

Anne Sexton Pilates

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ANNE SEXTON
PILATES

Teacher Training School Brochure

Welcome To Anne Sexton Pilates Teacher Training School,

We are delighted you have found us, and we hope to support you through your Teacher Training journey. With over a decade of experience as a Teacher Training school, we can guarantee you are in great hands for your training.

Anne Sexton Pilates Teacher Training School (hereinafter referred to as the School) offers the Pilates instructor educational programme and is staffed with qualified, NCPT instructors.

Anne Sexton is the sole owner and director Anne Sexton Pilates, founded in 2002. The Anne Sexton Pilates Teacher Training School was founded in 2015.

Anne Sexton



Mission Statement:

At Anne Sexton Pilates Teacher Training School we endeavour to provide a nurturing and learning environment where students can come together and experience the truly life changing practice of Pilates. It is our commitment to pass on the life work of Joseph and Clara Pilates in its classical form (ie Classical Pilates attempts to be as close to the teachings of Joseph Pilates as possible using Joseph Pilates actual exercises, executed in the order he created, with his intentions), empowering people to take control of their lives and bodies and to share this knowledge, allowing them to in the words of Joseph Pilates “go about their daily lives with minimum effort and maximum pleasure”.

In our school, we want to inspire excellence by preparing our graduates for the highest standards of professional standards in the practice of Pilates. We integrate scientific research to provide practical applications to the Pilates Method and we teach students to assess each client’s unique needs.

Our commitment is to our students, whom without you we would not be!

Our Goals:

- To keep alive and spread the teachings of Joseph and Clara Pilates and to emphasise the importance of staying true to and adhering to the key Pilates Principles of Breathe, Alignment, Centring, Concentration, Control, Flow and Precision
- To continue to strive for Excellence in Pilates
- To honour the teachings, principles and history of the Pilates method whilst staying up to date with latest scientific and medical advances
- To listen to our students and continue to provide them with the tools to be the best Pilates experience to their customers
- To at all times show our students, staff and all we meet respect, integrity and professionalism
- To listen to our students and provide them with the knowledge and personal experience to ensure their practice makes a positive difference to them and their customers lives
- To uphold professional standards within the Pilates industry
- To understand and work within the appropriate scope of Practice for a Pilates instructor
- To provide the next generation of Pilates Teachers with the knowledge, education, professionalism and understanding to continue transforming People’s lives through the Pilates Method

About Anne Sexton



Anne has an impressive 3 and a half decades of experience in the health and wellness field, constantly updating her skills to stay at the forefront of movement therapy and offer the very latest to her clients. Throughout the years, she has witnessed firsthand how Pilates has transformed the lives of her clients and, while she intuitively knew it worked, her curiosity drove her to explore the "why." This led her to study under some of the world's leading experts in fascial research, a field that is continually evolving with new scientific developments. It's an exciting time in the movement arena, and Anne is thrilled to be immersed in it.

Her journey into health and fitness began in 1989 when she first qualified as an ITEC and NCEF gym instructor and exercise music teacher. Anne went on to set up her own circuit training and step aerobic classes. In 1995, she became a certified Personal Trainer and ran a successful PT business for 15 years.

Anne was introduced to Pilates through rehabilitation following injuries to her neck, shoulder, and lower back from a car accident. She qualified as a Pilates trainer with Bodyfirm Pilates in 2002, deeply impressed with the results she achieved through daily Pilates practice. Motivated by the profound benefits, Anne pursued Pilates training to become a teacher herself.

Continuing her commitment to professional growth, Anne has completed numerous courses to bring the most up-to-date methods to her clients. She holds comprehensive Pilates training qualifications from both Ireland and the US and is also qualified in Kettlebells and Pilates Barre. More recently, Anne earned her pre- and postpartum exercise specialist certification with Sarah Duvall, completed Pelvic Fascia training with Eric Franklin, and participated in two online weekends with Pilates legend Jay Grimes from Vintage Pilates, who shared his experiences working with Joseph and Clara Pilates.

Over a decade ago, Anne founded the Anne Sexton Pilates Teacher Training Academy to educate aspiring Pilates instructors. Her dedication to maintaining the highest Pilates standards led her to work with the Pilates Method Alliance, and she traveled to Miami for the first conference on setting up a Teacher Training Approval scheme. Five years ago, Anne's school was awarded the prestigious Pilates Schools Approval Programme, one of only 25 schools worldwide to achieve this recognition before the Pilates Method Alliance transitioned to a simpler system.

Anne has held her NCPT certification for six years and recently recertified. This accolade is especially important to her, as it is the only third-party Pilates validation worldwide, ensuring that Pilates standards remain high while preserving the teachings of Joseph and Clara Pilates.

The Anne Sexton Pilates Teacher Training Academy offers a 450-hour fully comprehensive Teacher Training program, which is a prerequisite for sitting the NCPT exam. Today, Anne runs her Pilates studio, Anne Sexton Pilates, at the beautiful Tinakilly Country House Hotel. Open seven days a week, the studio offers over 40 classes, allowing clients to benefit from her vast expertise in a stunning and serene environment.

Facilities:

The school is located in the Anne Sexton Pilates studio situated on the grounds of the stunning Tinakilly Country House Hotel. The studio is a converted barn nestled in the beautiful greenery of the Tinakilly Gardens. We have a fully equipped apparatus room and a private treatment room. Equipment consisting of Reformer, Trapeze Table/Tower, Chair, Ladder Barrel, Ballet Barre, Spine Corrector and Pilates props. Charts, diagrams and videos are available to enhance the learning experience.

Student Grievance Procedure:

The School recognises a student's right to have grievances and to file complaints. The School is committed to addressing complaints and grievances effectively and fairly. This policy provides a procedure for documenting grievances and complaints related to issues both academic and non-academic, as well as complaints of unlawful discrimination and unfair treatment.

The School aims to address complaints and grievances through a fair and impartial resolution process that is carried out with transparency, that is accessible and available to all students and that respects the privacy of all parties involved. A student may file a complaint or grievance without fear of reprisals.

Procedure:

Any student with a complaint or a grievance should take the following actions:

- Contact the person with whom they have the grievance and attempt to resolve the issue informally.
- If this is not a reasonable option, or if such an option does not remedy the situation, students should speak with the Director.
- If this is not a reasonable option, or if such an option does not remedy the situation, students should submit a written grievance or complaint to: anne@pilatesreformerclasses.ie

Attempting to resolve any issue with the School first is strongly encouraged. Student Complaints may be brought to the attention of the Pilates School Approval Program. Contact: PSAP@pilatesmethodalliance.org

Touch

As Pilates engages touch for cueing and adjustment purposes. The program will require some level of touch, although sensitivity will be respected.

Sexual Harassment Procedure:

Definition:

Sexual Harassment is defined as unwelcomed verbal, visual, or physical conduct of a sexual nature that is severe or pervasive and affects learning conditions or creates a hostile environment.

Examples:

- Verbal or Written - Comments about clothing, personal behavior, or a person's body; sexual or sex- based jokes; requesting sexual favors or repeatedly asking a person out; sexual innuendoes; telling rumors about a person's personal or sexual life; threatening a person.
- Physical - Assault; impeding or blocking movement; inappropriate touching of a person or a person's clothing; kissing, hugging, patting, stroking.
- Non-verbal - Looking up and down a person's body; derogatory gestures or facial expressions of a sexual nature; following a person.
- Visual - Posters, drawings, pictures, screensavers or emails of a sexual nature.

