

Wellness Pilates

Pilates Teacher Training Course



wellnesspilatessydney.com



0451 878 807

0401 118 884



[wellnesspilatessydney](https://www.wellnesspilatessydney.com)



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[wellnesspilates_sydney](https://www.instagram.com/wellnesspilates_sydney)

[wellnesspilates_training](https://www.instagram.com/wellnesspilates_training)

Why Choose Wellness Pilates? Benefits

Wellness Pilates, based in Sydney, has been offering Wellness Pilates Upgrade Program to Diploma of Professional Pilates Instruction [10838NAT]. Our courses, taught in Mandarin, Cantonese, Korean and English, aim to train Professional Pilates instructors contributing to the popularization of Pilates in Australia.

- ◆ Collaborate with **top-level accredited Australian Pilates teachers**
- ◆ **Integrated education available in-person and online**
- ◆ **Course available in Mandarin, Cantonese, Korean and English.**
- ◆ **Studio free access for additional practice**
- ◆ **Practical experience through free observation classes**
- ◆ **Mentorship and career counseling available for guidance**
- ◆ **Continuing Education (On-going workshops) Support**
- ◆ **After completing the course, Job placement 100%**
- ◆ **Government accredited Diploma Pilates outcome by undertaking the Upgrade Program with a nominated RTO**
- ◆ **Graduates are actively working as Pilates teachers worldwide.**



STUDY ONLINE

Discover our courses

Wellness Pilates Level 1 Instructor Certificate

In this first step of the Wellness Pilates Instructor Training, students will cover methodology Foundations, Essential Anatomy and Physiology, and 12 repertoire modules spanning the required Studio repertoire.



Course Program

Intensive Reformer 3 weeks

Reformer 6 weeks

Mat + Reformer 3 months

**Mat + Reformer + CCB
5 months**

CERTIFICATE

Professional Pilates Teacher

- ✓ Group Reformer + Small Apps
- ✓ Group Matwork + Small Apps
- ✓ Cadillac, Chair and Barrel + Small Apps
- ✓ Anatomy, Physiology
- ✓ Private, Duet, Semi-Private and Group Pilates
- ✓ Pathway to Government-Accredited Diploma Pilates Certificate 🎓

Discover our courses

Wellness Pilates Upgrade Program to Diploma of Professional Pilates Instruction [10838]


Learn how to develop creative, functional Pilates experiences and programming for Matwork, Reformer and using the full complement of Studio apparatus in a private or small group setting.
Plus specialised study of the Method for special conditions, including pregnancy and post-natal, rehabilitation and elite-level conditioning.

Be a Pilates Method Teacher (PMT):

- ◆ Plan and deliver group, private and semi-private classes
- ◆ Provides individually tailored client assessments, program development, instruction and demonstration, supervised Pilates sessions and client reviews
- ◆ Trained to deliver Pilates repertoire on all Pilates apparatus, including the original exercises from basic to advanced and their modifications, progressions and regressions in line with formal education and assessment.
- ◆ Work collaboratively with clients who have managed or stabilised conditions referred from their treating medical and/or allied health practitioner
- ◆ Deliver Pilates exercise programs designed for participation by a group of clients with a mix of ages/fitness levels
- ◆ Typically works independently (may be self-employed or an employee)

DIPLOMA

Professional Pilates Method Teacher

- ✓ Group Reformer + Small Apps
- ✓ Group Matwork + Small Apps
- ✓ Cadillac, Chair and Barrel + Small Apps
- ✓ Anatomy, Physiology
- ✓ Private, Duet, Semi-Private and Group Pilates
- ✓ Posture analysis and Body alignment
- ✓ Faulty Posture
- ✓ Special Conditions (Pregnancy, Post-Natal, Low-risk Spinal Conditions, Non-acute rehabilitation, Elite-Level Conditioning)
- ✓ Government-Accredited Diploma Pilates 
- ✓ Hold AUSactive, PAA Approved Pilates Method Teacher Qualification



Min Kim

Wellness Pilates Sydney Director
Professional Pilates Method Teacher Level 3
Government-Accredited Pilates Teacher Training Educator

Qualification

- Master of Fine Arts Degree - Dance education
- Bachelor degree in Contemporary dance
- Art high school - Contemporary dance
- Yoga instructor
- Diploma of Professional Pilates Instruction [10838NAT]
- Advanced Diploma of Myotherapy (Myotherapist)
- GYROTONIC® Instructor

Specialty

- Movement analysis and pattern correction
- Anatomy
- Myofascial release
- Pilates for special conditions and Reability

Experience

- Contemporary Dance Instructor at a university
- Director at a dance studio
- Director and founder – Wellness Pilates Sydney
- Teaching GYROTONIC®
- Teaching Yoga



