

*Second
Wind*

PILATES PLUS®



EDUCATION | INSPIRATION | TRANSFORMATION

CERTIFICATION PACKAGE

TEACHER TRAINING



TEACHER-TRAINING AT SECOND WIND®

In the summer of 2010, Second Wind Pilates Plus® launched its newest teacher-training format in The Pilates Method and Integrated Movement Therapies (IMT)®. Twelve years ago, in 1999, when Second Wind first started its certification program, our Pilates mat course consisted of 100 in-studio hours requiring that both anatomy and postural assessment be studied in addition to these so-called 'basic' hours. At the time, many Pilates mat certification courses were an entire weekend, and that often still holds true today.

Now, over a decade later, Second Wind's programming continues to be both extensive and intensive, but also more accessible. While prioritizing the integrity of our multidisciplinary approach, we have consistently improved upon content, delivery, and format without succumbing to a fast track or a profit-based model. Bridging fitness, postural rehabilitation, and movement re-patterning, our program is designed to offer practitioners a complementary model that integrates the medically advanced knowledge of our time while simultaneously preserving the essence of Joseph Pilates' original work as it has become known to professionals worldwide.

GOALS OF SECOND WIND'S PROGRAMMING

The uniqueness Second Wind's Certification training lays in our intention, as well the content and design. Through the combined study of Pilates and Integrated Movement Therapies (IMT)®, students develop a broad knowledge base about their own bodies and selves: the anatomical body-in-motion and interface of the body-mind-spirit that is inherent in movement practice. Second Wind's approach is a unique blend of classical Pilates with up-to-date approaches to functional, expressive, and therapeutic movement training that addresses not only what we do, but also how and why we do what we do. Fundamental movement principles, theory, functional anatomy, experiential exploration, and small class sizes of 5-7 students ensure that each movement is consciously executed according to correct biomechanics, clear intension and personal understanding. Anything less is movement through repetition and imitation, ensuring our nervous systems do not respond and our souls stay disengaged. Second Wind Pilates Plus® is committed to helping students be the very best they can as both people and movement coaches so that they can, in turn, help others be the best they can be in their own lives.

The goals of Second Wind's teacher-training program, therefore, go beyond the development of strength, endurance and coordination, although these parameters are central to the program. Prioritizing the individual spirits and learning styles of each student that walks through our door, we ensure mastery of movement practice, teaching skill, and service through training in precision, clear intention, embodied knowledge, and professional integrity.



CERTIFICATION COURSE OBJECTIVES

- To offer an educational framework for the study of the body-in-motion.
- To deepen teachers' knowledge and movement experiences of their bodies by learning new ways to understand and access their own physicality and movement profiles.
- To enhance psychophysical awareness as the baseline for embodied movement, self-knowledge, and excellence as an educator.
- To develop whole body strength and flexibility to support athletic performance and daily functioning.
- To develop assessment, observation, problem solving and interpersonal skills in order to work with clients with accuracy and sensitivity.
- To access experiential anatomy, imagery, and accuracy of cueing to help master teaching and communication skills.
- To bridge the gap between floor/equipment exercises and vertical movement and locomotion.
- To enhance networking and sharing of ideas between medical and allied health care practitioners in order to maximize the success of our combined approaches to physical health and fitness.
- To explore the interface between "education" and "therapy" as a body-mind continuum that requires the conscious involvement of the client in his/her movement process and the practitioner's commitment to addressing the whole person towards total health.
- To encourage further learning in somatic and related fields for personal and professional development.



IMT CERTIFICATION

To highlight the importance of movement as a source of self-expression and meaning, as well as anatomical precision and biomechanics, we have added Integrated Movement Therapies (IMT)[®] to our certification curriculum. IMT training is an in-depth study of the objective and subjective experience of the body-in-motion as a foundation for self-knowledge and the art of teaching. The work is a personal synthesis created by Danielle Bélec-Van Zeyl from over 20 years of experience as a dance artist, academic, practitioner, and studio owner.

