



## Pilates Comprehensive Training

Are you passionate about Pilates and eager to share your love for movement with others? Look no further than Kysko's Pilates Training program. As the leading provider of Pilates Reformer group classes in Geneva, Switzerland, we are dedicated to empowering individuals to become skilled Pilates instructors who can inspire and transform lives.

At Kysko, we believe in turning passion into a fulfilling career. Our training program, led by international teachers trained in both traditional and contemporary Pilates, is designed to meet the evolving needs of today's Pilates community. Our first cohort of teachers has already secured employment and earned praise from satisfied clients.

Upon completion of our training, you will be equipped with the knowledge and skills to teach Pilates to clients of all levels, helping them enhance their well-being and achieve their fitness goals. From mastering the technique of the Pilates method to understanding fundamentals of anatomy and addressing common body limitations and injuries, our program covers all aspects essential for effective instruction. Whether it's teaching private sessions or leading dynamic group classes, you will learn invaluable techniques for cueing, correcting, and motivating clients to reach their fullest potential.

But at Kysko, we're more than just a training program—we're a supportive community driven by a shared passion for Pilates and a commitment to personal growth. Our motto, be inspired to inspire, encapsulates our philosophy of empowering individuals to make a positive impact on others' lives. We believe in creating a safe, nurturing environment where you can develop your skills and thrive professionally.

Are you dynamic, curious, and open-minded? Do you have a genuine love for Pilates and a desire to help others feel better about themselves? If so, Kysko's teacher training program is the perfect opportunity for you. Join our team of enthusiastic, passionate professionals in a supportive, fun, and non-boring environment. We take our work seriously, but with humility and a sense of humor, ensuring that every step of your journey with us is both fulfilling and enjoyable.

Transform your passion into a rewarding career with Kysko's Pilates Comprehensive Training program. Together, let's inspire change and make a difference—one Pilates session at a time.



**Instructors:**

Melania McLaughlin as leading instructor, supported by Laura Kosinski, Erica Cardenas, Lalia Bravo.

**Rules:**

Modules are taught in both French & English and material will be share in both languages also.

If you miss a weekend of training, the teacher will decide if you can continue the training

Maximum of 15 students per sessions, we may postpone session if less than 5 clients sign up

**Cancellation policy:**

- 100 % refund is cancel more than 30days before 1st training weekend

- 50% refund is cancel 30days before 1st training weekend

- No refund if cancelled less than 14 days before 1st training or during the module

To register, please email [info@kysko.com](mailto:info@kysko.com), we will have a short interview with you to understand your motivations and see if the trainings is a good fit for you.



Certificate of Completion  
**Pilates Teacher Training**

You will

- learn exercises of the **traditional & contemporary Pilates repertoire on mat and apparatus** (including development/variations)
- Fundamentals of **anatomy and adaptations for most common injuries/physical limitations**
- learn **how to adapt / modify for clients' needs and/or injuries**
- **practice teaching techniques and cueing**
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**Program**

- 6 weekends x 12 hours each = 72 hours (6h Saturday, 6h Sunday)
- Self-study and practise (60 hrs)
- 20 hours of observation
- 10 hours of privates with Teacher Trainer + 30 hours of group classes = 40 hours
- 8 hours of mentoring
- Final exam (theory + practise)

**Total 200 hrs**

**Dates:**

September 21/22  
October 12 & 13  
November 16/17  
Novembre 30/December 1  
December 7 & 8  
January 11/12 2025

**Price**

- 1500 chf for the training
- 1100 chf for 10 privates class
- 900 chf for 30 group class

**3500 chf**