



VANESSA
SMITH
PILATES

MATWORK
TEACHER
TRAINING
COURSE
beginning
2025

Why Choose This Course?

- With a 200 contact hours, our course gives you a better chance of reaching your full potential as a Pilates teacher, through teaching practice, structured and targeted feedback
- We encourage you to experiment with the Pilates repertoire, find what works for you and your clients.
- A good understanding of how to utilise small equipment ...
- You will receive library of class plans to take away and adapt.
- Access to a faculty with broad and extensive experience of Pilates
- Experience of teaching all levels of Pilates
- An understanding of common basic conditions
- Experience of and feedback on teaching one to one and groups

Course Duration

- The course will run from October 2024 until October 2025.
- The course will be structured over Saturdays from 10am to 7pm and, 3 long weekends Friday to Monday and 3 weekends, Saturday - Sunday, constituting a total of 204 hours of contact time either with the course director or our other tutors. In between contact times the other tutors and the course director will be available for questions and feedback via phone and email.
- Students who wish to continue with training to teach apparatus based Pilates will be able to do so, the timing for this will be confirmed.
- If trainees are from outside the Glasgow area, they are expected to keep up their personal practice with their local teacher.
- Course fee does not include Pilates Foundation student membership, student insurance, examination fees, first aid certification and classes for your own Pilates practice.



Environment

The studio is situated at Vanessa Smith Pilates, 71 Oxford Street, Glasgow, G5 9EP

Faculty

Vanessa Smith
Course Director

Vanessa is a Pilates teacher and Feldenkrais practitioner. She has been studying movement since childhood: ballet, contemporary dance, Laban movement analysis, choreography, Pilates and Feldenkrais. She is a graduate of the Laban Centre in London, and formerly performed and choreographed professionally.

Vanessa teaches Pilates and Feldenkrais from her studio in Glasgow. Her training course was accredited through the Pilates Foundation in 2014. Vanessa has taught for the Pilates Foundation AGM, Dance UK, Harmony Taiso Method Association in Tokyo and Okinawa and has been a part time lecturer on Modern Ballet degree course at the Royal Conservatoire of Scotland. Vanessa teaches Pilates, Feldenkrais and creative movement workshops.



Annette Weir

Anatomy and Physiology

Annette qualified from the British College of Osteopathic Medicine in 2002 with a BSc(Hons) degree in Osteopathic Medicine, and has been in private practice since then. Annette holds a Post Graduate Diploma in Osteopathic Sports Care, along with Pilates Teaching qualifications from the Pilates Foundation and APPI, medical acupuncture training from the British Medical Acupuncture Society, cranial and biodynamic osteopathic training in the UK and USA, certification in the Functional Movement Systems approach, and specialist training in EDS and hypermobility disorders. This wide range of training means that the best approach for each patient can be specifically selected, for a wide range of patients of all ages, from elite international athletes to those struggling with long term health issues.

Annette teaches workshops for Pilates teachers and clinicians on working with populations with specific conditions.

Annette is passionate about helping people to regain confidence in their bodies, especially when long-term conditions have left people stuck in a rut and feeling that exercise and movement is not possible for them.

Annette's main exercise activity these days is chasing after a toddler, but she takes any chance to keep up her personal Pilates and movement practice.





Michelle Jamieson
Pilates Repertoire, voice, teaching skills

Michelle is a Pilates instructor dedicated to sharing joy through movement. Originally from the Isle of Man (the birthplace of Pilates) she has been teaching the method for 5 years.

Owner of Yellow Pilates, Michelle combines her creativity, playfulness and expertise to empower clients on their journey to become brighter, balanced & more inspired.

Outside of Pilates, Michelle has a background in theatre, specialising in making and performing for young people. She trained at the Royal Conservatoire of Scotland and facilitates performance, voice and devising workshops across the UK..



Karen Grant
Pilates Repertoire, Principles and Fundamentals, Teaching Skills

Karen originally trained as a contemporary dancer at the Laban Centre in London and has been involved in the movement world all her life. She trained with the Pilates Foundation in 2003 and currently teaches Mat classes in Lanarkshire and equipment classes in her studio in Airdrie.

Having had the desire to learn a 'hands on therapy to compliment her work. Karen qualified as a Bowen Therapist in 2019 and now runs her own clinic. Her work as a therapist deepened her understanding of how the body heals and encouraged her to study the fascial system and self-care modalities, eventually qualifying as a Moving Fascia teacher with Ana Barretxeguren in 2021.

Her passion is to keep people moving and out of pain, to enable people to better connect with their bodies and themselves. Her work encourages you to take ownership of your own body, empowering you to make choices for yourself. She also likes to bring a bit of humour to her classes!

Admissions Procedure

Admission to the course will be by written application followed by interview of suitable applicants. Applicants will have to prove their experience of at least 25 hours of Pilates classes (not home practice), during the 6 months prior to course commencement. If applicants have no background in movement 50 hours are required.

Applicants should demonstrate a commitment to the course, and home study, and a good level of communication skills.

Prior to starting the course trainees will be required to have current first aid certification.

Course Content

Participants will be continually assessed through on going essays informal question and answer sessions, written tests, teaching practice, direct feed back, feedback via phone and email.

Principles and Fundamentals of Pilates - Pilates mat repertoire, classical and evolved - Pilates using small equipment - Pilates session objectives and planning - Human anatomy and Physiology - Movement analysis - Teaching methods and skills - Legal requirements - Business and management skills - Required texts and additional resources - Final assessment

Theory/Practical Lectures *Anatomy and Physiology*

Back injuries and problems - Ante and post natal - Limb injuries and problems - Common conditions (arthritis, osteoporosis for example) - Injury prevention - Referral - First Aid

Hours of assisted teaching and study

• Contact time; theory and practical lectures at VSP studio	204 hours
• Practical hours (classes participated on outside of contact hours)	50 hours
• Observing and assisting matwork	50 hours
• Home study/practical revision	200 hours
• Case studies	45 hours

Written work and Examination

- Hours of class participation, observation and assistance will be logged on sheets provided.
- 1 case study
- Practical and written exam
- Supervision and guidance will be given with written work

Course Fee

£3950 to be paid by instalment. A non refundable deposit of £350 to be paid by 1 September 2024, followed by 3 instalments of £1200 throughout the course.

Course fees exclude:

- Current Pilates Foundation Trainee membership (£126 at the time of writing) and final examination fees (£250 at the time of writing).
- Pilates classes for self practice (50 hours required)
- First aid certification fees.
- Trainee insurance (£22 per year at the time of writing, required throughout training).
- Required books and resources.

Dates

Dates to be confirmed.....



Testimonials From Former Trainees

*"...I am in safe hands with Vanessa, I am really learning from a fantastic Pilates teacher and trainer!
The PF is lucky to have her!..."*

Caroline Verdier, mat graduate and bridging trainee

"I feel so lucky to have completed my Pilates Foundation matwork teacher training with Vanessa. Vanessa is incredibly knowledgeable and has so much experience of working with clients that she is an excellent teacher trainer. She was so supportive throughout the whole training process and provided invaluable feedback and advice. The course involved lots of practice teaching which was key in helping me develop as teacher. With Vanessa, alongside Annette Weir teaching the anatomy elements of the course, I graduated feeling confident in my abilities as a Pilates teacher with the skills and tools I needed to teach clients of all levels"

Emma Slater, former mat graduate, professional dancer and Pilates teacher.

