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Introduction

A-Lyne Pilates is a dedicated Pilates teacher training center located in the heart of Paris, France. A-Lyne was established in 2006 by Martine Curtis. Soon after, she was joined by Kelly Moriarty and Greg Montean, and together they developed the A-Lyne teacher-training program.

Mission

Our Mission is to transmit the most up-to-date and relevant information of the Pilates method to our students. Furthermore, we take responsibility to work with the government to enhance the standards of our program and teaching in our European communities to further develop the market for our profession.

Our goals are:

- To obtain PSAP approval in 2020
- To assist the French government in its understanding and legalization of the Pilates method in France
- To educate the French population on the importance of Pilates to the welfare of the population
- To bring the latest research into play in our certificate program and continue to update our program regularly
- To modernize all of our teaching materials by 2022
- To accelerate our post-graduate program, graduating 20 teachers in mat 4 and/or reformer 4 in 2021
- To continue the education of our training team both in terms of physical concepts as well as teaching methods

Programs and Courses Offered

A-Lyne offers full programs on mat, reformer, trap table, chair, barrel, the small apparatus, and accessories. These are done by module and can therefore be done consecutively as a comprehensive program that takes about 16 months. Modules must be done in the order listed. Each summer A-Lyne offers an intensive stand-alone mat program. This was developed to accommodate trainees who live outside of France and can't easily travel to France for each mat module. All mat programs require that the trainee fulfil 70% of the required observation and teaching hours at our school, and in the case of the intensive, trainees are required to return for review courses and testing. 30% of the mat observation and teaching hours can be done at an FPMP- approved studio (an attestation is required to confirm those hours).

A test is given after the mat module that includes execution of all classical mat exercises as defined by Mr. Pilates in “Return to Life”; ability to effectively cue and direct a group of clients in mat work; and a written anatomy test. After reformer 3, the trainee will be tested both on their ability to transmit information to clients in a teaching environment, safe management of the reformer, and precision in their own exercise execution. If he/she succeeds, they will receive an “attestation” showing that they have mastered all 3 levels on the reformer.

At the end of the comprehensive training which is comprised of the mat and all apparatus modules, the trainee (after turning in his/her completed and signed logbook) is required to present a case study that they have worked on over the final months of the program, test out on a number of level 3 exercises on all of the apparatus, and teach a “client” a level 3 level class on all equipment, modifying exercises according to client capacity.

If the trainee passes this test, they will receive an A-Lyne diploma. This diploma does not guarantee certification with the National Pilates Certification Program, membership with the PMA or in the FPMP (French Pilates Federation), or employment.

Module Details

MAT 1 (technique on the mat level 1)

- History of Pilates and the Pilates method
- Study of the concepts and principles of movement - includes study of respiration, the center, the spine, pelvis, and the concept of “natural” or “neutral” pelvis, study of the pelvic floor and the abdominal muscles.
- Learn and practice pre-Pilates exercises as well as level 1 Pilates exercises
- Learn to safely teach pre-Pilates and level 1 Pilates exercises.

MAT 2 (technique on the mat level 2)

- Reinforce the knowledge and practice of Pilates principles :
 - . stability,
 - . balance,
 - . strength,
 - . coordination,
 - . postural alignment
- Study of pelvic and shoulder girdle movement and stability
- Practice higher level Pilates exercises
- Learn how to construct a level 2 mat class for a group of clients.
- Learn to impart knowledge to clients, effective cuing, what it means to be a teacher

Core activation and movement concepts

In these ateliers, trainees are given anatomy and concepts that can help with the understanding and teaching of Pilates

- Learn how to identify and engage specific muscle groups and discover how those muscles relate to the center and the rest of the body. Explore breathing as a means to engage the center as an integrated part of abdominal work.

Put application of muscle identification and breathing methods into practice starting with fundamental movements, pre-Pilates, and moving to the full Pilates mat repertoire up to level 3.

MAT 3 (technique on the mat level 3)

- Learn to structure a level 3 mat class.
- Learn level 3 exercises and review all levels.
- Learn how to warm up and prepare clients for level 3 work.
- Practice modifying and adapting exercises for different physical profiles.
- Learn all of the classical and some non-classical transitions

REFORMER 1

Introduction to the reformer. How to use the reformer to augment the results that we can achieve with clients on the mat. The concept of feedback from the apparatus to assist the Pilates professional in aligning, stabilising, and balancing the client. Not only using the apparatus to reinforce/balance/and stretch, but as a method to discover the connections between the different areas of the body using the breath and working from the center.