Jinnie Kim

Wellness Pilates Sydney Head Manager
Professional Pilates Method Teacher Level 2

Qualification

- Diploma of professional Pilates Instruction [10838NAT]
- Anatomy & Rehabilitation
- Certificate of International Pilates Instruction
- First Aid & CPR Certification
- Working with Children Check

Specialty

- Posture analysis
- Exercise for injury Rehab
- Rehabilitation of Swimming & Golf for Pilates
- Flexibility, Stability & Mobility
- Pilates for Pregnancy

Experience

- Correcting faulty posture and Movement pattern
- Design a specific program comprising 3-4 semi-private lessons based on a posture & muscle assessment
- Customise a program to help clients achieve their goals, prevent injuries, and correct posture issues



Winkie Chu
朱忠敏

Physiotherapist & Pilates Teacher

- Bachelor of Applied Science (Physiotherapy) at University of Sydney
- Qualified APPI (Australian Physiotherapy & Pilates Institution) Pilates Instructor
- Work Experience in hospital, private clinic and aged care settings



Matthew Tam
譚天盛

Professional Pilates Method Teacher

Qualification

- Diploma of professional Pilates Instruction [10838NAT]
- Certificate of International Pilates Instruction
- Certificate III & IIII in Fitness [On going]
- First Aid & CPR Certification
- Anatomy & Rehabilitation

Specialty

- Posture analysis
- Exercise for injury Rehab
- Pilates for Pregnancy & Post natal
- Mandarin ,Cantonese & English

Experience

- Faulty Posture & Posture Analysis
- Muscle Recruitment Training
- Correcting Body Alignment
- Design a specific program comprising 3-4 semi-private lessons based on a Posture

Sally Goh

Physiotherapist & Pilates Teacher

- Bachelor of Applied Science (Physiotherapy) at University of Sydney
- Qualified APPI (Australian Physiotherapy & Pilates Institution) Pilates Instructor
- Level 1 Women's health and pelvic floor conditions
- Senior physiotherapist and clinical educator at Better Life Physio

Pilates Anatomy



Meet Our Faculty

A woman with long, wavy blonde hair, wearing a dark blue sleeveless top and dark leggings, is sitting on a wooden floor with her legs crossed. She is smiling and looking towards the camera.

Sally Anderson

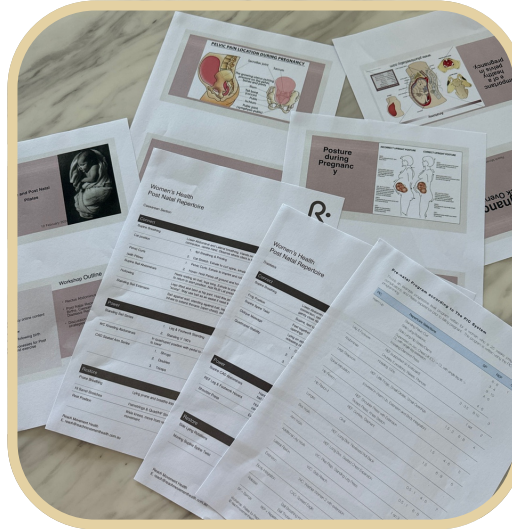
- PROFESSIONAL BENCHMARKS
- Founded Pilates International in 2000
- Founding President of the Pilates Alliance Australasia 2001 (10 year term)
- Accredited first ever Australian government registered Pilates courses in May 2004
- Registered PilatesITC as the first ever Australia government RTO - "Registered Training Organisation" in May 2004
- Accredited course articulation to University Bachelor Degrees June 2013
- Founded Reach Movement Health 2020
- AUSactive Board member from October 2022-current

A man with short, dark hair, wearing a light grey t-shirt and dark shorts, is sitting on a wooden floor. He is smiling and looking towards the camera.

Andrew Aroustian

- Principal expert: Reach Movement Health
- Presenter and Teacher: Pilates Anytime
- Presenter: Pilates on Tour for Balanced Body
- Teacher: Government Accredited Diploma Courses and Advanced Diploma Courses.
- Bachelor's degree in Physiotherapist
- Specialty in Human Anatomy

WPS Teacher Training Course Snapshots





Get in touch



WELLNESS PILATES ZETLAND

Shop 3, 2 Fuse St, Zetland,
0450 980 778

WELLNESS PILATES CHATSWOOD

6B, 29-30 Anderson Street, Chatswood,
0451 878 807

WELLNESS PILATES CASTLE HILL

Suite 11/261 Old Northern Rd, Castle Hill,
0426 987 885

WELLNESS PILATES EASTWOOD

103, Level1/2 Rowe St, Eastwood,
0451 878 773

RENUÉ PILATES BRISBANE (WPS AFFILIATE TRAINING CENTRE)

Shop 14I/218 Padstow Rd,
Eight Mile Plains, Brisbane
0401 118 884



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