

# Proper Pilates Mentorship Program

*July 2019 to December 2020*



---

## A letter to interested participants

*Dear Reader*

Thank you for your interest in the Proper Pilates Mentorship Program, which is open to both teachers and serious enthusiasts.

This course of practice and study has come about as a way for us to successfully pass on the depth of practice as it is delivered in our studio, thus enabling other practitioners to better apply Contrology to their clients, and most importantly themselves.

I am pleased to offer to you this prospectus with information regarding our 2020 graduation year-study for which begins in July 2019 and runs for 18 months.

It is Proper Pilates' goal to develop stronger teachers and practitioners. As such this is a highly rigorous program consisting of study and training across 10 modules, a *minimum* of 300 hours practice and observation, business coaching, studio visits, and progress check in meetings.

Participants will find the doors of Proper Pilates wide open to help them benefit as greatly as possible from their contributions. Proper Pilates now offers an online portal for training and it will be possible to access this to complete a portion of training requirements, with our intention being to help participants to train more intensively than would have been possible previously.

Please read through this prospectus and contact us with questions should you have them. All applications must be received by 31st May as you will be required to complete private assessments by mid-June in order to be approved to begin in July. It is also possible to assess earlier in the year should you wish to.

Finally, please know that successful applicants are those who have most likely been training with Proper Pilates and have an understanding of our work and an affinity for it also. If you are considering this program and are not yet training with us, it is recommended that you begin to do so to prepare yourself for this process.

I look forward to hearing from those of you interested, and hopefully sharing some incredible training moments together.

Kind regards

*Wade Edwell*

**Proper Pilates**  
Owner and Training Director

---

## Program Highlights and Requirements

- Open to Teachers of all levels, as well as serious Pilates enthusiasts
- 300 Hours of Training and Observation
- Completion target of 18 months
- 10 weekend-long training events covering our full system of training, teaching applications, and movement studies
- Site-visit business coaching opportunity

---

## Significant Learning Points

- Learn through training appropriate to *your* body, and those around you, that the *individual* body can and should be addressed through Contrology
- Build an understanding of how to, and why, you should use different exercises, or different versions of exercises, across all apparatus, to target the specific needs you and others have
- Develop an understanding of how you could be hindering yourself and others by applying exercises incorrectly
- Learn that in a studio setting you don't need levels, you need accurate targeting of training for the needs of every different body
- Learn how to shift the culture, model, and teaching within your studio in order for clients to realise success with their practice and to keep you interested in, and enjoying what you do, well into the future

---

## Cost

- 10 Module instalments of \$530 each
- 6 Progress Assessment Meetings of \$110 each

Total Cost (spread over 18 Months): \$5,960-

Full program payment is not made in advance, instead participants make payments in the lead up to each event/appointment in order to help spread costs across the program duration.

*Note: this costing does not include monthly passes for access to our Open Haus program, or private lessons, which you will pay for separately in order to complete training requirements.*

*Should Wade Edwell need to travel over 3 hours from the Proper Pilates studio to complete the Site Visit component of your program, you will be required to pay for private hotel overnight accomodation and travel costs.*

---

## Completion

- By program end you must competently complete the full list of exercises as delivered at Proper Pilates, in the way in which we have assessed as required by, and beneficial to *your* body. These will be marked off during your training hours
- The minimum requirement of hours must be met (You may be advised you need more)
- You must attend all training events
- You must pass through all Progress Report Meetings with Wade Edwell

## Training Requirements

Across the duration of the mentorship you must complete a *minimum* of 200 hours of physical training. Each calendar month you will purchase unlimited access to our Open Haus class program in order to complete/surpass this requirement, however should you want, you are also able to purchase private tuition that will count towards this figure too.

You may take the full 18 months of the mentorship to complete this figure, however you:

- must complete at least 50% of hours during the first 9 months of the program
- may complete more than this requirement, however to ensure your continued training you must complete at least 70 hours of training over the second half of the program
- as you are provided with unlimited access to training it would be remiss of you not take as much as you can from this opportunity and train in excess of your minimum requirement
- it may be determined you require more training, in which case we will increase minimum requirements

Open Haus training is Proper Pilates' model of exercise delivery whereby a group of no more than six participants exercise to their own program of Contrology under our supervision. The training experience reflects that which was delivered in the original Pilates studio and will help you to understand how to both build your own individual practice, and manage groups of others doing so. Across the average week the Proper Pilates studio runs between 40-50 hours of Open Haus, meaning you will have plenty of access to session availability by which to complete your minimum target.