- Master the apparatus: knowing the various types and brands of reformer.
- Regulate the apparatus depending on the morphology of the client and the objectives of the course.
- Improve the alignment of the lower limbs (hips/knees/ankles)
- Stabilise the pelvic and shoulder girdles on the apparatus.
- Stabilise et mobilise the spine and improve the standing and seated postures.
- Discover the connections: center/flexion; center/arms; center/legs; center/back extensors.
- Use movement and stability to reinforce and balance the body as a whole.
- Learn to use respiration to stabilise the client and facilitate movement.
- Master all of the level one exercises and teach them safely to clients.

REFORMER 2

The reinforcement of knowledge acquired in Reformer 1: muscular re-enforcement, stability, coordination, alignment, connections, spinal mobility and breathing. Application of this knowledge to the Reformer 2 repertoire. Initiation of spinal rotation and improvement of stability and alignment in a vertical position. More precisely:

- Knowledge of effective spinal rotation. Application to Reformer exercises.
- Coordination of spinal movements and unification with movement of the limbs.
- Improvement of standing posture and gait — relating principles to Reformer position and work.
- Improvement of stability and position of the trunk and ribcage.
- Improving stability and mobility of the shoulder girdle with pressure on the hands.
- Development of peripheral muscle strength and coordination.

REFORMER 3

Trainees learn how to use the knowledge acquired in the previous workshops to progress their own work and their teaching ability. At level 3, the trainee will acquire an extremely precise level of teaching to:

- Develop balance and stability in complicated positions and with complicated choreography
- Increase flexibility
- Improve fluidity
- Improve spinal alignment
- Cue to effectuate body awareness and precision

TRAP TABLE

The ergonomics of the Trapeze Table (or Cadillac) permits movements of greater amplitude. It's an excellent apparatus for teaching concepts, rehabilitation, and also for performing some of the very gymnastic-type Pilates work. The Trap Table allows for development of stability and mastery of the the body in a space that is very different from the Reformer. The Trap Table can also be the most dangerous piece of equipment, and trainees learn how to set up the apparatus and cue clients for maximum safety. Trainees learn:

- To teach all levels of clients on the Trap Table
- How to stabilise the spine and mobilise the rib cage in all planes
- How to work with the weight of the body against the resistance of the springs and supports - sometimes in suspension
- How to spot the bars and cue the client to move in a safe manner

CHAIR

The chair can be a difficult apparatus to use, and difficult to teach. The higher level chair work can require a great deal of upper body strength, but at the same time, the apparatus often a good choice for pregnant women who can perform exercises in a seated position. Trainees are made aware of:

- Efficient manual cueing while keeping their own bodies safe
- Effective work of the shoulder girdle — both stabilising and mobilising
- How to work with the lower limbs while considering the antagonists of the posterior chain
- How to teach pregnant women on the chair in a seated position
- How to take advantage of three dimensional movement on the chair

Small Equipment / Barrels

- Use of the other equipment (Spine Corrector, Ladder Barrel, Ped-a-Pull, circles, etc) either as stand-alone apparatus or as a complement to work on the Reformer, Trap Table, or Chair.
- Exploration of the smaller equipment as a means to cue and support the body when learning difficult or new movements.
- Use of the Ladder Barrel to explore articular movements (both spine and limbs) of greater amplitude.

All modules include workshops (held at A-Lyne), observation hours, teaching hours, and personal practice hours. All hours are noted in a logbook. Observation hours are signed by the A-Lyne teacher observed. Logbooks need to be complete and turned into A-Lyne before test outs.

