

V.2025

Mastering Pilates



BECOMING A PILATES PROFESSIONAL

Certification & Training Guide

www.swisspilatesinstitute.com/



Pilates Training That Sets You Up for Success

Pilates isn't just about learning exercises—it's about truly understanding movement and helping others feel their best. If you're looking to become a confident and skilled instructor, you need more than just Matwork and Reformer.

You need a complete foundation in how all Pilates equipment works together. That's exactly what you'll get at Swiss Pilates Institute.

Teaching Pilates can be a rewarding career, offering flexibility, fulfillment, and the ability to help others move better. Whether you want to teach in a studio, start your own business, or specialize in rehabilitation, our training gives you the skills and confidence to step into this profession with ease.



TABLE OF CONTENTS

1. Meet Patricia Duchaussoy – Your Mentor
2. Which Certification is Right For You
3. Structured Certification
4. Gaining Real Teaching Confidence
5. Frequently Asked Questions
6. Client's Testimonial
7. Where Can You Train in 2025
8. Pricing and Certification Guarantee
9. International Standard Certification
10. Let's Talk About Your Pilates Future


Pilates from the Heart



Meet Patricia Duchaussoy Your Mentor

If you're serious about becoming a great instructor, learning from the right teacher makes all the difference. Patricia Duchaussoy is one of the few **Second-Generation Pilates** Instructors, trained directly by legends like Alan Herdman and Romana Kryzanowska—people who were themselves taught by Joseph Pilates' closest students.



She's been teaching and mentoring instructors for over 30 years, and she was the one who brought Pilates to Thailand in 2003. Patricia doesn't just teach exercises—she teaches you how to think like an instructor, how to adapt Pilates for real people, and how to develop the confidence to teach anywhere in the world.



Many of our graduates say that training with Patricia transformed their approach to Pilates —

Her method blends precision, creativity, and deep understanding, ensuring that you leave not only knowing the exercises but also understanding why they work.



Which Certification is Right For You?

Find the Best Training Option

We offer three structured certifications, designed to take you from the basics to advanced teaching:

	Matwork & Reformer Teacher Certificate	Swiss Pilates Studio Instructor Certificate	Swiss Pilates Therapy Certificate
Training Focus	This certification prepares you to lead group and private sessions with confidence.	A comprehensive certification covering Matwork, Reformer, Cadillac, Chair & Barrels. This full certification ensures you are qualified to teach on all major Pilates equipment at a professional level.	This certification builds on the Studio Instructor Certification to provide expert-level therapeutic Pilates training.
Training Mode	Option 1: Mentored online training Option 2: In-person training	Option 1: Full Immersion Program, in-person training, covering all equipment. Option 2: Start with mentored online training and complete with in-person training	Option 1: In-person training. Available only to those who have completed the Studio Instructor Certificate
Certification			

Gaining Real Teaching Confidence



Becoming a skilled instructor isn't just about attending training—it's about practicing, observing, and refining your teaching skills. That's why our program includes

- ▶ **Self-Practice Hours** – Deepen your understanding of movement by practicing regularly.
- ▶ **Observation Hours** – Learn from experienced instructors by watching how they teach, adjust, and cue clients.
- ▶ **Practice Teaching Hours** – Teach real clients in a structured setting, with expert feedback to refine your skills.

Unlike many programs, we don't require a fixed number of hours before you can take your exam. If you can demonstrate strong teaching ability and confidence, you are ready to be certified—no unnecessary delays, just real skill-building at your own pace.

Frequently Asked Questions



What qualifications do I need to become a Pilates instructor?

☛ No prior experience is required—just a passion for movement. Our training covers everything you need to become a confident, professional instructor.

What is included in the Full Immersion Package?

- ☛ The Full Immersion Training includes:
 - ✓ Training in Matwork, Reformer, Cadillac, Chair & Barrels.
 - ✓ Practice, observation & teaching hours to build confidence.
 - ✓ Manuals, training resources, and ongoing mentorship.

What qualifications do I need to become a Pilates instructor?

☛ The training itself can be completed in just a few weeks, but becoming a confident instructor depends on your personal practice and teaching experience. At Swiss Pilates Institute, we don't require a set number of practice hours—you progress at your own pace and take the exam when you're ready. Once you can demonstrate strong teaching skills and confidence, you earn your certification.

Why choose Swiss Pilates Institute?

☛ You'll train with Patricia Duchaussoy, a second-generation instructor with over 30 years of experience. Our program is comprehensive, internationally recognized, and built to make you a confident instructor from day one.

What qualifications do I need to become a Pilates instructor?

☛ You can start with Matwork & Reformer, but if you want to be a fully trained instructor, it's best to learn all equipment. Studios prefer instructors who can teach Matwork, Reformer, Cadillac, Chair & Barrels.

CLIENT'S TESTIMONIAL



Sabrina

I love the class so much. Miss Patricia is full of knowledges, energy, and positive vibes. I would recommend to learn with her. She made everybody understand deeply about anatomy and how to teach. She encourage students to become good instructor and inspire people to put heart in the work. She made all contents very easy to remember and understand. I want to recommend to learn with her so we can have best quality teachers out in the market.



Pimlux

Patricia is an amazing teacher and a true inspiration for pilates and mindful movement. Her energy is lively and genuine which makes the classes fun and enjoyable while studying a lot of content in a short span of time. She makes sure her students are well versed in articulating and performing proper techniques required to become an exceptional instructor.



Meiyun

Patricia is very experienced, I can tell by her adjustment and modification provided. She is very knowledgeable in Pilates, I can feel a big difference after attended her course.



Amber

Patricia's teacher training is truly special. She puts so much heart and effort into every session, and you can feel her passion in everything she does. Her way of teaching helps you understand the real meaning of Pilates deeply and clearly.



Source: www.provenexpert.com/en-us/patricia-duchaussoy-swiss-pilates-institute/

Where You Can Train in **2025?**

**BANGKOK,
THAILAND**

Full Immersion Training &
Weekend Training
(Matwork & Reformer in
Thai language).

**KUALA LUMPUR,
MALAYSIA**

Full Immersion
Training

**BURGUNDY,
FRANCE**

Full Immersion
Training

HONG KONG

Full Immersion
Training



Contact us for full details and special discounts.



Pricing & Certification Guarantee

All-Inclusive Packages – Tuition includes manuals, training materials, and lifetime access to online resources.

- ✓ No Hidden Fees – Everything you need is included in the course.
- ✓ Flexible Payment Plans – Contact us to discuss installment options.

International Standards of Certification



Swiss Pilates Institute is proudly certified with the QualitaVerita label through [eduqualita.com](https://www.eduqualita.com).

We align with PMA (Pilates Method Alliance) standards, support its mission, and follow recognized Pilates guidelines.

While accreditation is valuable, true quality comes from comprehensive training, hands-on expertise, and real-world teaching experience.

Many top instructors build successful careers based on practical skills, not just accreditation labels.


Our certification is fully recognized for professional teaching, and for those seeking extra credentials, graduates are eligible to take the NCPT exam as an additional option.


We focus on skill, care, and precision, ensuring Swiss Pilates graduates stand out worldwide.

Let's *Talk* About Your Pilates Future

Contact Us

 Book a Free Discovery Call – Let's discuss your Pilates journey.

 Chat with us on WhatsApp – Quick answers to all your questions

 Enroll Now – Secure your place in our next training session.

Schedule your Discovery Call



with love



MARKUS
PILATES SUCCESS ADVISOR

<https://swisspilates.net/strategycall>