



Limhamn Pilates Instructor Education

Foundation Certification in Classical Mat, Reformer & Tower

Transform Your Passion into Purpose

Welcome to the Limhamn Pilates Education

We're thrilled to support your journey into teaching the timeless method of Classical Pilates.

This training is an opportunity to transform your body, your confidence, and your career—while learning to guide others toward lifelong health and vitality.

With warmest regards,

Faith Clements

Founder, Limhamn Pilates | Est. 2016

www.limhamnpilates.se

Student Requirements

To earn your Limhamn Pilates Foundation Instructor Certification, you must complete the following elements over a 3-month period:

1. Studio Education Days followed by 3 months self practice in our Limhamn Studios

2 Days | 12:00–17:00

Dates: Friday 29th & Saturday 30th August 2025

Location: Limhamn Pilates Studio, Limhamn, Malmö

An immersive introduction to Classical Pilates foundation exercises on the Mat, Reformer, and Tower.

You'll gain hands-on experience and learn our approach to teaching foundation exercises with clarity, confidence, and precision.

*Contact us to receive more information and book an introductory meeting in studio.
limhamnphilates@gmail.com*

2. Studio Self-Study Access (3 Months)

From the Monday after your Education Days, you'll have scheduled access to the studio for self-study and practice. These hours are pre set.

- Bookable, quiet studio times
- Included in your plan
- Essential for consolidating your skills

An Induction Session will be arranged post-Education Days to review studio use, policies, and student responsibilities.

3. Personal Practice (30 Hours)

You must embody the method in your own body to teach it well.

- Matwork – 10 hours
- Reformer – 10 hours
- Tower – 10 hours
- A minimum of 15 of these hours must be attending Limhamn Pilates studio classes (included in your plan) Additional classes and private sessions are available for purchase.

4. Teaching Practice (20 Hours)

Practice teaching with real bodies is required:

- Matwork – 10 hours
- Equipment (Reformer/Tower) – 10 hours
- Tracked via Google Sheets log provided by your trainer.
- Students are responsible for finding people to teach.

5. Class Observations (5 Hours)

Observe and reflect on teaching styles and flow in our studio classes. Hours are logged in your Google Sheets document.

6. Final Examination

Minimum Required Hours: 55

All hours must be completed and logged within the 3 month study period before your final examination.

Examination format.-

- A 55-minute self-practice flow class of all Matwork, Reformer & Tower exercises - A 55-minute session teaching one individual using all equipment as appropriate to that body

You film both in the studio and submit to your trainer for audit.

Certification & Completion

Upon successful completion of your logged hours and assessments, you will receive a Limhamn Pilates Foundation Certificate, enabling you to teach Classical Mat, Reformer, and Tower Pilates at level I worldwide.

Your Investment

Includes:

- 10 hours expert-led Classical Pilates education on Foundation Matwork, Reformer & Tower
- 3 months access to 35 focused hours of studio self-practice
- 15 Limhamn Pilates Classic Pilates studio group classes
- Ongoing mentorship
- Education materials
- Assessment & certification

Full Course Price: 18,500 SEK + 6% VAT

Payment Plan Option

We offer a 3-part payment plan:

- Deposit: 13,500 SEK (at registration)
- Payment 2: 2,525 SEK (due 31 July)
- Payment 3: 2,525 SEK (due 31 August)

Total: 18,550 SEK + 6% VAT

Registration is binding for the full course fees.

Terms & Conditions

- Your registration confirms your acceptance of these terms.
- All course fees are non-refundable.
- Invoices must be paid on time; unpaid balances will incur 12% interest and will be sent to debt collections.
- Your study period can be paused for up to 3 months by sending a valid medical certificate.
- Completion of the 3 months study period cannot be extended

Opportunities at Limhamn Pilates

We are building a community of teachers.

During your education:

- Exceptional students may be invited to teach student classes.
- Upon certification, teaching positions may be offered to suitable students for part-time work.

We highly recommend booking a meeting at Limhamn Pilates Studio to meet us and discuss our education.

Acceptance of Education Terms and Conditions

Please **re save a copy of this file with your name, complete and sign below and return to us at limhamnphilates@gmail.com.**

Your signature is your understanding and acceptance of the above course requirements, terms and conditions.

Student Signature:

Student Name:

Student Personal Number:

Date:

Please return this form completed digitally signed and dated to limhamnphilates@gmail.com to secure your place on the above dated education.

We highly recommend to prepare your body and mind you start to attend studio classes as soon as possible. Students with prior experience gain a deeper understanding of both the exercises in their own body and how to teach them.