



INTERNATIONAL CERTIFICATION
STOTT PILATES MERRITHEW

STUDIO BIOPILATES® PARIS

PRENEZ
SOIN
DES AUTRES
FORMEZ
VOUS

Studio
Biopilates
PARIS

« You are incredible passionate about your job, thank you for being an amazing Teacher, plus an awesome woman»

Jessika

« Thank you very much for the course. It actually surpassed my expectation. »

Zoé

« Thank you for building our confidence and for making us ready to be the best pilates teachers ever.»

Stephanie

« This is my third course with you, and thank you for your cues and professional advice. I highly recommend your training. »

Sandra

« Thank you very much for this amazing experience. You have further increased my knowledge and give my pilates instruction a new sense of life »

Stacey



STOTT PILATES METHOD NEW LIFE

Brain new biological knowledge, Imagery improvement and analysis, as well as the evolution of mentalities, have allowed the emergence, at the end of the 20th century, of new questions, but also of new ways of apprehending the brain and the human body as an object of research. Today we seek to understand the link between the mind and the brain and the best posture. It is scientifically

proven that muscles have a body memory and can be trained to keep us in a good posture on a daily basis. The Stott Pilates Method is part of this modern vision of 21st-century wellness. Feeling good in your body means doing an adapted and intelligent physical activity and respecting the natural curves of the spine. It is also to have more ease in doing all the tasks of daily life.

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L'HÉRITAGE DE JOSEPH PILATES

CONTROLOGY

Joseph Pilates was born near Düsseldorf, Germany, in 1883. Little is known about his early life, but he appears to have been a frail child, suffering from asthma, rickets, and rheumatic fever. His drive and determination to overcome these ailments led him to become a competent gymnast, diver, and skier.

In 1912 Pilates lived in England working as a circus performer, boxer, and self-defense instructor.

During the First World War, he was interned with other German nationals. During this time, he developed his technique of physical fitness further by teaching his fellow internees. During the latter part of the War, he served as an orderly in a hospital on the Isle of Man, where he worked with patients unable to walk. He attached bed springs to the hospital beds to help support the patients' limbs, leading to his famous piece of equipment known as the 'Cadillac.' Much of his equipment, although slightly adapted, is still in use today in many Pilates Studios.

Pilates emigrated to the USA in the early 1920s with his wife Clara, and together they developed and taught the method in their 'body-conditioning gym' in New York in 1926.

The studio featured much of the Apparatus designed to enhance his rehabilitation work. It soon became very popular, particularly with the dance community, as it offered a chance to improve technique or recover from injury. Word spread quickly, and many celebrities of the day visited his studio. These included dance legends such as Ruth St. Denis, Ted Shawn, Jerome Robbins, George Balanchine, Martha Graham, and the actor Jose Ferrer and the author Christopher Isherwood. Originally 60% of the clientele were men.

In 1932 Pilates published a booklet called 'Your Health' and followed this with another called 'Return to Life Through Contrology' in 1945. Through these writings and his students, his method was passed on after his death in 1967 at 83. During his lifetime, this method of exercise was called Contrology, and it was only after his death that it became known as the Pilates Method.



BUILDING AN INDUSTRY

THE STOTT PILATES METHOD

“We didn’t get into this because we thought Pilates would be a big business,” remembers Moira Merrithew, executive director of education for STOTT PILATES, who co-founded the company with her husband, Lindsay G. Merrithew, president, and chief executive officer. “In 1988, we were at the right place at the right time. When we started, Pilates was very much a cottage industry. Our goal was simple—to make Pilates as accessible as possible.”

Recalls Lindsay, “There were indicators that people, especially Baby Boomers, were moving toward more mindful forms of exercise, and Pilates is a thoughtful form of exercise that’s all about body awareness.”

Lindsay holds a bachelor of commerce degree from Dalhousie University in Halifax, Nova Scotia, and is a graduate of the Juilliard School of Performing Arts in New York City. Moira is a former principal dancer with the City Ballet of Toronto and the Atlantic Ballet Company. After an injury, Moira became certified as a Pilates instructor by Romana Kryzanowska at the original studio founded by Joseph H. Pilates.

Today Moira oversees the programming component for the STOTT PILATES education and certification division. She is one of the featured performers in the STOTT PILATES video series and

other master instructor trainers. Lindsay directs the growth of the Merrithew Corporation and its premier brand, STOTT PILATES, and is instrumental in designing, producing, and marketing the company’s extensive equipment and video lines, including more

than 120 videos for professional retail consumer markets. STOTT PILATES has over 125 employees, corporate studios in Toronto and New York, and 50 licensed training centers in 19 countries.

