

— 2025



Full Immersion Training

Guideline



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CHAPTER 1

Introduction: What Is the Full Immersion Program?

The Swiss Pilates Studio Instructor Certificate – Full Immersion Program is the most complete and time-efficient way to become a fully certified, studio-ready Pilates instructor.

Designed by second-generation Pilates master Patricia Duchaussoy and based on decades of professional experience, this training is not simply a collection of isolated workshops. It's a deeply integrated educational experience that brings together all the essential components of the Pilates method in one powerful, focused journey.

This program covers **Matwork, Reformer, Cadillac, Chair, and Barrels** – the full classical studio setup – and equips you to teach them all. You won't just memorize choreography or equipment handling; instead, you'll learn how the entire Pilates system works together, and why that holistic understanding makes you a much stronger and more intuitive teacher.

In contrast to many programs that divide education across separate, disconnected modules over many months or years, this immersive format delivers clarity, confidence, and competence in a short time – without sacrificing depth or precision. You will see the links between the apparatus. You'll understand why a Reformer exercise relates to a Matwork principle, and how a Cadillac movement can evolve into a Chair challenge. These “aha” moments are what set our graduates apart.

Whether you're beginning your journey or looking to professionalize your existing Pilates knowledge, this course will help you grow into a confident, versatile instructor who truly understands the method as a system, not a menu of exercises. And that's what real Pilates is all about.

CHAPTER II

Meet Your Teacher: Patricia Duchaussoy

When you train in the Full Immersion Program, you don't just learn Pilates — you study with one of the world's most respected Pilates educators. Patricia Duchaussoy is a second-generation Pilates Master Instructor, having trained directly with two of the most important figures in Pilates history:

- Alan Herdman, a direct student of Joseph Pilates' protégés and a key figure in bringing Pilates to Europe.
- Romana Kryzanowska, Joseph Pilates' appointed successor and the guardian of the classical tradition.

With over 30 years of experience in body movement and education, Patricia brings a rare depth of knowledge that combines authentic lineage with modern understanding. Her roots as a professional contemporary dancer in Paris and London give her a profound awareness of biomechanics, flow, and body intelligence — which she transmits passionately to her students.

After discovering Pilates through her own injury recovery, Patricia embraced the method not just as a therapy, but as a life path. She was among the very first certified instructors in Europe and Asia, and went on to become a pioneer of Pilates in Thailand. In 2001, she opened Bangkok's first professional Pilates studio, The Pilates Station, which quickly gained international reputation.



Second-Generation Pilates Master |
Co-Founder of the Swiss Pilates Institute

Patricia also created the BodyFly Method, the world's first aerial yoga program with a formal certification curriculum. Her work has inspired instructors across continents, and her teaching is known for its clarity, precision, care, and deep personal engagement.

As the educational director of the Swiss Pilates Institute, Patricia now trains the next generation of Pilates professionals — people like you — to teach with excellence and confidence. Her unique gift is to make complex ideas accessible, helping you grow not only as an instructor but as a human being.

Pilates is not just fitness. It is education through movement — and education with heart.” - *Patricia Duchaussoy*

CHAPTER III

Why “Studio Instructor”? Why It Matters

The title “Studio Instructor” isn’t just a label — it reflects a level of versatility, skill, and employability that sets you apart in the Pilates world.

A Studio Instructor is someone who is fully trained to teach across all major Pilates apparatus:

- Matwork
- Reformer
- Cadillac
- Chair & Barrels

This comprehensive skill set is exactly what most high-quality studios are looking for when hiring. Studios need instructors who can confidently lead private sessions, group classes, and special client cases — all without being limited to one piece of equipment. If you can only teach Mat or Reformer, you’re not yet truly “studio-ready.”

This is why the Swiss Pilates Studio Instructor Certificate exists. It certifies that you are capable of handling a real-life Pilates studio environment, where flexibility, knowledge, and system thinking are essential. It means you can walk into any professional studio and start teaching, adapting to the needs of clients using whichever equipment is best suited for their goals.

Additionally, this title communicates a deeper understanding of the Pilates method. The system was never meant to be fragmented. Joseph Pilates created a method that includes all apparatus — each one designed to support and challenge the body in different, complementary ways. When you study all of them together, you don’t just learn more exercises — you finally see the bigger picture. This understanding makes you a far more confident, effective, and inspiring teacher.