Integrated Movement Therapies offers a unique framework for the study of conscious movement. With roots in age-old traditions, it combines complementary approaches to movement re-patterning, postural re-education, pain-management, and psycho-spiritual integration. IMT is influenced by the work of Rudolf Laban (Laban Movement Analysis) and Irmgard Bartenieff (Bartenieff Fundamentals), as well as by modern dance, Pilates, tai chi, yoga, Phoenix Rising Yoga Therapy, myofascial bodywork and diverse training in biomechanics, anatomy, and functional training.

As a conceptual and experiential framework designed to deepen performance and teaching of any movement practice, Integrated Movement Therapies (IMT)[®] is a complete certification course in and of itself. Due to the comprehensive scope of the material, IMT is also the pre-Pilates course and pre-requisite for Second Wind's Pilates Mat and equipment training that follow.

WHO BENEFITS FROM IMT TRAINING ?

As the basis for self-knowledge, movement mastery, and intentional living, IMT is applicable to any form of physical or psychotherapeutic profession. An approach that systematically studies the body in its respective parts in order to understand, reconnect to, and enliven the whole, IMT content is organized into sections. We study the spine, pelvis, sacrum, hip joints, knees, ankles & feet, shoulder girdle, core, developmental movement patterns, and standing applications, progressively culminating in whole body integration. The IMT training experience transforms understanding of how our bodies move, think, feel, experience, and communicate, propelling theory and practice to a new level of understanding.

Integrated Movement Therapies (IMT)[®] is excellent for: aspiring and budding teachers, both young and older; Pilates and yoga instructors and students; physiotherapists; osteopaths; massage therapists; personal trainers; chiropractors; and psychotherapists; as well as any student or professional interested in how our bodies heal and connect us to ourselves and the world around us.



PILATES MAT CERTIFICATION

The Pilates Method is a physical conditioning technique originated by Joseph H. Pilates in the 1920's. Pilates was a performer and boxer living in England at the outbreak of WWI. Placed under forced internment with other German nationals in Lancaster, he taught his fellow camp members exercises he had developed over years of self-study. He eventually named his work Contrology, known today as The Pilates Method or Pilates technique.

Pilates has subsequently become an approach to fitness that is known for developing deep core strength, balanced flexibility, and efficient and coordinated movement. Pilates exercises strengthen and stretch complementary muscle groups simultaneously in order to enhance the articulation and muscular support of the spine with the goal of establishing a balanced relationship between mobility and stability for all movement function.

Essential components of The Pilates Method include: enhanced body awareness and mind-body integration; the development of an efficient and leaner muscular tone; integration of the fundamental role of breath support for all movement expression; and physical control.

Students learn to minimize unnecessary strain on the neck and lower back developing skills that encourage them to work with their body, not against it.

PILATES EQUIPMENT

Joseph Pilates was an inventor as well as an athlete. The creation of his self-designed equipment began when he was a prisoner in a POW camp in England during WWI, where he served as both nurse and caretaker. Using the springs of the infirmary beds and various ingenious solutions to help internees recover from sickness and injury, he later devised a series of exercise machines or Pilates equipment to rehabilitate his "patients". Pilates equipment available today are designed similarly to those originally created by Joseph Pilates, with the Pilates Reformer and Cadillac (aka Trapeze) being two of his most popular.

The Reformer is a spring-loaded resistance platform that moves with the body via spring-tension, pulleys, and strategically located ropes and straps that support the feet and/or hands depending on the exercises performed.

The Cadillac, unlike the Reformer, does not move. It is a six-foot long stationary platform framed by metal upright poles and bars to which spring loaded straps are attached, again for the placement of feet and/or hands.



The Reformer and Cadillac challenge core stability, spinal articulation, movement isolation, stability and coordination, adding hundreds of exercises to the Pilates syllabus. Certain equipment exercises demand that the core is stabilized against the movement and resistance of the limbs. In other exercises, the limbs are stable while the core is mobile. Sometimes the upper body serves as the center of gravity and support as the lower body and limbs move, or vice versa.