To keep up with modern medicine and physiotherapy as a whole, Lindsay and Moira worked with numerous physical therapists, sports medicine professionals, and fitness professionals to evolve the original method. Today STOTT PILATES offers a contemporary, anatomically based approach founded on a combination of key medical research and modern-day knowledge of biomechanics.

“Initially, access to Pilates equipment was very limited. We wanted to make equipment that would adjust to people’s needs, so we used metal instead of wood and added more versatility and user specificity,” explains Lindsay. “We created a reformer that had adjustability to suit the user and that was both ergonomically and aesthetically appealing.”

Innovation continues to be a guiding principle for STOTT PILATES, which recently introduced the V2 Max Plus™, a functional new reformer with a vertical frame and a retractable rope pulley system that enables more rotation and over-head movement, allowing for a more diverse workout by a wider clientele.

“We embrace what is new and exciting because we think this form of exercise has so much potential for the future,” says Lindsay. “We want to continue to make Pilates more functional and more accessible to everyone, including men, kids and

teens, athletes and sports participants.” Education and certification are central to their business model: the company has trained more than 15,000 instructors worldwide and aims to train 32,000 by 2010. “It’s important to empower instructors and give them the tools they need to make decisions that match the right exercisers for every individual,” says Lindsay.

Lindsay feels that for the company,

and the fitness industry as a whole, adding value to the professional lives of instructors and developing their career paths are the biggest challenge and the greatest opportunity. As part of that effort, STOTT PILATES assists health clubs in growing and managing successful, revenue-generating Pilates programs.

Moira and Lindsay believe their success is just one example of the tremendous opportunity in the wellness arena today. They encourage professionals to take advantage of opportunities, be passionate about their work, innovate, and create their own success stories. “The industry had changed so much from when there were mostly part-time jobs in fitness,” says Lindsay, “There’s a lot of room to make a difference because this isn’t a seasoned industry, and it’s young. There are so many chapters still to be written, and everyone can be an author.”

Mary Monroe is a freelance writer in Los Angeles.

Les cinq principes de base de la méthode Stott Pilates

1. First Principle Breathing;
2. Second Principle Pelvic placement;
3. Third Principle Rib Cage Placement;
4. Forth Principle Stabilisation and mobilisation of the scapula;
5. Fithe Principle head placement

Each exercise has 10 steps

1. Goals and objectives;
2. Sequence;
3. Breathing;
4. Muscular target;
5. Stability
6. Balance;
7. Postural issues;
8. Coordination
9. Regression;
10. Progression

MERRITHEW BRAND

A CONTEMPORARY APPROACH

Our curriculum, equipment, videos, and manuals are continually evaluated and updated to ensure they comply with modern exercise science and meet the needs of today's fitness professionals, facility operators, and retail clients. The result: programs and products that are innovative, versatile, and effective and span a variety of fitness modalities for everyone.

Our Education division designs contemporary courses, videos, and manuals that empower instructors to motivate, challenge and retain clients long-term. Our commitment to maintaining the high standards of our programs is just one of the reasons our graduates are in high demand worldwide.

We also take great pride in the superior design and professional craftsmanship of every piece of equipment we manufacture. Used by sports teams, health professionals, studios, and fitness facilities worldwide, our equipment lines are synonymous with quality in the industry.

With multiple instructional manuals and support materials, and over 145 DVDs in our library covering a range of fitness modalities including STOTT PILATES®, ZEN•GA®, CORE™ Athletic Conditioning & Performance Training™, Total Barre®, and Halo® Training there is an exercise program for everyone – from novice student to master instructor trainer. The integrity of our programs, the caliber of instruction, and the breadth of choice are why millions of people worldwide entrust their fitness education and equipment choices with us.

Whether you are just getting started, want to expand your knowledge of mindful exercise, or are interested in a solution for your commercial facility or studio – we look forward to contributing to your success.

Yours in good health,
Lindsay G. Merrithew, Moira Merrithew



FOUNDER'S MESSAGE

Since founding Merrithew™ in 1988, we have been committed to developing high-integrity programs, products, and services that help people fulfill their potential. Our philosophy is that effective

and responsible exercise is the foundation for a better lifestyle – no matter your age, level of fitness, or ability.



CHOOSE LE STOTT PILATES CERTIFICATION PROGRAMS

Starting your training or continuing your training with STOTT PILATES begins with our Certification Programs. Whichever certification program you choose, you will learn the STOTT PILATES Five Basic principles; effective communication and observation skills, verbal cueing and imagery

for performance enhancement and client motivation; modifications for specific body types, postural issues and conditions; theory and practice of postural analysis; and exercise layering related to effective program design.

