

drummond



health & fitness education academy

Stage One and Stage Two Reformer Certification

We offer the training in Scotland face to face or Maidenhead Berkshire face to face. You also can live stream in if you prefer not to travel. If you are live streaming in you can attend any dates as you will be at home on your own reformer.

Why Choose Drummond Education/MK Pilates?

When deciding who to take your Studio Reformer Instructor training with it is important to understand the delivery of the course and which repertoire will be taught. A frequently asked question is should I train on the reformer using the 'Traditional/Classical' repertoire or the more modern 'Contemporary' repertoire. Our answer to that question is your course provider should offer you both. Why? Contemporary takes the traditional repertoire and modifies it for a more modern contemporary approach. We believe that to adapt and modify exercises for your clients well, you should firstly know and understand the full repertoire as part of the apparatus system then you can take all of your knowledge and skills into the adaptations, contemporary changes and modifications. Drummond Education offer a course that does exactly this. Built with the expertise of one of the introducers of Pilates to the UK, Michael King using the traditional repertoire and developed with the Drummond clinical training team to meet the needs of modern day clients and their ever growing needs. On the Drummond course you are taught the best of both worlds. Why limit yourself to just one of these options.

You can build this up to gain your fully comprehensive certificate if you want to learn how to teach on the whole of the apparatus system or you can take the course as the stand alone reformer certification. Within the Drummond/MK certification you gain your stage one and stage two reformer certification. You can also add your group reformer training day or your therapy reformer if you would like to teach either of these target groups. It is important to add these if you see yourself working in larger reformer groups or with clients with musculoskeletal conditions. You can add them now or later.

What do students who have taken our course say about us?

It was a fabulous course. It was so interesting and valuable for personal development as well as looking at it with a teachers eye. It wasn't an overload of information but was challenging. It was great to be with a like-minded group with different backgrounds where we focussed on working together and helped each other but had fun along the way. The studio and facilities are superb as well as spotless. Your teaching style is so engaging and there was not one point where I thought what time is it - not even for lunch. It was great. I also wanted to say all instructions from the office have been great with a friendly delivery. It made me feel relaxed about coming and prepared for starting the course. (Isabelle 2023)

Foundation Reformer Certification (Stage one and Stage two repertoire)

This exciting new Pilates Reformer Instructor training course will give you all the tools you need to safely and effectively teach through the MK Pilates repertoire (stage 01 to stage 02) to all levels on the Studio Reformer. Its is a great course as you lean both stages of the basic repertoire and the more advanced repertoire giving you lots of skills to progress your classes. You can also add this to your Mat training and build towards being fully comprehensively trained.

We give you all you need to safely and effectively teach your client through the Drummond/MK Pilates repertoire to all levels in a one to one personal training environment and in small group reformer sessions with sample progressive programmes provided.

Email: admin@drummondeducation.com or Tel: 0203 326 3009 to have all your questions answered.

To gain your certification in the Pilates Reformer Instructor Training – Foundation Certificate you must pass all parts.

- A period of self-practice with an appropriate repertoire for your personal physical needs followed by a video submission of a self-practice session of 45 minutes covering the appropriate use of all areas of the Reformer with box-work. This will be accompanied by a written programme with movement selection goals and a personal critique of your own technique.
- You will also attend an assessment day and be observed taking a client through a movement assessment and teach a client an appropriate repertoire of Studio Reformer exercises for one hour. If you can not attend an assessment day you can also submit this by video.

This course is internationally accepted by the Pilates Method Society and can also build towards your fully comprehensive certification. It is certificated by MK Pilates and Drummond Health & Fitness Education Academy and is recognised by EMD UK for Professional Membership Scope of Practice

The cost of the Foundation Reformer course is £995.

All of the materials are downloadable from our resource centre fisikal and your anatomy will be on your online learning centre portal and you will have access to these on booking so that you can start the pre reading and practice. If any of our students happen to refer any theory paper or the practical assessment, you are invited back to re-take the referral, free of any charges. You are fully registered with us for a year to complete your course which we can extend to 18 months if requested during the year. We allow our students to re-attend any of their course modules within one year of registration, we find this can sometimes help build confidence - again, there is no extra charge for this either. Even if you have passed your course in that year you can still come along and re-attend any of the days free of charge. just to build your confidence. You can change any dates that you book free of charge with two weeks notice. If you change within a two week period there will be a £50 re booking fee which increases if you cancel within 1 week to £100 and £150 if don't attend the module with less than 24 hours notice. We are very flexible, so if you think you may not be able to attend because something has come up, just let us know in good time and then there is no charge.

Course Dates

Maidenhead 26th & 27th January & 16th & 17th February 2024
Edinburgh 24th & 25th February & 9th March
Drumfermline 23rd & 24th March & 7th April