Training in the numerous and at times complex movement patterns of the Pilates syllabus as practiced on the Mat, Reformer, and Cadillac increases control, strength, and full-body organization. Such movement skill improves postural alignment, physical function, and ease of movement, reducing strain and injury potential, and ultimately linking Pilates training to life and physical activities of any kind.

As a future student of IMT and Pilates, through Second Wind®, you will be presented with the possibility of profoundly expanding your understanding of your own body and movement profile. You will learn to communicate this transforming movement mastery to your clients, fully capable of supporting the diversity of their wellness goals, learning styles, and spiritual and physical evolution.



IMT COURSE DETAILS

Integrated Movement Therapies (IMT)[®] Certification course consists of 50 in-studio hours completed in two modules. Module Modules A & B are supported by two detailed manuals comprising over 300 pages of information that augment movement mastery, teaching skill and professional growth well beyond the length of this course. IMT programming is offered in both weekend and weekday formats.

| MODULE A | TOTAL HOURS MODULE A: 25 |
|--|---|
| CONTENT | |
| <ul style="list-style-type: none"> • Functional Anatomy & Biomechanics • Respiration and Breath Support • Restorative Series • Iliopsoas & Core Stability • Planes & Axis of Movement • Logic of Teaching and Class progression • Counter-indications, injury/postural restrictions, and how they manifest in performance | <ul style="list-style-type: none"> • Theory & Movement Principles • Spinal Fundamentals & Body Architecture • Pelvis, Hip Joints & Relationships of Movement • The Bartenieff Fundamentals • The language of Movement and Principles of Cuing • Practitioner Touch: body position, touch sensitivity, & intention |

| MODULE B | TOTAL HOURS MODULE B: 25 |
|---|---|
| CONTENT | |
| <ul style="list-style-type: none"> • Developmental Movement Patterns • Our Myofascial Matrix • Exploring the Leg, Knee & Foot • Challenging your Core Connection • Logic of Teaching and Class progression • Practitioner Touch: body position, touch sensitivity, & intention • Counter-indications, injury/postural restrictions, and how they manifest in performance | <ul style="list-style-type: none"> • Fundamentals of the Shoulder Girdle • Prone, Supine & Standing Arm Movement Patterns • The Bartenieff Fundamentals Revisited • A Comprehensive Standing Series • The language of Movement and Principles of Cuing |

PRACTICE TEACHING: 20 hours **OBSERVATION HOURS:** 15 hours
TEACHING CASE STUDY: 10 hours **PRE-REQUIRES:** None

IMT CERTIFICATION REQUIREMENTS

- Completion of Modules A & B totaling 50 in-studio hours
- Completion of Practice teaching and Observation hours
- Completion of one Teaching Case-Study
- Completion of practical and take-home written test

COURSE FEE: \$1400 COURSE + \$100 (2 manuals) & \$20 handouts = \$1520 + HST
PRACTICAL & WRITTEN TEST: \$200 + HST
MAXIMUM 7 students



THE PILATES MAT COURSE

The Pilates Mat course consists of 35 hours of Practice and Theory organized into two modules. Modules A & B are offered in both weekday and weekend formats. The training material includes one manual.

| MODULE A | TOTAL HOURS MODULE A: 15 |
|---|--|
| CONTENT | |
| <ul style="list-style-type: none">• Beginner & Intermediate syllabus• Verbal cuing and palpation skills• Logic of Teaching and Class progression• Counter-indications, modifications, injury/postural restrictions, and how they manifest in performance | <ul style="list-style-type: none">• Anatomy, biomechanics, and purpose of each exercise• IMT Principles & Content relevant to each exercise |

| MODULE B | TOTAL HOURS MODULE B: 20 |
|--|--|
| CONTENT | |
| <ul style="list-style-type: none">• Advanced syllabus• Verbal cuing and palpation skills• Logic of Teaching and Class progression• Counter-indications, modifications, injury/postural restrictions, and how they manifest in performance | <ul style="list-style-type: none">• Anatomy, biomechanics, and purpose of each exercise• IMT Principles & Content relevant to each exercise |

