

Platinum Pilates Academy

Teacher Training Weekend Agenda Module 1 – Mat Foundations



Dates: August 01 – August 02, 2026

Training Times

Saturday: 09:30 – 16:00

Sunday: 10:00 – 16:00

Break: 13:00 – 13:30

SATURDAY – DAY 1

Mat Fundamental & Intermediate Exercises

09:30 – 10:00 | Orientation + Q&A

Program structure, expectations, study approach, Teaching Labs introduction, and Q&A.

10:00 – 10:20 | Mat Warm-Up

Breath, control, spinal articulation, and alignment awareness.

10:20 – 10:40 | Foundations of Pilates

Pilates Foundations – What You Must Understand First

10:20 – 10:40 | Foundations of Pilates

Imprint vs. Neutral Spine – choosing support vs. challenge.

Classical vs. Contemporary – structure vs. adaptation.

Spinal Movement – flexion, extension, rotation, lateral flexion.

System – Mat reveals, equipment prepares.

Key Principles – Breath, Control, Precision, Alignment, Stability vs. Mobility, Flow, Awareness.

Bringing It Back to the Mat: The Ultimate Goal

Joseph Pilates designed his system so that every apparatus ultimately supports and strengthens the Mat repertoire. The other Pilates equipment provides assistance, feedback, resistance, and support that help students develop the strength, control, flexibility, and body awareness needed for successful Mat work.

Learning the Order

Start Strong: includes exercises like the Hundred, Roll Up, Roll Over, Single Leg Circles, Rolling Like a Ball, Single Leg Stretch, Double Leg Stretch, Single Straight Leg Stretch, Double Straight Leg Stretch, Criss Cross, Spine Stretch Forward.

- These prepare the body - activate center, mobilize spine and hips.

Challenging Connections & Working Against Gravity: moves into Open Leg Rocker, Corkscrew, Saw, Swan, Single Leg Kick, Double Leg Kick, Thigh Stretch, Neck Pull.

- Here you're challenging gravity, introducing extension, upper/lower body connections, more complex sequencing.

Balance & Control: includes High Scissors, High Bicycle, Shoulder Bridge, Spine Twist, Jackknife, Side Leg Kicks, Teaser, Hip Circles, Swimming.

- The body is required to stabilize, control large ranges of motion, balance on sides, work from less stable positions.

Finish Strong: covers Leg Pull Front & Back, Kneeling Side Kicks, Side Bend, Boomerang, Seal, Crab, Rocking, Control Balance, Push-Ups.

- The order finishes with full-body integration and standing posture, emphasizing precision and coordination.

10:40 – 13:00 | Mat Work – Fundamental & Intermediate

13:00 – 13:30 | Break

13:30 – 15:55 | Teaching Lab Rounds (Introduction)

The Teaching Lab is where you begin developing your skills as an instructor. Rather than only performing exercises, you will begin practicing how to explain movement, guide a client, and observe the body in real time.

This is an active learning environment where mistakes are expected and used as a tool for growth. The goal is not perfection, but repetition, clarity, and confidence.

You will work in groups of three and rotate through three roles:

Teacher – guides the exercise and gives instructions

Mover – performs the exercise as a client

Observer – watches, analyzes, and gives feedback

Round	Teacher	Mover	Observer
1	A	B	C
2	B	C	A
3	C	A	B

Teaching Support System

The Master Trainer leads the session, demonstrates exercises, and provides the overall structure and educational direction.

The Junior Master Trainer provides hands-on support throughout the Teaching Lab. They move between groups offering real-time feedback, helping refine your teaching language, and answering questions immediately.

This dual-level teaching structure ensures that you are never left alone to figure things out. You are guided, corrected, and supported as you learn.

The Junior Master Trainer also provides English and German language support when needed, ensuring clarity and understanding for all participants.

13:40 – 14:15

Round 1 – Exercise Clarity

Focus: Clear instructions and safe setup

You should focus on:

- guiding the starting position
- clearly explaining the movement

Goal: The mover clearly understands how to set up and perform the exercise safely.

14:15 – 14:25

Transition

14:25 – 15:00

Round 2 – Movement Observation

Focus: Watching the body and offering corrections

Teachers should observe:

- rib cage position
- pelvic stability
- shoulder tension
- spinal alignment

Goal: Develop the ability to see movement patterns and provide effective cues.

15:00 – 15:10

Transition

15:10 – 15:55

Round 3 - Mini Teaching Flow

Focus: Connecting exercises and teaching with rhythm

In this final round, each teacher will guide their mover through a short sequence of **2-3 exercises on the Mat**.

The goal is to begin practicing how exercises connect together, rather than teaching each movement in isolation.

Teachers should focus on:

- clear transitions between exercises
- confident pacing and voice
- efficient setup for the next movement
- maintaining flow while still observing the mover

The goal of this round is not perfection, but to begin developing the ability to guide a client through multiple exercises smoothly and confidently.

15:55 – 16:00 | Wrap Up

SUNDAY – DAY 2

10:00 – 10:30 | Mat Warm-Up

Breath, control, spinal articulation, and alignment awareness.

10:30 – 13:00 | Mat Work – Intermediate & Advanced

13:00 – 13:30 | Break

13:30 – 15:55 | Teaching Lab Rounds

Round 1 – Exercise Clarity: focus on setup and clear instructions

Round 2 – Movement Observation: focus on seeing alignment and compensations

Round 3 – Mini Flow: connect 2–3 exercises with rhythm and flow

15:55 – 16:00 | Wrap Up