PROFESSIONAL DEVELOPMENT CONTINUING EDUCATION

We welcome all Pilates and Fitness Instructors to learn and benefit from the STOTT PILATES teaching method with no prerequisites (i.e., these are not limited to STOTT PILATES Certified Instructors). With over 150 workshops to choose

from, our introductory and continuing education workshops can supplement your current training and programming. They cover everything from the Fundamentals, Sport and Athletic Conditioning, to Rehabilitation and special populations.

BECOME A SPECIALIST

Set yourself apart by becoming a STOTT PILATES Specialist in the field of your choice. All workshops are open to any fitness professional; however, only STOTT PILATES Certified Instructors who complete eight workshops within each

category can receive the designation. There is no time limit on completing the components, and you can earn CECs simultaneously!



LOOKING FOR CAREERS AT MERRITHEW

Instructor job board

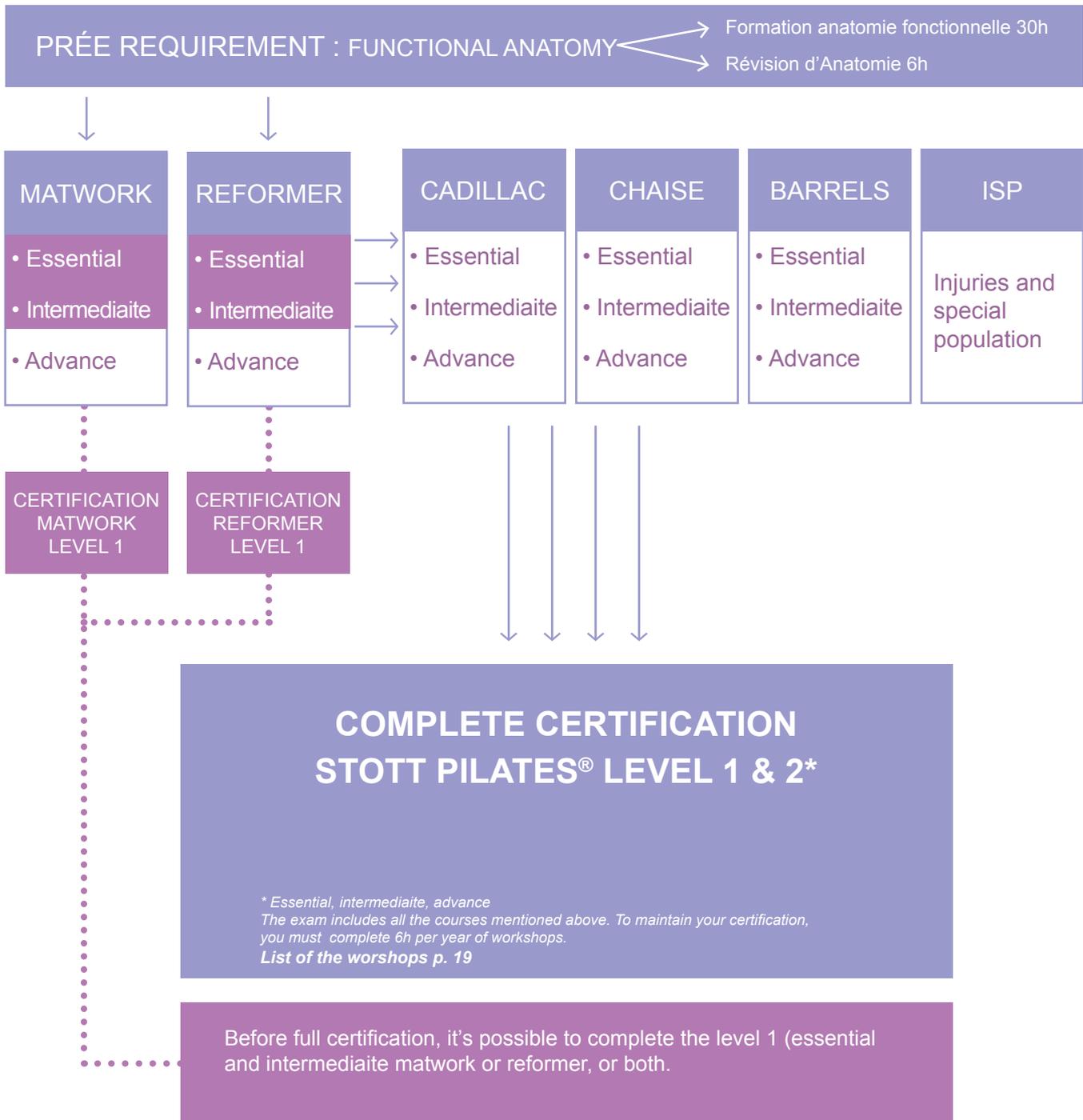
Find open instructor opportunities from facilities all over the world

Qualified instructors are in high demand and exciting opportunities for Merrithew instructors exist all over the world. The Merrithew™ instructor

job board works to connect those seeking trained individuals with qualified instructors desiring new opportunities.