Pricing :

2600 euros Mat

7500 euros Mat + Machines

This includes 300 euros for inscription that is non reimbursable

The above pricing does not include the prerequisites:

Prerequisites before entry into the Mat program:

10 collectifs a 3 euros = 30

2-10 individual courses at 50 euros apiece = 100-500

Prerequisites before entry into the Reformer program:

2-5 individual courses at 50 euros apiece = 100-250 euros

Total prerequisite costs for the complete program = 200-780 euros

The basic costs do not include the obligatory courses to be taken during the complete program:

Module 1 - Mat

20 collective mat classes at 3 euros = 60

10 individual courses at 50 euros = 500

Module 2 - Reformer

5 individual courses at 50 euros = 250

Module 3 - Trapeze Table, Chair, Barrel, Accessories

5 individual courses at 50 euros. = 250

Total Cost Complete Program: 9340 maximum (with maximum number of prerequisites). All manuals, observation hours, practice hours and ateliers are included.

Admission Requirements:

Our program is open to candidates from all walks of life. Many of our candidates come to us with a fitness or dance background, but we also have candidates coming with the desire to change their career paths. No applicant will be denied on the basis of race, national origin, color, creed, religion, sex, age, disability, gender identity, gender expression, or sexual orientation. We require a medical certificate stating that the candidate is fit to undergo the physical rigours of the program. We then conduct an evaluation to judge the candidate's ability to move and follow instructions.

Most of our candidates come to us with quite a bit of Pilates training — this is ideal as we prefer to start candidates who are already familiar with Pilates. However, since Pilates is relatively new in France, we do have our prerequisite program in place to

ensure that the student will have an appropriate level before the workshops begin. The number of prerequisites required will be determined after a free evaluation and two private lessons (50 euros per lesson).

Hours for each module:

Mat: Lecture 72 hours, Practical (observation, personal practice, teaching) 130 hours

Reformer: Lecture 66 hours, Practical 185 hours

Trapeze Table: Lecture 24, Practical 90 hours

Chair: Lecture 24 hours, practical 65 hours

Barrel: Lecture 12, Practical 30 hours

Enrolment Procedure:

After filling out the admissions form, and presenting a medical certificate, the candidate will interview with our Admissions Advisor who will thoroughly explain the expectations of the school. They will also try to assess what that future student's expectations are of the program. Financing is covered at this point, as many of our students are financed by employers, AFDAS, Pole-Emploi, or other organisations.

Our Advisor then fills out the necessary forms so that the student can present them to the appropriate agency. If the candidate will be financing their own program, a payment system is worked out that is agreeable to the center as well as the candidate. There is a 300 euro non-refundable deposit to secure a place in an upcoming module.

Late enrolment is not accepted. A-Lyne starts new programs every May and October, and offers a Mat Intensive in July. If a candidate arrives late, he or she can begin preparing for the upcoming cycle.

Attendance Requirement:

Our attendance requirements are very strict, not only to keep the student moving on at an appropriate pace, but to meet the strict requirements of the French government's "Datadocks" system that allows A-Lyne to participate in the financing programs of government-sponsored agencies. A trainee is required to keep a signed logbook of all observation and teaching hours. In addition, trainees sign a sign-in sheet both morning and afternoon on each day of the workshop. These sheets need to be made available to government agencies on request.

If a student is late, specifically for a workshop, or misses a portion of a workshop, that time will need to be made up with a certified instructor in private lessons (at 50 euros an hour).

Leave of Absence:

When discussing the program with our Administrator, the potential trainee is encouraged to be realistic in terms of whether he or she will be able to complete the program doing back-to-back modules, or whether he or she will need to perhaps begin with the Mat program and then move through the modules at a slower rate. The trainee and administrator will try to come up with a realistic program schedule.

However, If a student needs to withdraw from training for a short period of time (1–6 weeks) we ask that the student provides a letter, personally or from a doctor, explaining the circumstances. If the student paid the program in full, the school will retain all payments and allow the student to start with the next training course. If the student is on an installment plan, (s)he will continue to pay on the balance of the first attempted course. Leave of absences that are longer than 6 weeks will be treated as a drop. The refund will be determined by the refund policy and will include all payments made in advance for any future training. Upon restarting, the school will determine if the student needs to start fresh with a new course and pay the requisite tuition, or if the student is eligible to jump into an existing program and tuition will then be calculated proportionately, based on the number of hours needed to complete. Students are expected to come back within 1 year. The trainee needs to provide a medical certificate in cases of injuries or illness. Students who take a leave of absence due to pregnancy are granted additional six months to recover.

In the event that a trainee will miss just portions of a module because of family or work considerations, the trainee will make up missed information by scheduling a number of hours with one of the leaders of the formation to make up the missed work. They can then continue with the program with the same group and at the standard speed.

