

## Academy Contrology

### Integrated Teacher Training Program

The teacher training program was designed by Lyssa McPherson, BS, PMA-CPT, owner of Corvallis Pilates and CoreAlign Movement Studio. The training program's philosophy is indicative of the time honored way of learning through apprenticeship and mentoring, but unique in that the program incorporates all three branches of the Pilates family tree i.e. Classical, Contemporary and Corrective. Our 3 Branches™ holistic approach prepares students for teaching positions in traditional studios, fitness facilities and movement therapy settings.

The year-long, once a month, trainings are broken down into (3) 4 month trimesters. The first two weekends of each trimester is devoted to classical instruction. The third weekend focuses on contemporary applications with emphasis on movement concepts, anatomy and functional fitness. The last weekend of each trimester focuses on corrective applications integrating the CoreAlign movement system, which address not only physical imbalances, but the mental and emotional barriers to movement, as well.

The breakdown of the program hours is as follows:

Classroom/studio instruction	200 hours
Personal Practice	100 hours
Observation	50 hours
Student teaching	100 hours
<b>Total hours</b>	<b>450 hours</b>

### Trimester One

Weekend 1 Jan 7-8 2010

The basic classical system: mat, reformer and cadillac. Equipment safety. Pilates history, principles and philosophy

Weekend 2 February 4-5

Basic system add-ins including chair. Individual session protocol, cueing and transitions

Weekend 3 March 10-11

Contemporary approach to Pilates, movement concepts, anatomy and joint biomechanics, pre-Pilates exercises

Weekend 4 April 7-8

The CoreAlign movement system, harmonious movement concepts, mobilization and stabilization. Corrective session protocol

\* Test Out TBA



### Trimester Two

Weekend 5 May 5-6

The intermediate classical system: mat, reformer, cadillac and chair. Teaching duos, signs of readiness for progression

Weekend 6 June 2-3

Classical system using baby arc, spine corrector and ladder barrel. Expanded session protocol

Weekend 7 July 7-8

Application of Pilates movement concepts. Anatomy Trains theory and application to core training. Teaching group chair, reformer and mat with props

Weekend 8 Aug 4-5

CoreAlign intermediate and teaching duos. Emotional and mental barriers, muscle/meridian balance

\* Test Out TBA

### Trimester Three

Weekend 9 Sept 8-9

The advanced classical system. Principles of progression, safety, spotting

Weekend 10 Oct 6-7

Continued advanced classical system on mat, reformer, cadillac and chair. Introducing ped-a-pull and foot corrector. Teaching trios

Weekend 11 Nov 3-4

Corrective approaches to functional movement using CoreAlign and contemporary session protocol. Emphasis on special needs clients with pre-existing conditions. Energy anatomy

Weekend 12 Dec 8-9

Advanced CoreAlign and contemporary programming designed for performance enhancement in healthy bodies. CoreFlow Aligned Self Movement System philosophy and group session protocol

\* Test Out TBA

Test Out students must successfully perform all new exercises learned in each trimester and teach a full session in all 3 branches of the Pilates Family Tree.

### Program Fees

Pilates Teacher Training \$1000/trimester or \$300/wknd training

No refunds given after commencement of each trimester

Fees include Open Studio membership for personal training purposes and Pilates Community Clubhouse privileges for student teaching opportunities. Student discount offered for additional Pilates instruction.

The Academy Contrology Integrated Teacher Training Program is designed as a preparatory training program in order to help students qualify to take the Pilates Method Alliance PMA National Exam.

**Lyssa McPherson, BS, PMA-CPT**  
Owner and Director



Peak Pilates Certified Trainer  
Certified CoreAlign Instructor

### About your Instructor

Lyssa McPherson, BS, PMA-CPT, has been teaching Pilates for over a decade but has participated as both a student and a teacher in the Body/ Mind/Spirit movement for over 20 years.

In addition to being a classically trained, comprehensively certified instructor, her teaching experience draws upon her vast and eclectic knowledge of both contemporary and corrective Pilates-based movement modalities which includes the CoreAlign movement system, myofascial/structural integration, and muscle/meridian balancing which address the mental and emotional barriers to movement.

The Academy Contrology Integrated Teacher Training Program is a natural outgrowth to Lyssa's years of working in the Pilates profession as both a highly sought-after instructor and successful studio owner. Her intention is to develop a training program to prepare and qualify future teachers to work in a variety of professional settings and be able to successfully integrate a Pilates-based program into an existing fitness or clinical setting.

Lyssa's commitment to the highest professional standards of teaching has been one of her greatest rewards. Academy Contrology allows her to continue fulfilling her desire to pass her years of experience and knowledge on to the next generation of teachers while building a strong and passionate community of Pilates enthusiasts for years to come.

### About the Studio

Corvallis Pilates and CoreAlign Movement Studio is Corvallis's first and only full service, state of the art studio who's comprehensively certified staff has been serving the Corvallis community for over a decade.

The studio specializes in individual and group instruction in all three branches of the Pilates family tree; Classical, Contemporary and Corrective. The fully equipped studio is perfectly suited to accommodate our comprehensive, integrated Teacher Training Program with 4 reformers, 2 towers, cadillac, 3 chairs, ladder barrel, arcs, ped-a-pull and foot corrector as well as over 300 sf of movement studio space for group mat instruction. The studio is also unique in that it has successfully integrated the CoreAlign Movement System into it's teaching program.

Corvallis Pilates is conveniently located in the heart of downtown Corvallis and walking distance from Oregon State University.



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[www.corvallispilates.com](http://www.corvallispilates.com)

# Academy Contrology™

An Integrated Pilates Teacher  
Training Program

con•trol•o•gy: the complete coordination  
of body/mind/spirit development through an  
ordered, flowing, and mentally disciplined  
series of physical movements

Offered by  
Corvallis Pilates and  
CoreAlign Movement Studio  
Created by  
Lyssa McPherson BS, PMA-CPT