PROGRAMS



Key Dates

1925 : Opening of the School of Contrology in New York

1988 : Opening of Stott Pilates à Toronto

2009 : Opening of the STOTT PILATES International Training Center and Certification in Paris



L'EXAMEN

Exam in two part :

1. Written exam 2h, including a 100-question QCM relating to the program as a whole, ie Functional Anatomy and Matwork Beginner & Intermediate OR Reformer Beginner & Intermediate OR Matwork, Reformer, Cadillac, Chair, Barrels Level 1 & 2.

2. Practical exam :

1h for the Matwork alone, 1h for the Reformer alone, 1h30 for the Matwork & the Reformer and 2h for the complete examination

Rating procedure

Practical Exam Rating:

1. Postural analysis: noted from 6 to 10
2. Conclusion of the postural analysis and taking into account the client's history: noted from 6 to

10

3. Understanding and explanation of the 5 basic principles of Stott Pilates: noted from 6 to 10

4. Programming skill: rated from 6 to 10

5. Ability to give instructions to the client in order to explain why the program is chosen

6. Ability to correct the client so that it performs the exercises as well as possible: rated from 6 to 10

7. Ability to make changes to the client when necessary: rated from 6 to 10

8. Knowledge of content, exercises, levels, functional anatomy, writing of TP: noted from 6 to 10

9. Teaching competence: noted from 6 to 10

10. Rhythm and public speaking and presentation of the dissertation: noted from 6 to 10

The overall maximum score is 100, below 75, the candidate will have to represent either writing or practice.



[IMP] INTENSIVE MATWORK

This course is intended for those already working in the fields of fitness or movement, as well as those who are unable to devote the time required in our Comprehensive Program due to work and/or scheduling issues. Conducted over 2 weeks or 3 weekends. Building on your industry knowledge it teaches you to design and lead the Level 1 Essential and Intermediate STOTT PILATES Matwork repertoire, for personal or group training settings for a range of clients. You will leave with a solid foundation and required skills to develop effective and motivating Pilates Matwork programs.

What you will learn: :

- The STOTT PILATES Five Basic Principles
- Essential, Intermediate, Power workouts
- Flex-Band, Fitness Circle and Arc Barrel variations
- Effective communication and observational skills
- Verbal cueing and imagery for performance enhancement and client motivation
- Theory and practice of postural analysis
- 63 exercises plus modifications for specific body types, postural issues and conditions
- How to incorporate resistance equipment to support and intensify exercises
- Exercise layering related to effective program

design

- Workout composition for personal and group training

Requirements of Certification:

- 40 hours of instruction and supervised teaching
- Minimum of 10 hours of observation
- Minimum of 30 hours of physical review
- Minimum of 15 hours of practice teaching
- Total: 95 hours

(C.E.C.) : 4.0



[IR] INTENSIVE REFORMER

This course is intended for those already working in the fields of fitness or movement, as well as those who are unable to devote the time required in our Comprehensive Program due to work and/or scheduling issues. Conducted over 3 weeks or 4 weekends. Building on your industry knowledge it teaches you to design and lead the Level 1 Essential and Intermediate STOTT PILATES Reformer repertoire for personal or group training settings for a range of clients. You will leave with a solid foundation and required skills to develop effective and motivating Pilates Reformer programs. While IR may be taken prior to IMP, we recommend completing IMP first.

What you will learn:

- The STOTT PILATES Five Basic Principles
- Essential, Intermediate, Power workouts
- Effective use of the reformer to enhance torso stability and strength, peripheral extremity conditioning, joint stability, flexibility, balance and coordination
- Effective communication and observational skills
- Verbal cueing and imagery for performance enhancement and client motivation
- Theory and practice of postural analysis
- 139 exercises plus modifications for specific body types, postural issues and conditions
- Workout composition for personal and group

training

Requirements of Certification:

- 50 hours of instruction and supervised teaching
- Minimum of 10 hours of observation
- Minimum of 30 hours of physical review
- Minimum of 15 hours of practice teaching
- Total: 105 hours

(C.E.C.) : 5.0

[ICAD] INTENSIVE CADILLAC

Building on your industry knowledge and the material learned in IMP or IR you learn to design and lead the Level 1 Essential and Intermediate STOTT PILATES Cadillac repertoire for personal or group training settings for a range of clients. 125 exercises on the Cadillac Trapeze Table.

