticeship at Power Pilates in New York City and a certificate of completion of the comprehensive teacher training program through The New York Pilates Studio.

During the past 16 years, Ms. Marino has taught private sessions, duets and group classes at Pilates studios in Maine, New Jersey Shore and in New York City. She joined Harmonious Pilates in January 2016 and has been training future teachers since January 2018.

Wojciech Telacki, MS PT

Mr. Telacki is a Licensed Physical Therapist and a graduate of Harmonious Pilates Teacher Training Program. He utilizes Pilates method in physical therapy when appropriate, to treat patients. Additionally, he teaches Pilates in one-on-one setting and in a group format. He has been a part of the instructional personnel of the Harmonious Pilates Teacher Training Program since 2005.