PRACTICE TEACHING: 10 hours

OBSERVATION HOURS: 10 hours

TEACHING CASE STUDY: 8 hours

PRE-REQUIRES: Integrated Movement Therapies (IMT)[®]

MAT CERTIFICATION REQUIREMENTS

- Completion of Modules A & B totaling 35 in-studio hours
- Completion of Practice teaching and Observation hours
- Completion of one Teaching Case-Study
- Completion of practical and take-home written test

COURSE FEE: \$1150 course + \$35 manual and handouts = \$1185 + HST

PRACTICAL & WRITTEN TEST: \$200 + HST

MAXIMUM 7 students



THE PILATES REFORMER COURSE

The Reformer course consists of 55 hours of Practice and Theory organized into two modules. Modules A & B are offered in both weekday and weekend formats. The training material includes two manuals, one for each module.

| MODULE A | TOTAL HOURS MODULE A: 35 |
|---|---------------------------------|
| CONTENT | |
| <ul style="list-style-type: none"> • Beginner and Intermediate Reformer exercises performed supine and sitting on the Reformer bed. • Anatomy, biomechanics, and purpose of each exercise • IMT Principles, IMT Movement Content, & Pilates Mat exercises relevant to each Reformer exercise • Verbal cuing and palpation skills • Logic of Teaching and Class progression • Counter-indications, modifications, injury/postural restrictions, and how they manifest in performance | |

| MODULE B | TOTAL HOURS MODULE B: 20 |
|--|---------------------------------|
| CONTENT | |
| <ul style="list-style-type: none"> • Intermediate and advanced exercises • Anatomy, biomechanics, and purpose of each exercise • IMT Principles, IMT Movement Content, & Pilates Mat exercises relevant to each Reformer exercise • Verbal cuing and palpation skills • Logic of Teaching and Class progression • Counter-indications, modifications, injury/postural restrictions, and how they manifest in performance | |

OBSERVATION HOURS: 25 hours **TEACHING HOURS:** 25 hours
TEACHING CASE STUDY: 10 hours **PRE-REQUIRES:** IMT & Pilates Mat

REFORMER CERTIFICATION REQUIREMENTS

- Completion of Modules A & B totaling 55 in-studio hours
- Completion of Practice teaching and Observation hours
- Completion of one Teaching Case-Study
- Completion of practical and take-home written test

FEE FOR MODULE A: \$950 course + \$50 manual and handouts = \$1000 + HST

FEE FOR MODULE B: \$750 + \$50 manual + \$800 + HST

MAXIMUM 5 students



THE PILATES CADILLAC COURSE

The Cadillac certification consists of 40 in-studio hours offered as one module in both weekday and weekend formats. The training includes one student manual.

CONTENT

- Beginner and Intermediate exercises
- Anatomy, biomechanics, and purpose of each exercise
- IMT Principles, IMT Movement Content, & Pilates Mat/Reformer exercises relevant to each Cadillac exercise
- Verbal cuing and palpation skills
- Counter-indications, modifications, injury/postural restrictions, and how they manifest in performance
- Select advanced exercises
- Logic of Teaching and Class progression

PRACTICE TEACHING: 15 hours

OBSERVATION HOURS: 10 hours

TEACHING CASE STUDY: 8 hours

PRE-REQUITES: IMT & Pilates Mat

CADILLAC CERTIFICATION REQUIREMENTS

- Completion of 40 in-studio hours
- Completion of Practice teaching and Observation hours
- Completion of one Teaching Case-Study
- Completion of practical and take-home written test

COURSE FEE: \$1250 course + \$35 manual and handouts = \$1285 + HST

MAXIMUM 4 students



LEARNING SKILLS ACQUIRED

PRINCIPLES AND THEORY OF MOVEMENT

Movement is an art not just a technique. Movement occurs in time and space requiring timing, efficiency, accuracy and conscious awareness, regardless of how fast or slow it might unfold. Muscular timing, initiation, relationships, and degree and duration of effort are guided by principles that support understanding and mastery.