In today’s competitive Pilates industry, that edge matters.

Studios around the world are actively looking for multi-apparatus instructors who can do it all.

That’s why our graduates are often offered positions before they even finish the course.

“Being a Studio Instructor doesn’t just give you a job title — it gives you real, international opportunities.”

CHAPTER IV

Training Format & Learning Environment

An inspiring space. A structured rhythm. A personal learning experience.

Our Full Immersion Program is designed to create the perfect balance between intensity and integration. You'll be learning in a supportive, focused environment where every session builds on the last, and each day brings you closer to becoming a confident, well-rounded instructor.

Daily Schedule

Training sessions take place over 18 consecutive training days, following a consistent afternoon format:

Daily Timing:

13:00 – 18:00 (1:00 PM – 6:00 PM)

Including one short break

This schedule is ideal for maintaining high energy, focus, and engagement. It also allows space for reflection, review, and light recovery in the mornings — especially important in a physical training.

Group Size & Dynamics

We intentionally limit group size to a maximum of 12 participants. This creates a more personal and hands-on learning experience, allowing each student to receive direct feedback, real-time corrections, and active engagement with the instructor.

The group is often international, with a warm and open atmosphere. You'll likely meet students from Thailand, Europe, and other parts of Asia, creating a truly cross-cultural exchange. While the training is held in English, many students offer peer support in Thai or French, making it easier to clarify concepts when needed.

Patricia's Teaching Style

Patricia teaches every session herself — no assistants, no recorded lessons. Her approach is highly interactive, focused on:

- Precision in teaching and movement
- Client perspective: how to see and correct effectively
- Understanding, not memorizing: learning why exercises matter
- Encouragement and challenge in equal measure

Expect a clear structure, personal attention, and an environment where you're encouraged to grow, ask, and explore. It's not just about becoming certified — it's about becoming excellent.



CHAPTER V

Your Early Advantage: Online Preparation

Start strong. Arrive ready. Learn before you even step into the studio.

One of the most valuable features of the Full Immersion Program is that your learning begins as soon as you register. No need to wait for the in-person training — your Pilates journey starts immediately with two carefully designed online preparation courses:

Pilates Basics

This foundational course gives you a clear and structured introduction to the Pilates method. You'll explore:

- The 6 core principles of Pilates (Control, Concentration, Centering, Flow, Breath, Precision)
- How to understand and apply Pilates breathing techniques
- An introduction to movement vocabulary and alignment
- The history of Joseph Pilates and the origin of his method
- What it means to be a mindful, responsible Pilates instructor

Goal: To ensure you walk into the studio with a shared language and clear understanding of the method's core.

Anatomy Essentials

This short but powerful course focuses on exactly what you need to know about anatomy as a Pilates teacher — no filler, just essentials. You'll learn:

- Key muscles used in Pilates
- The major bones and joints relevant to alignment and posture
- Basic biomechanical concepts like flexion, extension, rotation, and stability
- How to describe movement functionally and safely

Goal: To give you the anatomical awareness needed to cue, correct, and understand movement in a way that's both intelligent and safe.

Flexible. Accessible. Practical.

These online modules are fully self-paced and can be accessed from any device. Most students complete them in a few days, and many choose to revisit them during and after the in-person training.

You'll also receive:

- Printable cheat sheets and anatomy charts
- Short quizzes to reinforce learning
- Lifetime access to review materials anytime

By the time the in-person training begins, you'll already be grounded in the fundamentals. That means you can focus on real learning during the studio sessions — not just catching up. "These two online courses make sure that every student arrives prepared — and it shows in the quality of the group from day one."

CHAPTER VI

Inside the Training: The Four Core Modules

Master the full Pilates system — one apparatus at a time.

At the heart of the Full Immersion Program are the four in-person training modules, each focused on one of the core components of the Pilates studio. These are not isolated workshops — they are taught in sequence, building layer upon layer of skill and understanding.

In each module, you will:

- Learn the full beginner to intermediate repertoire
- Understand the purpose and progression of each exercise
- Practice clear teaching cues and correction techniques
- Identify and fix common mistakes
- Compare and connect exercises across different apparatus

Let's take a closer look:

Matwork – 3 Days

Matwork is the foundation of the Pilates method.