Conduct Policy:

All students are expected to act in a respectful and mature manner. Respectful not only to other students and staff, but to the space and the supplies and apparatus in the space. Since we are a school that is open between 8:00-21:00 every day, and students come and go as they please, extra responsibility is placed on each student to make sure that the last person leaving turns out all lights and makes

certain that the door is locked. The school space is located in the courtyard of an apartment complex. Therefore, students are expected to respect the neighbours and keep unnecessary noise to a minimum.

As Pilates engages touch for cueing and adjustment purposes, the program will require some level of touch, which requires an appropriate level of sensitivity.

There will be no consumption of alcohol on the premises, and food needs to be eaten in the trainee study area and not on the apparatus. There is no smoking allowed either inside the building or in the courtyard. If trainees smoke, they need to go outside of the courtyard and make sure as well that their cigarette butts are disposed of and not thrown on the ground.

Violation of these policies will result in a reprimand, with potential expulsion if the trainee commits multiple infractions.

Dismissal:

A student can be dismissed if he or she violates rules listed in the signed contract, repeatedly breaks rules of conduct, fails to make sufficient academic progress, or cheats on tests.

Dismissals are at the discretion of the director, however, every attempt will be made to avoid a dismissal. The A-Lyne administrator will counsel the trainee and lay out a list of expectations and set follow up appointments to evaluate the trainee progress.

Educational Services:

A-Lyne is strictly an educational facility. As such, we offer outstanding resources for trainees. While not mandatory, trainees are invited to attend 3 ateliers a week given by our teaching staff. The content of these ateliers varies according to the needs of the trainees. Often, they are an opportunity to have their teaching critiqued, perfect exercises, or deepen the knowledge of anatomy.

There is a full library of anatomy and Pilates books that can be used by the trainees, and a study area where they can review anatomy or concepts with other trainees.

The A-Lyne administrator is available three days a week to consult with trainees about financing, educational progress, or studio concerns. In addition, the teaching team is available to discuss specific Pilates-related questions and progress concerns.

Grading System:

Grades are given after each test out. Tests are given at the completion of Mat 3, Reformer 3, and the final exam at the end of all the apparatus modules. The observation, personal practice, and teaching logbooks must be completed before a test can be taken.

To pass any of the following exams, a trainee must receive a grade of at least 80% of the total. Below are listed the absolute values of each portion of the various test outs.

Mat Grading: Personal Practice - ability to perform all of the Mat level 3 exercises - maximum 38 points, teaching - maximum 18 points, anatomy - maximum 20 points, case study (ungraded). A debriefing is always done with those students who have not tested well. Students who have passed the exam can request a debriefing. All students will receive an evaluation by email with notes given by each member of the formation team and a fourth person who is outside of the team explaining what points need improvement, and what was done exceptionally well. The portions of the tests that were failed, can be retaken during the next exam period with no need to redo the portions that were successfully done.

Reformer Grading - ability to perform all reformer exercises and transitions at level 3 - maximum 46 points, ability to teach a level 3 reformer lesson - maximum 18 points. A-Lyne does not give a "diploma" for successful completion of the Reformer test out, but an "attestation" of completion. Students are informed by email of their grade and notes from each member of the formation team. Again, debriefings are given to those who do not successfully pass the reformer evaluations. Those who do succeed can also request a debriefing. The portions of the tests that were failed, can be retaken during the next exam period with no need to redo the portions that were successfully done.

Final Grading - ability to perform level 3 exercises on reformer, trap table and chair - maximum 6 points, ability to successfully teach a level 3 course on reformer, trap table, chair - maximum 19 points, written anatomy test - maximum 20 points, Case study - maximum 5 points

All students receive their grades and an evaluation of each category of the test by email. If the student has not successfully completed all parts the final exam, there will be a debriefing to assist the trainee in preparing for the next round of exams and set up either lessons to improve their personal practice or assistance to help with teaching difficulties. Again, the portions of the tests that were failed, can be retaken during the next exam cycle with no need to redo the portions that were completed successfully.

