



Pilates Comprehensive Training

Kysko as the leading Pilates Reformer group classes in Geneva, Switzerland is now offering Pilates **Comprehensive Training** for anyone who would like to deepen their knowledge and practise of Pilates.

With **international teachers trained in both traditional and contemporary methods**, we have created a **2 steps approach** that will answer today's need in the Pilates world.

After completing the 2 modules, you will be equipped to **teach Pilates to all clients** and help them feel better in their body. The training covers both mat and apparatus.

You will learn the Pilates method, the anatomy as well as common body limitations and injuries and how to adapt to it. You will also learn how to teach both private and group classes (teaching techniques, cueing tips, correcting people, motivating clients...).

Finally, at Kysko we believe in humans, so you will benefit from all our teachers experience to learn and develop yourself in a safe and caring environment.

Instructors:

Melania McLaughlin & Laura Kosinski as leading instructor, supported by Erica Cardenas, Kelly Perez & Melina De Lamarliere

Rules:

Modules are taught in both French & English and material will be share in both languages also.

If you miss a weekend of training, the teacher will decide if you can continue the training

Maximum of 15 students per sessions, we may postpone session if less than 5 clients sign up

Cancellation policy:

- 100 % refund is cancel more than 30days before 1st training weekend
- 50% refund is cancel 30days before 1st training weekend
- No refund if cancelled less than 14 days before 1st training or during the module

To register, please email info@kysko.com, we will have a short interview with you to understand your motivations and see if the trainings is a good fit for you.

info@kysko.com

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Kysko Pilates Fitness Kosinski

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IBAN: CH23 0027 9279 3565 4101 H BIC: UBSWCHZH80A

Module 1

Certificate of Completion Pilates Comprehensive Training

For anyone wanting to deepen their knowledge and practise of Pilates

You will

- learn exercises of the **traditional Pilates repertoire on mat and apparatus**
- Fundamentals of **anatomy and adaptations for most common injuries/physical limitations**

Program

- 5 weekends x 12 hours each = 60 hours (6h Saturday, 6h Sunday)
- Self-study and practise (40 hrs)
- 10 hours of observation
- 10 hours of privates with Teacher Trainer + 30 hours of group classes = 40 hours
- Final exam (theory + practise)

Total 150 hrs

Dates:

September 16 & 17 / September 30 & October 1st
October 14 & 15
November 4 & 5
December 2 & 3

Price

- 1150 chf (module 1)
- 1100 chf for 10 privates class
- 900 chf for 30 group class

3150 chf

Module 2

Certificate of Completion Pilates Teacher Training

For anyone wanting to teach Pilates (both private & group classes)

You will

- expand your knowledge of the **Pilates repertoire including developments / variations** of contemporary approaches;
- learn **how to adapt / modify for clients' needs and/or injuries**
- **practice teaching techniques and cueing**

Program

- 5 weekends x 12 hours each = 60 hours (6h Saturday, 6h Sunday)
- Self-study and practice (20 hrs)
- 30 hours of observation
- 10 hours of privates with Teacher Trainer + 30 hours of group classes = 40 hours
- Final exam (theory + practise)

Total 150 hrs

Dates:

January 13 & 14 / January 27 & 28
February 10 & 11
March 2 & 3 / March 16 & 17

Price

- 1150 chf (module 2)
- 1100 chf for 10 privates class
- 900 chf for 30 group class

3150 chf