You will explore:

- Joseph Pilates' original floor sequence
- How to teach with clarity and flow — without equipment
- Core strength, spinal articulation, breathing patterns
- How Mat exercises relate to equipment-based movement

The perfect entry point: everything begins on the mat.

Reformer – 4 Days

The most recognized piece of Pilates apparatus, the Reformer allows for fluid, full-body training.

You will learn:

- Reformer setup and safety principles
- Resistance management and spring configurations
- Beginner to intermediate repertoire
- Teaching in both private and small group formats

Learn to teach with movement, rhythm, and dynamic challenge.

Cadillac – 3 Days

Also known as the Trapeze Table, the Cadillac offers unique therapeutic potential and deep core work.

You will study:

- Cadillac frame setup and spring use
- Supportive and rehabilitative applications
- Progressive sequences using straps, bars, and push-through
- How to adapt exercises for different client needs

A tool for recovery, challenge, and everything in between.

Chair & Barrels – 4 Days

These two apparatuses develop control, balance, and strength in compact settings.

You will learn:

- Full beginner and intermediate repertoire on both
- How to stabilize and challenge the powerhouse
- Safe spotting and cueing in upright positions
- How to use small apparatus for big impact

Small tools — powerful precision.

Interconnections – Insight

A hallmark of Patricia's teaching is how she reveals the systemic connections between all the apparatus.

You won't just learn four categories — you'll understand how they reinforce each other.

For example:

- A spinal articulation on the Mat becomes a resistance variation on the Reformer
- A Cadillac stretch prepares the body for advanced Chair stability
- Barrels support the same alignment principles introduced in early Matwork

These comparisons give you a real grasp of the Pilates system — not just a checklist of skills.

"The system is the teacher. When you see the connections, everything changes."

CHAPTER VII

Certification & Exams

Earn a title that reflects real mastery.

At the end of your Full Immersion journey, you will be eligible to receive the prestigious:

Swiss Pilates Studio Instructor Certificate

This certification is more than a diploma. It is proof that you've trained across all studio equipment, understand the interconnected logic of the Pilates method, and can apply it with precision, care, and confidence in real teaching settings.

Certification Requirements:

To earn the certificate, you must complete the following:

1. Course Attendance

- Participate in all four core training modules: Matwork, Reformer, Cadillac, Chair & Barrels

2. Written Theory Exam (Online)

- Multiple choice & short-form questions
- Topics: principles, anatomy, apparatus functions, safety, client adaptation

3. Practical Teaching Exam (Video Submission)

- Teach and film a full session using at least two apparatus
- Demonstrate cueing, corrections, sequencing, and safe execution

4. Post-Course Practice Requirements

- 25 hours of self-practice
- 25 hours of self-study (reading, reviewing videos, journaling)
- 25 hours of practice teaching (friends, clients, peers)

These hours are flexible and can be completed at your pace after the course. They are designed to help you transition from trainee to teacher with confidence.

Recognition & Credibility

Swiss Pilates Institute Certifications are internationally respected because they:

- Follow the authentic principles of Joseph Pilates
- Are taught by a second-generation Master Instructor
- Cover all equipment in a compact, intensive, hands-on format
- Emphasize practical teaching, not just theoretical knowledge

Our graduates go on to teach in studios across Europe, Asia, and the Middle East. Whether you plan to stay local or go global, this certification opens doors.

Final Note: Exam Fee

There is only one additional cost beyond your training fee:

\$150 USD for the combined theory + practical exam review.

This fee is paid only when you're ready to submit. No hidden costs, no surprises.

"Our certificate proves not only that you've studied Pilates — but that you understand it, embody it, and can teach it with excellence."

CHAPTER VIII

How To Join?

From curiosity to certification — here's how your Pilates journey begins.

Enrolling in the Full Immersion Program is a simple and personal process. We understand that committing to a professional training program is a big step — so we make sure you're fully informed, supported, and confident from the beginning.

Step 1: Book a Free Discovery Call

Before you register, we invite you to schedule a personal strategy session with our team. This free call allows you to:

- Share your goals and background
- Understand the structure and benefits of the program
- Ask any questions you may have
- Receive a personalized discount as a thank-you for your time and trust

📞 Book here:

<https://swisspilates.net/strategycall>

Or message us on WhatsApp to schedule directly.

Step 2: Registration

After the call, you'll receive a registration link to confirm your place. You simply fill out your details and select your training location and dates.