Progress Policy:

When entering the A-Lyne program, the trainee will calculate with our administrator the number of hours necessary to commit to the program per week in order to fulfil the teaching, observation, and practice hours. These hours are all kept in the log book, and the log book is signed by a teacher trainer at the end of each week. If the trainee's education is being funded by a government organization, these hours will be transmitted monthly to that organization. While number of hours committed to the program isn't a guarantee of success, it's a good indicator of progress. If a trainee is behind in his/her hours, one of the teacher trainers or the administrator will schedule a meeting with the trainee to discuss how to make up those hours.

Since trainees are required to take lessons with the teacher trainers throughout the program, the level of physical progress is easy to monitor. If a trainer finds that a trainee is falling behind in his/her personal practice, more lessons will be scheduled and the trainee will be encouraged to attend more of the ateliers in order to improve their practice. A portion of an atelier may be devoted to issues specific to that trainee.

At the beginning of each new modules, trainees' progress on previous work will be evaluated. Evaluations will be done on teaching and personal practice progress. In addition a short anatomy test is given, as well as a short case study.

Trainees are also welcome and encouraged to discuss their progress with a teacher trainer. Because A-Lyne is strictly a center of education, trainees are in very close contact with the teacher trainers. The formation staff regularly observes a trainee teaching a "client." Problems with the trainee's teaching can be addressed rapidly. If the trainer spots an issue that needs to be addressed immediately, the trainer will interrupt the trainee's lesson to make suggestions and corrections. If the trainer senses that the trainee hasn't acquired sufficient skills in this area, the trainer will meet with the trainee and make suggestions, often finding another trainee from a higher group for the trainee to work with.

Every attempt is made to get the trainee up to speed in all areas. Trainees are not expelled for lack of progress up until the test outs. Tests can be taken 3 times. If a trainee fails to pass the test the third time, it's obligatory to retake the certificate program.

Transfer of Credit Policy:

A-Lyne requires that students complete either the mat, reformer, or all of the training modules as well as pass the appropriate test outs before receiving a diploma for completion. It's up to the receiving school to decide whether they will accept a partial completion of our program when considering the acceptance of the student. If necessary, A-Lyne can provide a written attestation confirming that the student has attended the specific modules in question, along with the number of observation hours and practice hours completed. This in no way guarantees the teaching capability of the student.

Acceptance of students who have completed modules at other schools, but who wish to continue with modules taught at A-Lyne, is done on a case-by-case basis. A-Lyne will evaluate the level of potential trainees arriving from another FPMP or PSAP-recognized training center. The potential trainee will be tested on teaching capability and personal performance. This is done at a cost of 150 euros to the student. If the trainee is accepted into the A-Lyne program, it's at this time that the number of required prerequisite hours can be modified to accommodate the level of the trainee.

Refund Policy:

Students do not start payments until they are accepted by evaluation into the program. At that time, the student will make a non-refundable 300 euro deposit to guarantee their place in the program. If the student cancels anytime before the program begins, they will be reimbursed for any of the modules they've paid for, minus the 300 euro deposit. Thereafter, if the student leaves having completed 10% or less of the program, the refund is 90% less cancellation charge (- 300 euro deposit); if the student leaves having completed 25% or less of the program, the refund is 75% less cancellation charge; if the student leaves having completed between 25% and 50% of the program, the refund is 50% less cancellation charge; if the student leaves after 50% of the program, there is no refund.

If the student is terminated for any reason, the refund policy will be applied. The student will receive a full refund of tuition and fees paid if the school discontinues the program within a period of time a student could have reasonably completed it.

Student Grievance Procedure:

Please note that each student must sign the A-Lyne grievance policy form upon entrance to the program. In short, the student adheres to the following procedure:

- If complaints are between two trainees, or between a trainer and a trainee, the parties will work to resolve the issue between themselves.
- If step one isn't applicable or appropriate, the complaint will be directed to the spokesperson of the group who will discuss the problem with either the administrator of the teaching team — whichever is more appropriate.
- If the problem is not resolved, the person levying the complaint can go directly to the director.
- If the problem still isn't resolved, the person can contact the FPMP, the Pilates Federation of France.
- If the problem is still not resolved, the student may appeal in writing to PSAP@pilatesmethodalliance.org

Sexual Harassment Procedure:

Please note that upon entrance to A-Lyne's program, the trainee must acknowledge and sign our sexual harassment policy sheet.