What you will learn :

- A variety of exercises performed on the Cadillac Trapeze Table through the full Essential and Intermediate repertoire
- To become better acquainted with the Cadillac as a tool to create complete workouts or as a complement to routines featuring Matwork and other equipment
- To observe and experience a variety of exercises utilizing the Cadillac's features including the Roll-Down Bar, Push-Thru Bar, Trapeze, Leg and Arm

Springs

- The goals of each exercise, biomechanics and alignment, as well as cueing and correcting for safety and effectiveness
- How to apply the STOTT PILATES Five Basic Principles to a variety of exercises, variations and modifications
- Familiarity with the safety guidelines and application of the equipment for a variety of clients

Requirements of Certification:

- 25 hours of instruction and supervised teaching
- Minimum of 10 hours of observation
- Minimum of 15 hours of physical review
- Minimum of 10 hours of practice teaching
- Total: 60 hours

(C.E.C.) : 2.5

[ICHR] INTENSIVE CHAIR

Building on your industry knowledge and the material learned in IMP or IR you learn to design and lead the Level 1 Essential and Intermediate STOTT PILATES Stability Chair repertoire for personal or group training settings for a range of clients.

What you will learn :

- Functional exercises to develop core strength against spring resistance in a variety of positions, including standing, sitting, prone and side-lying
- How to apply the STOTT PILATES Five Basic Principles to Essential and Intermediate-level Stability Chair exercises
- Better understanding of movement essence and exercise goals, proper execution and muscle activation

- How to improve core stability, increase peripheral strength and enhance mobility on one piece of equipment
- How the split-pedal option transforms exercises by challenging bilateral, unilateral and reciprocal strength and stability
- Cues and corrections for safety and effectiveness

Requirements of Certification:

- 15 hours of instruction and supervised teaching
- Minimum of 5 hours of observation
- Minimum of 10 hours of physical review
- Minimum of 10 hours of practice teaching
- Total: 40 hours

(C.E.C.) : 1.5



[IBRL] INTENSIVE BARRELS

Building on your industry knowledge and the material learned in IMP or IR you learn to design and lead the Level 1 Essential and Intermediate STOTT PILATES Ladder Barrel, Spine Corrector and Arc Barrel repertoire for personal or group training settings for a range of clients.

What you will learn :

- How to apply the STOTT PILATES Five Basic Principles to exercises on the Arc Barrel, Spine Corrector and Ladder Barrel
- Exercises from the STOTT PILATES Essential and Intermediate Barrel repertoire
- To understand movement essence and exercise goals
- How to support the spine in flexion, lateral flexion or extension, to target core and peripheral muscle groups, and to adapt exercises to specific body types
- How to incorporate the barrels into a full-body workout and program for specific body types, postural issues and conditions
- To develop effective communication and observa-

tional skills, verbal cueing and imagery for performance enhancement and client motivation

Requirements of Certification:

- 10 hours of instruction and supervised teaching
- Minimum of 5 hours of observation
- Minimum of 10 hours of physical review
- Minimum of 5 hours of practice teaching
- Total: 30 hours

(C.E.C.) : 1.0



[AM] ADVANCE MATWORK

This 6 hour course held over one-day, progresses to Matwork to more advanced material, providing further options and challenges on the mat for highly conditioned clients. Exercises require a high degree of strength, balance and coordination.

What you will learn:

- Muscular initiation and sequencing of Advanced-level exercises
- Multiple variations for variety and intensity
- 13 exercises

(C.E.C.) : 0.6

[AR] FORMATION REFORMER

Learn to use the various Reformer components and accessories to intensify reformer repertoire and provide a stimulating workout for athletes, dancers, and highly conditioned clients. Held over 3 days this 18 hour Advanced course teaches exercises in the repertoire that require greater strength, stability and flexibility.

What you will learn:

- Muscular initiation and sequencing of Advanced-level exercises
- Multiple variations for variety and intensity 70 exercises

(C.E.C.) : 1.8

[ACCB] ADVANCE CADILLAC, CHAIR & BARRELS

ACCB course has been structured into three separate modules to allow you to choose which element to take, and when (they will likely be scheduled consecutively). Completion of all three modules below is required to be eligible for certification.

What you will learn:

- Muscular initiation and sequencing of Advanced-level exercises
- Multiple variations for variety and intensity
- 59 exercises

[ACAD] ADVANCE CADILLAC

This 6 hour course held over one-day, prepares you to teach 28 Advanced level exercises plus modifications using the Cadillac for the highly conditioned client.

(C.E.C.) : 0.6

[ACHR] ADVANCE CHAIR

This 3 hour course held over one-day, provides you with 14 Advanced Stability Chair™ exercises plus modifications, for the highly conditioned client.

(C.E.C.) : 0.3

[ABRL] BARILS AVANCÉ

This 3 hour course held over one-day, equips you with 14 Advanced level exercises plus modifications using the Ladder Barrel, Spine Corrector and Arc Barrel for the highly conditioned client.

