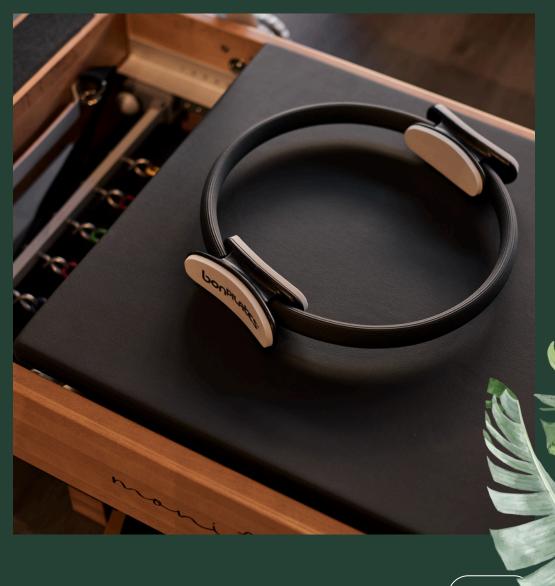


PILATES TRAINING

REFORMER · MAT · TOWER



EVERYTHING YOU NEED TO KNOW



LEARN. GROW. TEACH. INSPIRE.

START YOUR JOURNEY WITH KYSKO.







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.

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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.

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THE INSTRUCTORS



Lalia

She has been practicing and teaching Pilates for 3 years. Passionate about movement from a young age, she started with circus arts and developed a deep interest in the human body. She has since completed numerous international trainings and attended global conventions to deepen her expertise.



Erica

Erica is a certified classical Pilates instructor with over 600 hours of training. A former competitive athlete, she combines precision, creativity, and a deep understanding of movement in every class.



Kelly

A certified Pilates instructor in Romana's method and State-Certified Sports Educator, she is passionate about classic Pilates, precision, and mindful movement. Drawing on her lifelong love of sport and international experience, she helps students build strength, flexibility, and body awareness.



Alisa

A certified Pilates coach and former dancer, she also teaches pole dance and aerial hoop. Her teaching combines precision, creativity, and flow to help students build strength, flexibility, and body awareness.

WWW.KYSKO.COM PAGE 4



TRAINING OVERVIEW

You will:

- Master exercises of the **traditional & contemporary Pilates repertoire** on mat and apparatus (including development/variations).
- Understand the fundamentals of anatomy and adaptations for most common injuries and physical limitations.
- Learn how to adapt and modify for clients' needs and/or injuries.
- Practice teaching techniques and cueing.

PROGRAM

- Six supervised training weekends (Saturday and Sunday from 1 PM to 7 PM) → 72 hours
- Self-practice including:
- 1. Class observation → 20 hours
- 2. Private sessions → 10 hours
- 3. Group classes in our studios → 30 hours
- Studio access for independent practice
- Teaching practice: small group teaching training → 8 hours
- Final exam: theory and practical

TOTAL: 200 HOURS



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PAGE 6

DATES - 2026

GENEVA

Weekend 1 : Jan. 24-25Weekend 2 : Feb. 7-8

• Weekend 3: Feb. 28 - March 1st

Weekend 4 : March 21-22
Weekend 5 : April 25-26
Weekend 6 : May 9-10

LAUSANNE

Weekend 1: Feb. 14-15
Weekend 2: March 14-15
Weekend 3: March 28-29
Weekend 4: April 25-26
Weekend 5: May 30-31
Weekend 6: June 20-21

BULLE

Email us at **info@kysko.com** to find out the available dates.

PRICING

• Full Training: 1,500 CHF

Private Classes (10 sessions): 1,100 CHF
Group Classes (30 sessions): 900 CHF

TOTAL: 3,500 CHF

Kysko is **QualiCert certified**. Your training fees may be eligible for **partial reimbursement by your health insurance**. Find all details and download the necessary forms <u>here</u>.



RULES

Modules are taught in **both French & English** and material will be shared in both languages also. If you miss a weekend of training, the teacher will decide if you can continue the training. **Maximum of 10 students** per sessions. We may postpone session if less than 5 clients sign up.



CANCELLATION POLICY

- 100% refund if canceled more than 30 days before the first training weekend.
- 50% refund if canceled between 14 and 30 days before the first training weekend.
- No refund if canceled less than 14 days before the first training weekend or during the module.

REGISTRATION & PAYMENT

All sign-ups and payments are completed easily through the Kysko app.

DOWNLOAD IT HERE



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PAGE 7





WE'RE ALL KYSKO

MOVE, SMILE AND LIVE FULLY GENEVA · LAUSANNE · VEVEY

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