LIMHAMN PILATES · MALMÖ

Classic Pilates Instructor Education

Foundation & Intermediate certification in the Classical method, taught in a boutique studio

Become a safe, confident, hands-on Classical Pilates instructor. Learn to teach the original work and adapt it for clients of every need and ability, in small groups with real in-studio experience.

> **A system, not a set of exercises.** Classical Pilates is a complete method, and the Matwork is its foundation. It is where you learn how the body organises itself, the understanding you then carry onto the Reformer and every piece of apparatus. That is why Matwork sits at the heart of every programme we teach. We educate well-rounded instructors who teach the person in front of them, not a list of exercises.

Programmes

- **Foundation Comprehensive**: Reformer, Matwork, Tower, Chair & Barrel
- **Foundation Reformer**: including Matwork
- **Matwork**: Foundation & Intermediate

How the education works

- Scheduled studio education days with the lead instructor
- 1–3 months of focused in-studio study, planned around your own schedule and studio opening hours
- Own practice, observing and taking part in studio classes
- Teaching practice on friends & family
- Test classes and final exams

What you will learn

- Classical technique and the classical progressions
- How to build, order, progress and regress exercises
- Delivering a safe, well-structured class
- Working with different bodies and needs
- Professional studio standards

Included

- Studio classes during your training
- Professional education manual
- Mentoring by the founder and senior instructors
- Membership of the instructor alumni support group
- Priority registration for visiting international guest trainers

Who it is for

- Movement enthusiasts, career changers and fitness professionals
- No prior teaching experience needed
- A good grasp of the Foundation work, commitment, and openness to coaching and feedback

How to apply

1. **Book a Pre-Education Assessment**
   1 hour, 1:1 with the founder
2. **Register and pay for your place**
   Selective intake, limited places per course
3. **Receive your course prospectus**
   Full course details and materials once payment is confirmed

Investment

Course fees are shared at your assessment. Payment plans available.

After you qualify

- Strong graduates may be invited to teach small-group and private classes at the studio

Your teachers

Founded by Faith Clements, with over 10 years' experience in the original work. Lead instruction from a teacher trained by 3rd-generation Classical Pilates teachers.

Limhamn Pilates
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