(C.E.C.) : 0.3



[ISP] INJURY SPECIAL POPULATION

The STOTT PILATES Injuries & Special Populations (ISP) course equips you with the skills required to address a broad range of physical challenges among your clients. It is important to note that this course will NOT prepare students to diagnose or treat any specific injuries or conditions or prescribe exercises for these populations without consultation with an appropriate health practitioner (i.e. Physical Therapist, Physiotherapist or similarly recognized health care profes-

sional). Completion of ISP is required for full STOTT PILATES certification:

This course is intended for those already working in the fields of fitness or movement and is conducted over 4-6 days. Building on your STOTT PILATES® knowledge it teaches you to customize workouts to address weaknesses, health conditions, postural problems or injuries (but not to diagnose specific injuries).

GENERAL COURSE OBJECTIVES :

- Discuss the Pilates Instructor's role in the rehabilitative process - Examine the industry standards for screening clients and learn how to begin a Pilates program to safely and appropriately work with special populations
- Discuss the three-level muscle classification system
- Develop and be able to apply a rehabilitative approach based on current models of joint stability

WHAT YOU WILL LEARN:

- Approaches to rehabilitating an injured musculoskeletal system
- Anatomy and biomechanics, dysfunctions and pathologies, and exercise modifications in the: lumbo-pelvic, cervical, upper quadrant, shoulder, elbow, wrist, hip, knee, ankle and foot regions
- Pregnancy, fibromyalgia and other special conditions plus workout design
- Appropriate modification of Matwork, Reformer, Cadillac, Stability Chair and Barrel exercises



LES WORKSHOPS

With over 150 workshops to choose from, our introductory and continuing education workshops can supplement your current instructor training and programming. Workshops cover everything from the fundamentals, Sport and Athletic Conditioning, to Rehabilitation and special populations.