PURPOSE AND ESSENCE OF EACH EXERCISE

Each exercise in the syllabus is designed to have a particular effect whether singular or multifold. In either case, learning to define the essence of each exercise allows students to fully experience the benefit of the work. With deeper understanding, they can use the system with accuracy and effectiveness as teachers.

TECHNIQUE, PHRASING, MOVEMENT QUALITY

Every movement has a beginning, middle and end. All movement can be broken down into step-by-step neuromuscular phases that can be consciously guided, rather than occurring randomly. Mastery of functional and graceful movement requires *economy of effort*, *efficient pathways* in space, and timing. Quality is never an accident; it represents the wise choice of many alternatives.

FUNCTIONAL ANATOMY & MUSCULAR EMPHASIS

Anatomy of the human body is guided by internally coherent systems of reference and function. Students learn how to deconstruct exercises from an anatomical perspective, advancing understanding and knowledge.

ART OF TEACHING

Becoming a great teacher requires being an informed and inquisitive student first. Students learn to apply their growing knowledge by developing skills in movement analysis, clear intention and communication, listening and seeing, directing and cuing verbally and through hands-on adjustments, and learning exercise modifications according to postural type, limitations, injury or age. With this abundance comes giving!

MOVEMENT REHABILITATION & EXERCISE MODIFICATIONS

Combined training in Pilates and Integrated Movement Therapies (IMT)[®] offers copious choices for addressing diverse population types and physical conditions. Movement rehabilitation requires understanding the essence of each exercise and how to creatively modify full forms such that a particular student can successfully master its simplicity rather than bumbling along, hoping to 'do it right'. With each step of understanding and successful application, the student learns to progress from simple to complex forms until their newly found alignment, neuromuscular intelligence and functional understanding becomes the norm. Effective rehabilitation is the art of healing.



CERTIFICATION TESTIMONIALS

The Pilates Mat & Reformer and Integrated Movement Therapies (IMT)[®] Instructor Certification Program offered at Second Wind[®] Pilates Plus[®] goes beyond learning how to teach some great exercises. It is a journey into your own physical and spiritual development that allows you to work more effectively with your clients to help them find their greatest movement potential.

The level of detail within the course work in addition to great hands-on teaching methods ultimately provides you as an instructor with some wonderful tools to ensure your clients receive the greatest benefits to both mind and body in a fun and safe environment.

The quality of teaching and level of care that Danielle and Sara give to their students is second to none and I will forever appreciate their commitment to providing an excellent educational experience while supporting my own personal journey.

– CHRISTIE ELLINGER, DIRECTOR AND PILATES MAT/REFORMER & IMT[®] INSTRUCTOR, DYNAMIC BODY HEALTH & FITNESS PILATES STUDIO, WATERDOWN, ON

Second Wind[®] Pilates Plus[®] offers truly comprehensive and well-rounded training for the aspiring Pilates teacher. I found I was quickly and easily learning an abundance of fascinating information on anatomy and movement that has served me well and will continue to do so in my teaching career. What I loved the most about training here though, were the people. All of our instructors were kind, loving teachers who really put us, the students, first and showed genuine caring for our success. We were pushed and challenged to be the best we could be in an encouraging and empowering way, which I am quite certain gave me the courage and confidence I needed to really come into my own as a teacher. I have a ways to go and a lot of learning still to do, but the path is exciting and filled with fun and wonder due to the fact that I have such wonderful, open and generous teachers at Second Wind[®] Pilates Plus[®] whom, I have no doubt, will always be present to lend a loving, knowledgeable and supporting hand.

– CRISTINA CHAPARRO, STUDIO INSTRUCTOR, SECOND WIND[®] PILATES PLUS[®], MISSISSAUGA, ON

Danielle Bélec is an outstanding instructor who brings with her a wealth of knowledge and experience which she delivers with a passion that is compelling.