Our Open Haus sessions and Private Lessons are also possible to take online, meaning you can train from your own studio in order to help you complete your minimum requirement or surpass it. You are restricted however to using this option, and will be required to complete a minimum of 100 hours at the Proper Pilates studio.

*Note: severe circumstances can arise which on occasion make it difficult to commit to requirements of training. In these instances Proper Pilates will individually assess your situation and may grant you extension of time in order to complete your requirement of hours. This extension must follow on directly from the program's 18 month target- it can not be undertaken at a later date- and will last no longer than 6 months.*

The training requirement of this mentorship is at the heart of the program. If you do not believe you will be able to successfully complete the requirement of hours then you will not achieve the key program goal of establishing regular practice in connection with the Proper Pilates studio. Be keenly aware of this in considering your application, and determine how you will action a plan to complete this requirement.

## Observation Requirements

Further to your own training you must complete a minimum of 100 hours of observation at the studio in order to develop an understanding of how Proper Pilates applies our method to differing bodies. During this time you will also develop a sense of how to successfully deliver an open training platform, and this will prepare you for our later weekend training events where you will be required to work on other bodies.

In order to meet these requirements you:

- must complete at least 50% of hours during the first twelve months of the program
- may complete more than this requirement, however to ensure your continued training you must complete at least 30 hours of observation in the final six months of the program

Observation is critical to becoming, and continuing to be, an incredible teacher. Further, by really looking at how different bodies move, over time, we can better appreciate and program for our own needs. Therefore, developing a practice of observation is just as essential to Pilates practice as doing the exercises.

*Note: It is not possible to complete Observation requirements through our Online Portal, these must be completed at the Proper Pilates studio.*

## Progress Meetings

Across the duration of the program you will be required to successfully pass through six progress assessments/meetings. These are purchased and booked individually by you (as you would a Private Lesson), through our Mindbody site, and all appointments must be made with Wade Edwell.

Each appointment *must be booked and paid for at least 2 weeks before* the deadline for the task. At the time of booking if you are unable to find a suitable appointment time we may be able to find alternative availability. All meetings are one hour in duration. First and final meetings must be taken In-Studio, all others may be taken online if needed.

### **PM One:**

#### ENTRANCE

You are required to complete an assessment in which we will discuss your application, goals, strategies for training, and where you are in your practice. This will provide you with a strong jump board from which to launch into the program. This appointment will be booked prior to the program starting, and will determine whether you are ready to enter the mentorship.

Schedule: Book this appointment anytime between 1 March up until 15 June 2019.

When you schedule the appointment include a booking note letting us know this will be an entrance assessment meeting. Ensure you also submit your Application via email at the same time.

### **PM Two - Five:**

#### PROGRESS

Across the course of the program you must schedule four separate appointments to check in with Wade Edwell regarding your progress.

Schedule: PM 2 Book this appointment anytime during November 2019

Schedule: PM 3 Book this appointment anytime during March 2020

Schedule: PM 4 Book this appointment anytime between 1st and 29th May 2020

Schedule: PM 5 Book this appointment anytime between 17th and 31st August 2020

### **PM Six:**

#### COMPLETION

Schedule Book this appointment anytime between 1 to 15 December 2020.

Your final assessment must be passed in order for you to complete the Mentorship and be allowed to use our name in your own publicity. In this meeting Wade will discuss with you your progress across the course of the program, successes, strategies for continuing forward, and key areas to keep working into.

## Weekend Training Events

In addition to your training and observation requirements, 10 weekend training events and one site visit will be held across the course of the mentorship. During these events we will:

- Cover the full list of exercises practiced at Proper Pilates
- Consider the individual and how to stay faithful to the original system while addressing their specific needs
- Consider the appropriate application of exercises to the individual
- Consider the benefits of different versions of exercises across different apparatus, and why using one or more in particular will be more beneficial to the specific body or need
- Look into key mechanical concepts of the system that underpin the practice of Contrology at Proper Pilates
- Learn about the individual pieces of apparatus, and their individual values, including:
  - Reformer
  - Mat
  - Cadillac
  - Guillotine
  - Ladder, Small Arc and Spine Corrector barrels
  - High, Arm/Baby and Wunda chairs
  - Small apparatus including Magic Circle, Breath, Neck, Foot and Toe devices
  - Pedi-pole
  - Swedish Bars
- Consider how each of these pieces fits into the 'whole' of the Pilates studio
- Learn how to deliver Proper Pilates teaching methodology
- Delve into the extra areas of your personal industry- your business, how to make it work better for you and incorporate what you are learning

