

# Memento bodyworks

PILATES STUDIO | BODY THERAPY | PERFORMING ARTS

## PILATES TEACHER CERTIFICATION & CONTINUING EDUCATION PROGRAM

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### Training | Courses | In-depth courses for Teachers

#### Classical Pilates Method of Body Conditioning – 2024

In 2004, Memento Bodyworks started providing training/courses/in-depth courses for Pilates teachers in the Netherlands. Owner and certified Pilates Instructor **Marjon van Grunsven** previously lived and worked for a period of 8 years in New York City, where she has trained and worked since 1994 with master instructors Romana Kryzanowska (right hand of Joseph H. Pilates himself), Bob Liekens and many other Pilates teachers who are active today, worldwide, as Pilates Instructors and Master Instructors.

In 1997, Marjon obtained her certificate as a Pilates Instructor from Romana Kryzanowska and thus officially belonged to the 'Second Generation teacher' of the Classical Pilates Method of Body Conditioning. Until the year 2000, she remained active as a teacher in Bob and Romana's team in New York City. She was also already a supervisor for many Pilates teachers in training.

The demand for training, courses and in-depth training for Pilates Teachers increased enormously, also in the Netherlands. This was the reason for Memento Bodyworks to respond to that question. At first there was only preliminary training, as an introduction, on the mat. Soon the entire Mat routine followed at all levels and the studio provided the complete training with equipment.

During the unique program that Marjon offers to this day in both private and group settings, you will learn the exercises and principles created by Joseph Hubertus Pilates according to the classic and authentic way of his method. Classic and/or authentic refers to the exercises given and the language, or vocabulary, used during teaching. The training maintains a systematic structure and sequence of exercises and we ultimately try to integrate all 6 most important Pilates equipment within one session. The mat is only part of the entire Pilates method. One of the most important in the base. It is therefore necessary that the training/course or deepening begins with this, OR that

*\*Marjon is a 2nd generation classical Pilates Teacher, graduated in NYC in 1997 with Romana Kryzanowska, right-hand of Joseph H. Pilates and Bob Liekens. All courses at Marjon are recognized both nationally and internationally under this heading. All certificates are issued in English.*

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sufficient classical Pilates method prior training has been completed elsewhere. This is tested on the basis of an intake session or conversation.

In addition to learning the exercises, you will develop a full understanding of the Pilates method. You will learn the specific aspects of a balanced session, become proficient in your understanding and application of correct body mechanics and posture for each unique person with all his/her fascinating differences and you will be trained in the methods used with clients with special needs (such as neck, back, knee and shoulder problems). You will learn how to teach, what to cover in a session and why it is important.

Even though one of the requirements for participation is teaching experience and sufficient knowledge of the anatomy of the human body; the anatomy will be further discussed during the further education/courses/in-depth courses of phases 2 and 3 and this knowledge will be tested during the final exams. *\*However, these modules are NOT anatomy courses.*

### Continuing Education | Courses and Coaching

Marjon believes that 'learning' is a process that never ends and that the training/course/deepening can be a step towards learning something new. Once completed in your chosen module, you will be enabled/advised to take a number of further training courses. These courses allow you to review everything again and deepen your knowledge and perhaps improve what you have learned in the training. These courses also discuss matters that may not have been discussed during the training.

In the first year after your module you can receive coaching, depending on your own needs. Coaching within this training/course/in-depth simply means guidance where necessary.

### Location;

*The group* training/course/in-depth training takes place in the Pilates Studio; Transforma Pilates Teteringen ; <http://www.transformapilates.nl/>

However, the training/course/in-depth training *in groups* can also be provided on location

The training/course/in-depth training *in a private setting* is given in Marjon's home studio OR on location

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### The offer | Admission requirements

**1. Preparatory training Mat** - Fundamentals & Basics | Beginner level of the mat - 2 consecutive days intensive course (total 12 hours) - *Admission to this module requires that you are familiar with the fundamentals & the Basics | Beginner exercises of the Classical Pilates method. After a personal intake interview OR session with Marjon, your experience will be assessed and it will be decided whether you can participate in this preliminary training. This module is required if you progress to the second phase of the offer, the 'Follow-up mat training'.*