– PILATES STUDENT

The Pilates and Integrated Movement Therapies (IMT)[®] training at Second Wind Pilates Plus has been “jam packed full” of information. I thought I knew my body but Danielle has opened a whole new world of mind-body connection to me. As a current certification student, what I love most about this teaching studio is how wonderfully accommodating and flexible the instructors are making it easy for me to continue working as I study at my own pace. IMT[®] has given me strength, mobility and pain management after I was injured in a car accident. After experiencing the success of this incredible work first hand I felt the need to share Danielle’s work with others. I want to make people more comfortable and happier to be in their own bodies thereby making their lives more enjoyable!

– KIM WOOLRIDGE, BOOKKEEPER, PILATES STUDENT, CURRENT CERTIFICATION STUDENT @ SECOND WIND[®] PILATES PLUS[®]



CERTIFICATION TESTIMONIALS

The Second Wind® Integrated Movement Therapies (IMT)® Certification Course has improved my teaching and practice skills in Yoga dramatically. This course has helped me deepen and expand my knowledge of the movement of the human body. When teaching a class, it is crucial to have the ability to analyze the student's body type and understand their needs to give proper adjustments.

The staff members at Second Wind® are very supportive to each of the students who took the IMT® course. They are passionate to teach us with detailed information and hands-on adjustments, until we understand the movement with our own body. I am so grateful for having this great opportunity to study with Danielle Bélec. It is an experience that I will never forget. By taking this course, Danielle has taught me to remind myself that we teach the students the awareness of their mind, body and deep breathing, instead of the pose or physical exercise.

– YUKA SHIMIZU, REGISTERED HOLISTIC NUTRITIONIST (R.H.N.), CERTIFIED YOGA INSTRUCTOR, RELAX AND RENEW TRAINER®, SECOND WIND® PILATES PLUS® CERTIFIED PILATES INSTRUCTOR (MAT)

I chose to do my Pilates certification at Second Wind® Pilates Plus® and I am so pleased that I did. I was looking for something that would compliment my skill set as a physiotherapist. Danielle Bélec's personal work in Integrated Movement Therapies (IMT)® is a very valuable compellation of her personal experience through years of professional dance and extensive post-graduate education. I use components of IMT® daily in my physiotherapy practice. The Second Wind® Pilates Plus® Certification Program has comprehensive teaching of anatomy, breathe mechanics and body awareness that assist you in understanding the material on a much deeper level. Second Wind® Pilates Plus® does not just teach you how to do the work of Joseph Pilates but makes sure you understand the concepts within your own body. This work has helped me on both a personal and professional level. I highly recommend this Certification Program to anyone who has an interest in Pilates and IMT®.

– KIMBERLEY JELLY, REGISTERED PHYSIOTHERAPIST, ATHLETIC EDGE SPORTS MEDICINE, TORONTO, ON

Second Wind's Certification Course in Integrated Movement Therapies (IMT)® and Pilates is exceptional. It has allowed me to broaden, both personally and professionally, my experience and understanding of the ways in which movement can enhance and heal not only our physical bodies, but our emotional ones as well. Danielle Bélec is an outstanding instructor who brings with her a wealth of knowledge and experience that she delivers with a passion that is compelling.

– REGISTERED MASSAGE THERAPIST, CERTIFIED SPORT MASSAGE THERAPIST

I cannot believe how much this course has affected my life so far. I find ways to relate what we do to just about everything. The fungibility seems to be endless! Skating, relationships, love life, family...I love it and I love what you do. Truly inspirational and the passion and eloquence with which you convey the lessons keeps me endlessly enamoured! I can't wait to continue!

– GARNET SUIDY, NATIONAL LEVEL FIGURE SKATER, PERSONAL TRAINER AT KITCHENER WATERLOO ART OF FITNESS, IMT CERTIFICATION STUDENT