Step 3: Pay Your Deposit (Secure Online Payment)

To reserve your spot, a deposit payment is required. You can pay securely online by credit card via a personal payment link we provide.

As soon as your deposit is received, you will gain:

- Immediate access to the online preparation courses
- A confirmation email with all necessary pre-course info
- A checklist to help you prepare for your in-person training

Step 4: Final Payment – Onsite at the Studio

Unlike many programs, we do not require full prepayment upfront. The balance of your course fee is only due on the first day of training, at the studio, once you've arrived and seen everything with your own eyes.

This policy exists for one reason:

✅ Trust.

We want you to feel completely confident that you're enrolling in a legitimate, high-quality training, with no risk or uncertainty.

You will see the studio, meet your instructor, and get settled in — then you pay the rest. Simple, safe, and respectful.

"We don't ask for blind trust — we earn it. Pay the rest when you see for yourself that everything is real, professional, and inspiring."

CHAPTER IX

Frequently Asked Questions

Still have questions? You're not alone. Here are the most common ones — with honest, adult answers.

Do I need previous Pilates experience to join the program?

No formal background is required, but we do strongly recommend that you have some familiarity with Pilates before beginning.

If you've taken around 10 hours of Pilates classes (either online, in a studio, or one-on-one), you'll find it easier to follow the training. The most important thing is curiosity, commitment, and readiness to learn.

Will I really be ready to teach after this course?

Not immediately — and that's intentional.

This program is designed to give you a complete foundation in all Pilates studio apparatus. But becoming a confident and competent teacher doesn't happen in 18 days — it happens through what you do afterward.

After the course, we expect that you will:

- Practice regularly on your own
 - Review what you've learned
 - Teach friends or peers to refine your voice and confidence
- We propose — as a guideline — that you do at least 25 hours each of:
- Self-practice
 - Self-study (reviewing manuals, videos, notes)
 - Practice teaching

But we do not measure or police this. This is adult education. You are responsible for your own development.

When you feel ready, you can take the exam.

Some students need a few weeks, others take a few months — both are completely valid.

"The course gives you the tools. But your progress after the training is what shapes you into a teacher."

What if I can't attend one of the training days?

This is an intensive program and each day builds on the last. We strongly recommend that you attend all sessions.

If you must miss a session due to illness or emergency, we'll support you in catching up — either through future module access or individual review sessions. Additional costs may apply depending on the arrangement.

CHAPTER IX

Frequently Asked Questions

Is the certification internationally recognized?

Yes — the Swiss Pilates Studio Instructor Certificate is respected across the world because of what it represents:

- Training in all Pilates studio apparatus
- A method rooted in authentic tradition (Romana Kryzanowska, Alan Herdman)
- A practical, client-focused approach that prepares you for real-world teaching
-

Studios from Europe to Asia to the Middle East have hired our graduates. What matters more than the paper is your competence — and we train for exactly that.

Can I pay in installments?

Yes. We offer flexible payment options.

During your discovery call, we'll help you find a payment plan that suits your timeline — including the option to pay the final balance on the first day of the course, once you've arrived and seen the studio for yourself.

Is the training in English? What if English isn't my first language?

Yes, the training is conducted in clear, simple English. Many of our students are not native speakers, and Patricia is experienced in teaching mixed-language groups.

You will also likely find fellow students who speak Thai, French, or German, so it's easy to get peer support when needed. Everyone helps each other — that's part of the atmosphere we create.

Here is the final, fully corrected comparison table including all requested providers, accurate teaching formats, durations, pricing, mentorship, and the revised "Real-World Preparation" row — now based on actual studio-readiness, not just logged hours.



CHAPTER X

Comparison Chart




Swiss Pilates vs Other Certifications

Which programs actually prepare you to teach — not just get certified.