(C.E.C.) : 0.2

• MATWORK

INTRO TO ESSENTIAL MATWORK

INTENSIFYING ESSENTIAL MATWORK

FULL INTERMEDIATE MATWORK WORKOUT

FULL ADVANCED MATWORK WORKOUT

THE SECRET TO TONED ARMS, BUNS & THIGHS

MATWORK INTERVAL TRAINING, LEVEL 1

MATWORK INTERVAL TRAINING, LEVEL 2

MATWORK STRENGTH & MOBILITY

CONDITIONING TOWEL WORKOUT

ATHLETIC CONDITIONING ON THE MAT

BODYWEIGHT TRAINING

MATWORK FLOW CONDITIONING SEQUENCE WORKOUT

MATWORK FLOW WITH WEIGHTS

MATWORK FLOW CONDITIONING SEQUENCE WORKOUT & MATWORK FLOW WITH WEIGHTS

MATWORK FLOW WITH ANKLE TUBING

FITNESS CIRCLE® CHALLENGE

FITNESS CIRCLE® FLOW

POWER PACED FITNESS CIRCLE®

PRECISION & CONTROL WITH THE FITNESS CIRCLE®

ATHLETIC CONDITIONING WITH FITNESS CIRCLE®

SCULPT & TONE

TOTAL BODY SCULPTING

ULTIMATE BODY SCULPTING_s

INTENSE SCULPTING CHALLENGE

MAT-PLUS™

ROTATIONAL DISKS ON THE MAT

CORE BALANCE, STABILITY BALL LEVEL 1

DYNAMIC BALANCE, STABILITY BALL LEVEL 2

3D BALANCE, STABILITY BALL LEVEL 3

SUPERIOR BALANCE, STABILITY BALL LEVEL 4

STABILITY BALL™ CHALLENGE, STABILITY BALL LEVEL 5

ESSENTIAL PILATES ON THE BOSU®

INTERMEDIATE PILATES ON THE BOSU®

MINI STABILITY BALL™ WORKOUT

FOAM ROLLER™, LEVEL 1

FOAM ROLLER™ CHALLENGE, LEVEL 2

FOAM ROLLER™ PLUS, LEVELS 1 & 2

MINI FOAM ROLLER™ FLOW

TONING BALL™ WORKSHOP

TOTAL BODY TONING

PILATES WITH PROPS, LEVEL 1

PILATES WITH PROPS, LEVEL 2

PILATES WITH PROPS, LEVELS 1 & 2

MATWORK WITH PROPS: STRENGTH & ENDURANCE FOR TEENS

ESSENTIAL MATWORK ON STABILITY CUSHIONS™

ATHLETIC CONDITIONING ON STABILITY CUSHIONS™

ESSENTIAL MATWORK & ATHLETIC CONDITIONING ON STABILITY CUSHIONS™

PILATES WITH THE MEDICINE BALL

TWIST BALL™ WORKOUT

ASSESSMENT & WARM UP FOR FOUNDATIONAL MOVEMENT, PART A

MATWORK PROGRAMMING FOR FOUNDATIONAL MOVEMENT, PART

ESSENTIAL PILATES ON THE EDGE

INTERMEDIATE PILATES ON THE EDGE

ESSENTIAL & INTERMEDIATE PILATES ON THE EDGE

ATHLETIC CONDITIONING ON THE EDGE

PILATES MATWORK FOR MEN

PILATES MATWORK FOR GOLF, LEVEL 1

PILATES MATWORK FOR GOLF, LEVEL 2

PILATES MATWORK FOR GOLF, LEVELS 1 & 2

FOCUS & CONDITIONING FOR GOLF ON THE MAT

FOCUS & CONDITIONING FOR GOLF WITH TONING BALLS™

• REFORMER

REFORMER PROGRAMMING FOR FOUNDATIONAL MOVEMENT, PART C

INTRO TO ESSENTIAL REFORMER

INTENSIFYING ESSENTIAL REFORMER

FULL INTERMEDIATE REFORMER WORKOUT

FULL ADVANCED REFORMER WORKOUT

REFORMER WITH FITNESS CIRCLE®

REFORMER & PADDED PLATFORM EXTENDER

INTERVAL TRAINING ON THE JUMPBOARD OR CARDIO-TRAMP™ REBOUNDER, LEVEL 1 t

INTERVAL TRAINING ON THE JUMPBOARD OR CARDIO-TRAMP™ REBOUNDER, LEVEL 2

JUMPBOARD STRENGTH & CONDITIONING

ESSENTIAL REFORMER ON THE V2 MAX PLUS™ REFORMER

INTERMEDIATE REFORMER ON THE V2 MAX PLUS™ REFORMER

PROGRAMMING 1 ON THE V2 MAX PLUS™ REFORMER

PROGRAMMING 2 ON THE V2 MAX PLUS™ REFORMER

COMPLETE PROGRAMMING ON THE V2 MAX PLUS™ REFORMER

REFORMER & CARDIO-TRAMP™ BARRE WORKOUT

REFORMER INTERVALS ON ACCESSORY BOARDS: IDEAL FOR TEENS

ATHLETIC CONDITIONING ON THE REFORMER, LEVEL 1

ATHLETIC CONDITIONING ON THE REFORMER, LEVEL 2

ATHLETIC CONDITIONING ON THE REFORMER, LEVELS 1 & 2

ATHLETIC CONDITIONING ON THE REFORMER, LEVEL 3

ATHLETIC CONDITIONING ON THE REFORMER, LEVEL 4

ATHLETIC CONDITIONING ON THE V2 MAX PLUS™ REFORMER, LEVEL 1

ATHLETIC CONDITIONING ON THE V2 MAX PLUS™ REFORMER, LEVEL 2

ATHLETIC CONDITIONING ON THE CARDIO-TRAMP™ REBOUNDER

REFORMER WORKOUT FOR MEN

FOCUS & CONDITIONING FOR GOLF ON THE REFORMER

FOCUS & CONDITIONING FOR GOLF ON THE V2 MAX PLUS™ REFORMER

• BARRILS

STABILITY BARREL™ FLOW: INTERMEDIATE CHALLENGE

ARC BARREL WORKSHOP

ATHLETIC CONDITIONING ON THE ARC BARREL

STABILITY BARREL™: CREATE BALANCE & CONTROL

• CADILLAC

INTRO TO THE VERTICAL FRAME

VERTICAL FRAME

INTRO TO ESSENTIAL CADILLAC

PILATES SPRING WALL™

• CHAISE

INTRO TO ESSENTIAL STABILITY CHAIR™

INTERMEDIATE STABILITY CHAIR™ WORKOUT

INTRO TO SPLIT-PEDAL STABILITY CHAIR™