**2. Continuing Education | FULL ADVANCED MAT Training** – All Levels of the Mat; Basic, Beginner, Intermediate, Advanced - *Preparatory training Mat is required. For admission to this module, a personal intake interview will be followed by a private session with Marjon, your experience will be assessed and it will be decided whether you can participate in this module.* This module includes 5 days of intensive course spread over 3 weeks (Total 30 hours). If you would like to receive a teaching certificate, this module is followed by mandatory teaching and observation hours, followed by a practical and theory exam. If you only want to receive a participation certificate for 'In-depth/Continuing Education', this is a negotiable choice. *This module is required if you move on to the third phase of the offer with the devices; the 'Total System of the Pilates Method'.*

**3. Total System of the Pilates Method** - All Levels of Equipment; Basic, Beginner, Intermediate, Advanced – *Continuing Education Full Advanced Mat training required. Furthermore, prior to participation, the student is required to have completed at least 10 private sessions with EITHER Marjon OR another certified classical Pilates trainer. These are not included in the total price. After a personal intake session with Marjon, your experience will be assessed and it will be decided whether you can participate in this module.* This module includes a 9-day intensive course, spread over 3 weeks (Total 54 hours). If you would like to receive a teaching certificate, this module is followed by mandatory teaching and observation hours, followed by a practical and theory exam. If you only want to receive a participation certificate for 'In-depth/Continuing Education', this is a negotiable choice.

**4. Small Group (from 2p) tailor-made modules** according to your specific needs. This module is created together with your input.

**5. Private tailor-made modules** according to your specific needs. This module is created together with your input.

### The Costs 2024 (See next page for what is included in the price)

- 1. Preparatory Mat training** - Price € 798.60 (Incl. VAT)
- 2. Continuing Education Full Advanced Mat training** – Price € 1996.50 (Incl. VAT)
- 3. Total System of the Pilates Method** - Price € 3593.70 (Incl. VAT)
- 4. Small Group (from 2p) tailor-made modules** - Price € 66.55 (Incl. VAT) p.p. per hour.
- 5. Private tailor-made modules** - Price € 99.83 (Incl. VAT) per hour.
- 6. Exam costs – Continuing Education Full Advanced Mat training** - Price €165.00 ((Incl. VAT) / **Total System of the Pilates method:** Price €330.00 (Incl. VAT)

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- Included**
- A study folder supplementary to the specific module containing the necessary information about all specific Levels.
  - Wettransfer/ Dropbox Video Material depending on the module you choose
  - Optional recorded video material that can be made during the course for the student himself. (with signed permission from the student)
  - Depending on the student's choice; A practical and theoretical final test to determine whether the student has sufficient knowledge of the three different levels, including the pre-Pilates exercises of the mat lessons.
  - **First 6 months from the course taken – 10% discount on all sessions in Marjon's practice for a period of up to 6 months | 10% discount on group mat lessons that Marjon gives for a maximum period of 6 months.** (In Teteringen and in Den Bosch as well as where she gives workshops) - When there is participation in an exam for certification (And only in that context): Free participation as an observer in the same training as the module in which the exam is taken and of which the hours can be registered working towards the final test.
  - If the student only prefers a participation certificate, this can also be done in consultation with Marjon and the hours do not have to be completed and no exam is taken. This participation certificate is then not a so-called teaching certificate.
  - Participation in the training/courses/lessons is entirely at the participant's own risk. Every student is obliged to report physical complaints before participating. Participation is only possible if your health is not an obstacle. If in doubt, contact your doctor and/or physiotherapist.

### On Location/Online

It is also possible to have the training/course/in-depth training take place on location or online.

In the case of 'On Location', a kilometer reimbursement and a maximum return travel time of 3 hours are charged. This can all be discussed in consultation with Marjon.

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If you have any questions about one of the courses/courses/in-depths and/or the forms, please contact Marjon by sending an email to [marjonmemento@yahoo.com](mailto:marjonmemento@yahoo.com)  
Or call; +31 6 11463018