### 2019/2020 Weekend Training Dates

- 20th and 21st July 2019, Proper Pilates Concepts and Assessing the Individual Body
- 7th and 8th September 2019, The Mat
- 26th and 27th October 2019, The Universal Reformer
- 7th and 8th December 2019, Cadillac and Guillotine
- 8th and 9th February 2020, The Pilates Chairs
- 18th and 19th April 2020, The Pilates Barrels
- 30th and 31st May 2020, Additional Apparatus

*Your Industry (Site Visits) to be scheduled across June 2020*

- 18th and 19th July 2020, Applications for the Individual Body
- 15th and 16th August 2020, Delivering the System Part 1
- 10th and 11th October 2020, Delivering the System Part 2

Full weekend trainings will run Saturdays from 1 - 5pm and Sundays 9am - 4pm if three and above mentees are in attendance. If only two mentees are enrolled, the weekend courses will run only between 9am - 4pm Sundays. If only a solo mentee is enrolled, the course work for these modules can be covered across 10 individually booked sessions during the year, of 4 hours duration each.

Should less than three of these dates not work for you, it is possible to make up the events by yourself by scheduling a four hour study session with Wade Edwell, at an extra cost of \$220 for each module you have a conflict with. Rescheduling of more than three event dates is not available.

## Payment Policies

Proper Pilates has a strict no-refund policy. In the event that yourself or the studio decides that continuation of the mentorship program is no longer right for you you are not eligible for refunds or exchanges on any monies paid.

All modules, assessments and access to Open Haus sessions are paid in advance. You are required to make payment for modules and assessments no later than 2 weeks prior to the date of the event/deadline. Open Haus calendar month packs are available for purchase whenever you wish to make payment. As soon as payment is made you will have access to booking privileges. All payments are to be made through our Mindbody site, specific details will be provided to you on application and after passing the entrance assessment.

*Proper Pilates reserves the right to cancel your Mentorship at any point in time if we believe you are no longer successfully fulfilling your program requirements, and/or you no longer fit within the cultural profile of our studio.*

## Application Requirements

- Compile a document responding to the attached questionnaire on the following page, and email directly to us in PDF format
- Schedule your Entrance Assessment by booking a Private Lesson *In-Studio* with Wade Edwell through our Mindbody site. Remember to include a note that this will be an Assessment

### What we're looking for/Who it's suited to

- This program is not about being a master of the system to begin, it is about establishing your path towards it. As such you don't need to be proficient in Classical Pilates exercises, but you must certainly have an experience of them and a keen interest
- Anyone who is an intense devotee of the method, either teacher or enthusiast, but it will especially help, as examples, teachers wanting to cross over to Classical work, new and old teachers who have found they aren't really working on themselves, and small studio owners who feel they need support in building and maintaining a strong practice, as well as helping them to feel in touch with likeminded practitioners and support services
- A sincere interest in the work of Proper Pilates
- Availability, and a commitment to attending to all of your minimum requirements without complaint. You must self-manage your hours and show an enthusiasm for completing them
- An open mind- this is not a program to prove that Classical or Proper Pilates is 'better,' it is a mentorship for persons who already understand the value of the Proper Pilates work and want to build it successfully into their practice, teaching and studios
- While we are keen to establish an understanding of how the work can apply to anyone, no matter their condition, you yourself must be in reasonable health so as to be able to successfully complete a significant amount of physical training. It will not be worth your while if you're not, and if so it would be better to spend a preparatory year training with Proper Pilates to build you to a point where you are ready to undertake the mentorship program
- Get in touch with us if you're unsure of your suitability

## To Apply

Please prepare a document in response to the questions below, and then forward in PDF format to [info@properpilates.com.au](mailto:info@properpilates.com.au)

1. Provide your contact details, then tell us about yourself and your Pilates journey
2. Why are you interested in both Proper Pilates and this mentorship?
3. Ensure us that you have general medical clearance to exercise...
4. What restrictions may hold you back from successfully completing the mentorship, if any?
5. How do you plan to successfully complete your requirements for practice and observation? Please seriously consider this question, and in response include a summary/breakdown of how you anticipate you will complete your hours across 2019/2020