

Why should I make sure my Pilates teacher is certified?

Pilates was originally developed with the understanding that the center/core of the body is where the initiation of movement should come from. Flexibility, increased range of motion and a long lean body will result. In addition to learning the exercises, the true education in Pilates is about giving tools to the instructor that enable him/her to understand and communicate the principles that are being taught.

Power Pilates education programs are recognized as the best in the country and are offered worldwide. Power Pilates is committed to teaching the classical technique of Joseph Pilates with innovation and integrity. The certification programs provide a unique and profound experience and have been called the "Harvard of Pilates education." Power Pilates certified teachers learn the specifics of a balanced workout, develop the eye and ability to recognize proper body mechanics, and learn the methods necessary to work with special case clients (i.e. back, neck, and knee problems).

What does it mean to be a Power Pilates Affiliate Studio and to be a Teacher Trainer?

The only way to maintain a high standard of programming is through a unified international program where future teachers receive the same education whether they attend a course in New York, Los Angeles, or Cary, North Carolina. Power Pilates has created a formula for teacher trainers to follow. Teacher trainers have teaching experience, are open to learning, and embrace the opportunity to be part of our team. Patty Geiger, Stacie Dombrowski and Robynn Wilhelmi are Power Pilates certified Teacher Trainers, and all of the teachers at Triangle Pilates has completed, or is in the process of completing, the 600 hour Comprehensive Certification.

Learning is an on going process and certification is the first step. Power Pilates offers the most extensive continuing education courses world-wide. Once certified, teachers are required to complete continuing education courses through Power Pilates. These courses allow teachers to review principles and exercises learned during certification, explore topics not covered during certification, and most importantly, keep the integrity of the Pilates method alive.