Any student who feels s/he has been subject to sexual harassment should take the following actions:

- Speak directly to the source of the discrimination.
- If this is not a reasonable option, or if such an option does not remedy the situation, speak with the A-Lyne Administrator.
- If this is not a reasonable option, or if such an option does not remedy the situation, speak with the Director.
- If this is not a reasonable option, or if such an option does not remedy the situation, document all relevant facts and send documentation to the FPMP.
- The PSAP can be used as the last point of contact in the sexual harassment procedure.

Students who are found to have sexually harassed or knowingly filed a false complaint of sexual harassment shall be subject to disciplinary action, including dismissal. They will subsequently be reported to the FPMP.

Access to Student Files:

Included in the student files:

- Photo ID
- Admission form plus copy of admission check
- Contract with A-lyne
- Financial agreement
- Applications for financing
- Attendance records submitted to financing agencies

- Internal attendance forms (also available to financing agencies)
- Correspondance
- Signed sexual harassment agreement
- Signed grievance policy agreement
- Signed photo release form

Our administrator is available 3 days a week. An appointment can be made with him during his period of availability to review records.

Satisfactory Completion:

A student who satisfactorily completes the A-Lyne training program — including all observation hours, personal practice hours, teaching hours, case studies and test outs — will be awarded an A-Lyne diploma.

This diploma does not guarantee membership the FPMP (French Pilates Federation). For full membership in the FPMP and the ability to participate in the CQP test out, the trainee's A-Lyne mat diploma will allow the participant to initiate that process.

Completion of a comprehensive program such as the A-Lyne program is required to take the National Pilates Certification Exam.

Completion of the program does not guarantee employment.

Time extension for program completion:

If a trainee has an injury or medical condition that prevents his participation in the A-Lyne program, he or she has 3 years to resume the program where he or she has left off. To obtain an extension, a trainee must have a medical certificate to leave the program and medical authorisation to return to the program. If they are not able to return within 3 years, they will receive a pro-rated reimbursement.

Teacher Biographies

Martine Curtis

Founder

A former dancer and health journalist, Martine Curtis is the co-founder of two Pilates studios in Paris and the founder of A-Lyne Pilates. Her experience with Pilates began in the 1970s with both Romana Kryzanowska's version of Pilates and "evolved" Pilates with a focus on rehabilitation. She completed training in both styles of Pilates, as well as Pilates teacher training programs.

She is the author of "Perfect Pilates," the first Pilates book (published by Vigot-Maloine) to come out of France. She has also translated several of Blandine Calais-Germain's anatomy books from French to English for Calais-Germain's American publisher.

Kelly Moriarty

Formation Director

Kelly was trained in classical dance at the Rock School in Philadelphia, after which he danced with the corps of the Pennsylvania Ballet for 15 years. During this time he worked with many acclaimed international directors and choreographers.

His Pilates training began with Karen Carlson (Pineland Pilates) and was followed by a diploma from Madeline Black (ITT Pilates). After 20 years of research and study of Pilates, he became a teacher trainer at A-Lyne Pilates.

He is also certified in massage and GYROTONIC® and GYROKINESIS®.

Greg Montean

Manager, Director of Program Research and Development

Greg Guillou Montean is a former Paris firefighter and an athletic coach with a second degree sports brevet. He has participated in the creation of training methods at the Army Center of Fontainebleau, and is a professor at the School of Chinese Performing Arts. Greg was trained in Pilates 13 years ago and studied teacher training 6 years ago.

He is also a practitioner of Chinese Medicine.

Facilities:

A-Lyne Pilates (the education center) is located at 19 rue Lucien Sampaix, 75010 in the Republique areas of Paris close to several transit lines. Our school is 180 square meters and consists of a ground floor and a sous-sol, 2 toilets (one handicapped), a shower, a trainee lounge area and an office. It is fully equipped with all of the traditional Pilates equipment: reformers, trap tables, chairs, ped-u-pole, barrels and small equipment. The studio is open between 8:30 and 21:00 every day except Sunday. Trainees are equipped with the door code and can come and go as they please.

A-Lyne also has a small studio at 27 rue Notre Dame de Nazareth, 75003 where many of our graduates bring their clients. The space is 60 square meters and is equipped with reformers, trap table, chairs, wall units, spine correctors, and small equipment. None of the educational programs are held at this location.