ADVANCED STABILITY CHAIR™

STABILITY CHAIR™ FLOW WORKOUT

ATHLETIC CONDITIONING ON THE STABILITY CHAIR™, LEVEL 1

ATHLETIC CONDITIONING ON THE STABILITY CHAIR™, LEVEL 2

• CIRCUIT TRAINING

INTRO TO CIRCUIT TRAINING

STUDIO CIRCUIT TRAINING

• BLESSURES ET POPULATIONS SPÉCIFIQUES

ULTIMATE BACK CARE

PRENATAL PILATES ON THE MAT

PRENATAL MATWORK WITH STABILITY BALL™ & FLEX-BAND®

PRENATAL PILATES ON THE EDGE

PRENATAL PILATES ON THE REFORMER

PRENATAL PILATES ON THE SPLIT-PEDAL STABILITY CHAIR™

PRENATAL PILATES ON THE CADILLAC

PRENATAL PILATES ON THE V2 MAX PLUS™ REFORMER

POST-NATAL PILATES

ARMCHAIR PILATES™ PLUS

DYNAMIC ARMCHAIR™ PILATES

ARMCHAIR PILATES™ WITH HANDWEIGHTS

REFORMER FOR THE OLDER ADULT

STABILITY CHAIR™ FOR THE OLDER ADULT

ANATOMY REVIEW

STABILIZATION PRINCIPLES

POSTURAL ANALYSIS REVIEW

POSTURAL THEORY & APPLICATION TO PILATES EXERCISES

THE SHOULDER GIRDLE: MATWORK FOR STABILITY & FUNCTION

THE SHOULDER GIRDLE: REFORMER PROGRAMMING FOR STABILITY & FUNCTION

THE SHOULDER GIRDLE: EQUIPMENT PROGRAMMING FOR STABILITY & FUNCTION

LUMBO-PELVIC REGION: MATWORK FOR STABILITY & FUNCTION

LUMBO-PELVIC REGION: REFORMER PROGRAMMING FOR STABILITY & FUNCTION

LUMBO-PELVIC REGION: EQUIPMENT PROGRAMMING FOR STABILITY & FUNCTION

OPTIMIZATION OF THE LUMBO-PELVIC REGION, PARTS A+B

THE KNEE: MATWORK FOR STABILITY & FUNCTION

THE KNEE: REFORMER PROGRAMMING FOR STABILITY & FUNCTION

THE KNEE: EQUIPMENT PROGRAMMING FOR STABILITY & FUNCTION

MATWORK FOR BREAST CANCER REHAB

EQUIPMENT PROGRAMMING FOR BREAST CANCER REHAB

FLEXION-FREE WORKSHOP

ESSENTIAL MATWORK WITH A FASCIAL FOCUS

• PROGRAMMING

CUEING & MODIFICATIONS ON THE REFORMER FOR A CLIENT WITH POSTURAL ISSUES

INTERMEDIATE MATWORK: FUNCTIONAL ANATOMY, CUEING & CORRECTING

INTERMEDIATE REFORMER: FUNCTIONAL ANATOMY, CUEING & CORRECTING

INTERMEDIATE STABILITY CHAIR™: FUNCTIONAL ANATOMY, CUEING & CORRECTING

GROUP MATWORK CLASSES: TEACHING SKILLS & PROGRAMMING CHOICES

GROUP REFORMER CLASSES: TEACHING SKILLS & PROGRAMMING CHOICES

GROUP STABILITY CHAIR™ CLASSES: TEACHING SKILLS & PROGRAMMING CHOICES

PERSONAL TRAINING MATWORK: TEACHING SKILLS & PROGRAMMING CHOICES

PERSONAL TRAINING REFORMER: TEACHING SKILLS & PROGRAMMING CHOICES

TEACHING MATWORK TO FIRST-TIMERS

TEACHING REFORMER TO FIRST-TIMERS

• EXAM PREPARATION

EXAM PREPARATION: GENERAL OVERVIEW

EXAM PREPARATION: MATWORK

EXAM PREPARATION: REFORMER

EXAM PREPARATION: CADILLAC, CHAIR & BARRELS

CAROLINE ZRIBA BERGER DE FÉMYNIE

IT qualifications STOTT PILATES® Matwork & Reformer Cadillac, Chair, & Barrels; Halo® Training

Additional credentials and designations MBA – École National des Mines de Paris, Master of Cultural Project Management, Master of Finance & Currency – Université de Paris, Sorbonne, Bachelor of Science – Université de Paris, Dance degree in contemporary dance BioCaroline was introduced to the STOTT PILATES® method in 2006 while on an extended trip to Australia, and felt that she had found her calling.

Although she had earned an MBA, a bachelor's degree in Science and a dance specialty, she realized that the depth required to instruct the STOTT PILATES repertoire required her full attention. Following many years of study, she became an Instructor Trainer for Merrithew™ specializing in STOTT PILATES in March 2013. Established in 2009 by Caroline, the Studio BIOPILATES® PARIS was the first STOTT PILATES Host Center in France. The studio is committed to teaching and maintaining the high standards in health and wellness established by Merrithew. Caroline speaks French, English and Arabic and can teach courses and workshops in any language and ensures her clients and receive a truly unique French experience.





*« En 10 séances, vous sentez la différence
En 20 séances, vous verrez la différence
En 30 séances, vous aurez un nouveau corps »*

Joseph Pilates

*Studio Biopilates
1 rue Boyer 75020 Paris*