Feature / Provider	Swiss Pilates 	Balanced Body 	STOTT Pilates 	Polestar Pilates 	FitThai (BBTH) 	 Pop Pilates
Training Format	● Full Immersion – all apparatus	● Modular format	● Modular & Intensive formats	● Academic hybrid	● Modular (Thai/Eng)	● Choreographed fitness
Apparatus Included	● Mat, Reformer, Cadillac, Chair, Barrels	● Per module or Comprehensive	● Per module or Comprehensive	● Fully integrated system	● One module at a time	● Mat only
Duration & Efficiency	● 18 days in-person + flexible self-practice	● 6-24 months	● 3-12 months + 6mo practicum	● 13-14 months	● ~12+ months	● 1 day
Typical Price (Full Cert)	● ~\$3,366 incl. all materials	● ~\$5,000-8,000+	● ~\$4,700-9,000+ + extras	● ~\$7,600	● \$140,000+ (~\$3,800)	● ~\$500 USD
Materials Included	● All manuals, platform, videos included	● Often extra	● Many extras required	● Most included	● Often not included	● Digital only
Mentorship Quality	● Direct from 2nd-gen Pilates mentor (Patricia)	● Varies by trainer	● Group instruction only	● Academic group feedback	● None	● None
Trainer Consistency	● One master teacher throughout	● Changes by host site	● Different per module	● Consistent trainers	● Instructor may change	● One creator (Cassey Ho)
Real-World Preparation	● Strong teaching prep during course – real corrections, cueing, client focus	● Depends on trainer and host	● Formal structure, but little studio simulation	● Case-based, less dynamic	● Self-logged practice, little guidance	● No teaching, only performance
System Perspective	● Method taught as integrated whole	● Fragmented per apparatus	● No integration across modules	● Taught as full system	● No system-level view	● Not a full method
Online Preparation Access	● Included (Pilates Basics + Anatomy Essentials)	● Subscription video library	● Optional, paid anatomy	● Full e-learning access	● No prep included	● Self-paced video prep
Exam Type	● Written + teaching video submission	● Written + practical	● Written + practical per module	● Comprehensive assessments	● Practical per module	● No exam – license only
Certification Validity	● Lifetime – no renewals or CEUs	● Lifetime	● Requires CEUs & renewals	● Lifetime	● Lifetime	● Yearly license renewal

CHAPTER X

Comparison Chart

Provider	 Strong	 Medium	 Weak
Swiss Pilates	11	0	0
Balanced Body	2	7	2
STOTT Pilates	2	5	4
Polestar Pilates	5	5	1
FitThai (BB TH)	2	2	7
Pop Pilates	2	2	7

What This Table Tells You







- Swiss Pilates Institute is the only program offering:
 - Full system training in one block
 - Materials + online access included
 - Direct mentorship by a second-generation Pilates Master
 - Lifetime certification with no hidden fees or continuing ed required
 - Real hands-on preparation to teach in actual studios
- Other programs may offer big names or modular flexibility, but:
 - Often involve high costs, slow timelines, and limited personal feedback
 - Rarely treat the Pilates method as a connected system
 - Vary widely by trainer, quality, and delivery style
- Pop Pilates is fun and accessible, but not a professional Pilates education — it’s fitness choreography, not method-based instruction.

ANNEX

Training Dates, Pricing & Offers

Your path to certification — clear, complete, and transparent.

2025 Training Dates (Full Immersion)

📍 Location	📅 Dates	👤 Format	🌐 Status
 Bangkok	Apr 2025 (private group)	Full Immersion	✅ Open
 Bangkok	Jun 7–28, 2025	4 modules, full system	✅ Open
 Burgundy	Aug 3–23, 2025	4 modules	❌ Fully booked
 Bangkok	Oct 4–25, 2025	4 modules	✅ Open
 Kuala Lumpur	Nov 8–23, 2025	4 modules (RM, Mat, CAD, CHB)	✅ Open
 Hong Kong	Dec 6–20, 2025	4 modules	✅ Open

Modules: Matwork, Reformer, Cadillac, Chair & Barrels (in sequence)

Option	Price (EUR / THB)	Notes
Regular Price	€3,900 / ฿146,000	Includes all modules, manuals, online prep & review
Early Bird Discount	TBA	Valid if booked ≥ 60 days in advance
Exam Fee	€130 / ฿5,000	Paid when you're ready to submit exam
Payment Plan	✅ Available	Ask during Discovery Call
Final Payment	🇹🇭 On first day of training	Pay balance only after arriving and confirming

What's Included

- 18-day in-person training with Patricia Duchaussoy
- Online access to Pilates Basics + Anatomy Essentials
- Printed manuals for all 4 modules
- Small group (max 12 students)
- Lifetime certification — no renewals, no CEUs
- Personal mentorship from a second-generation Pilates Master

Book Your Discovery Call

Secure your place, get clarity, and receive a personalized offer:

👉 <https://swisspilates.net/strategycall>