

A photograph of a Pilates studio with wooden floors, large windows, and several Pilates reformers. A semi-transparent teal box is overlaid on the image, containing the title text in white.

Teacher Training Must Cover These Core Areas

Hi there,

Most new Pilates instructors graduate with the same few blind spots.

Not because they didn't work hard, and not because they don't care.

Often, it's because many training programs focus heavily on exercises and anatomy, while spending less time on the day-to-day realities of teaching real people in a real studio.

Industry educators have been talking about these gaps for years. Veteran instructors and program designers consistently point to the same areas needing more support: sequencing, cueing, communication, and real teaching integration. (*Sources: The Pilates Journal, 2024; Pilates Bridge interview with Mara Sievers, 2024*)

For studios offering (or considering offering) teacher training, this creates an opportunity.

A strong curriculum like [the one we offer at PEI](#) can help close these gaps before trainees ever teach their first class.

Here are some of the topics we focus on to provide a well-rounded experience and ensure instructors are highly-qualified:

1. Sequencing

Many new instructors know individual exercises well but struggle to structure a cohesive class. A strong curriculum teaches sequencing as a skill, not an afterthought.

2. Cueing

New instructors often over-explain because they're trying to remember everything they learned.

But clients don't need a lecture. They need clear, confident guidance.

Strong programs teach cueing so instructors learn how to communicate movement simply and effectively.

3. Modifications for real bodies

Clients arrive with injuries, postural imbalances, movement limitations, and different levels of experience.

Programs that teach modifications intentionally help instructors adapt in real time instead of teaching one-size-fits-all classes.

4. Communication and teaching presence

Great teaching is more than technical knowledge.

Listening, reading the room, building trust, and communicating clearly are all teachable skills, but they need to be part of the curriculum.

5. Real teaching experience with feedback

This may be the most important gap of all.

Hands-on teaching experience, combined with mentorship and feedback, is often what transforms a trainee into a confident instructor.

Programs that build mentorship and observation into the structure tend to prepare instructors far more effectively for real studio environments.

At PEI, our curriculum is designed to help studios close these kinds of gaps through structured modules, mentorship support, and practical teaching observation and practice aligned with modern Pilates education needs.

If you'd like to learn more about how PEI supports studio-based teacher training, [get in touch](#).

The PEI Team



PILATES
EDUCATION INSTITUTE



BRING PILATES TEACHER TRAINING TO YOUR STUDIO AND MAKE IT YOUR OWN

At PEI, our mission is to increase the number of highly-qualified Pilates instructors across the world by empowering you, the Pilates studio owner, to build and implement a Pilates teacher training program. We provide the curriculum and resources, and you train your own instructors - and keep the profits!



Pilates Education Institute

3710 Mitchell Drive, Suite 104, 80525, Fort Collins

This email was sent to {{ contact.EMAIL }}
You've received it because you've subscribed to our newsletter.

[View in browser](#) | [Unsubscribe](#)

