

# Maité. Academy

House of Excellence

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Maité Academy is a professional education platform dedicated to advanced Pilates teacher training, continuing education, and specialty certifications. We work with experienced instructors who already hold a solid foundation and are ready to refine their skills, deepen their understanding, and teach with greater clarity, confidence, and presence.

Our programs are led by a carefully selected faculty of highly skilled educators—including experienced Pilates master teachers, physiotherapists, and medical professionals—each bringing depth, integrity, and real-world expertise to the learning environment. This multidisciplinary knowledge informs an approach that is intelligent, functional, and grounded in both movement science and teaching artistry.



# Anatomy In Use Deep Dive

28.03.2026 - 29.03.2026

A 2-day intensive module designed for certified Pilates instructors who already have a solid foundation in anatomy and are ready to translate that knowledge into confident, embodied teaching. This is not a clinical or theory-heavy anatomy course—this module focuses on how anatomy shows up in movement and how to use it intelligently in real-time teaching.

**Focus:** Functional anatomy in motion, biomechanical awareness (non-clinical), observation skills, refined cueing, movement quality, and practical application across classical and contemporary Pilates repertoire.

**Style:** Applied, intelligent, embodied, and practice-driven.

**Theme:** Awareness > Precision > Integration > Mastery



# Advanced Reformer

19.06.2026 - 21.06.2026

An immersive 3-day advanced certification designed for already-certified Pilates teachers who are ready to deepen their mastery of the Reformer. This program goes beyond choreography to explore advanced classical foundations, contemporary interpretation, intelligent progressions, and creative flow—while maintaining clarity, precision, and purpose in advanced work.

This is not about adding complexity for complexity's sake. The focus is on what truly makes Reformer work advanced: informed choices, refined cueing, meaningful modifications, skilled use of props, and the ability to hold space while teaching with confidence and clarity.

**Focus:** Advanced classical repertoire, contemporary adaptations, creative sequencing, intelligent modifications, props, cueing, flow, and teaching presence.

**Style:** Elevated, intentional, creative, and grounded in mastery.

**Theme:** Classical > Contemporary > Creative Flow



# Advanced Mat

26.06.2026 - 28.06.2026

An in-depth 3-day Advanced Mat Certification designed for already-certified Pilates teachers who are ready to refine, elevate, and mature their Mat teaching. This curriculum integrates advanced classical mat work with a contemporary, intelligent, and multi-planar approach—supporting teachers in developing clarity, confidence, and artistry at an advanced level. This is not a beginner or intermediate training. It is a polish + mastery + artistry program that explores what truly differentiates advanced Mat work: strength, balance, endurance, complexity, and precise timing. Emphasis is placed on refined cueing, intelligent flow design, effective use of props, and the ability to hold space, create resonance, and teach with embodied presence.

**Focus:** Advanced classical Mat repertoire, contemporary adaptations, multi-planar movement, flow and sequencing, props, cueing, teaching presence, and the principles that define advanced work.

**Style:** Precise, creative, embodied, and elevated.

**Theme:** Mastery > Artistry > Presence



# Pre- Post Natal Mat

14.05.2026 - 15.05.2026

A 2-day specialized certification designed for already-certified Pilates instructors who want to expand their skills with contemporary, evidence-informed pre- and postnatal teaching practices. This program focuses on real-world application rather than theory overload—supporting instructors in teaching safely, confidently, and with presence throughout pregnancy and postpartum.

This is not a “teach anatomy from scratch” course. Instead, the emphasis is on functional movement, intelligent modifications, thoughtful flow design, and addressing the specific physical and emotional needs of the perinatal period. Teachers will refine their ability to hold space, build confident classes, and support recovery with clarity and care.

**Focus:** Functional movement, breath, modifications, sequencing, postpartum recovery principles, holding space, and confident class-building.

**Style:** Contemporary, accessible, empowering.

**Theme:** Support > Strength > Safety > Empowerment



# Pre- Post Natal Reformer

16.05.2026 - 17.05.2026

A 2-day Pre & Postnatal Reformer Certification designed for already-certified Pilates instructors, mirroring the tone, depth, and structure of the Mat version—while being specifically tailored to the unique mechanics, loading, and support of the Reformer.

This course focuses entirely on movement and teaching application. There is no medical diagnosis and no pathology-based teaching. Instead, the emphasis is on functional modifications, intelligent sequencing, effective use of props, clear cueing, and the ability to hold space with confidence and care in pre- and postnatal settings.

Instructors will learn how to manage load safely, work intelligently with springs, create smooth transitions, and design contemporary, supportive flows that respond to the functional needs of prenatal and postnatal bodies.

**Focus:** Breath, support, load management, modifications, sequencing, transitions, safe and intentional use of springs, and contemporary Reformer flows.

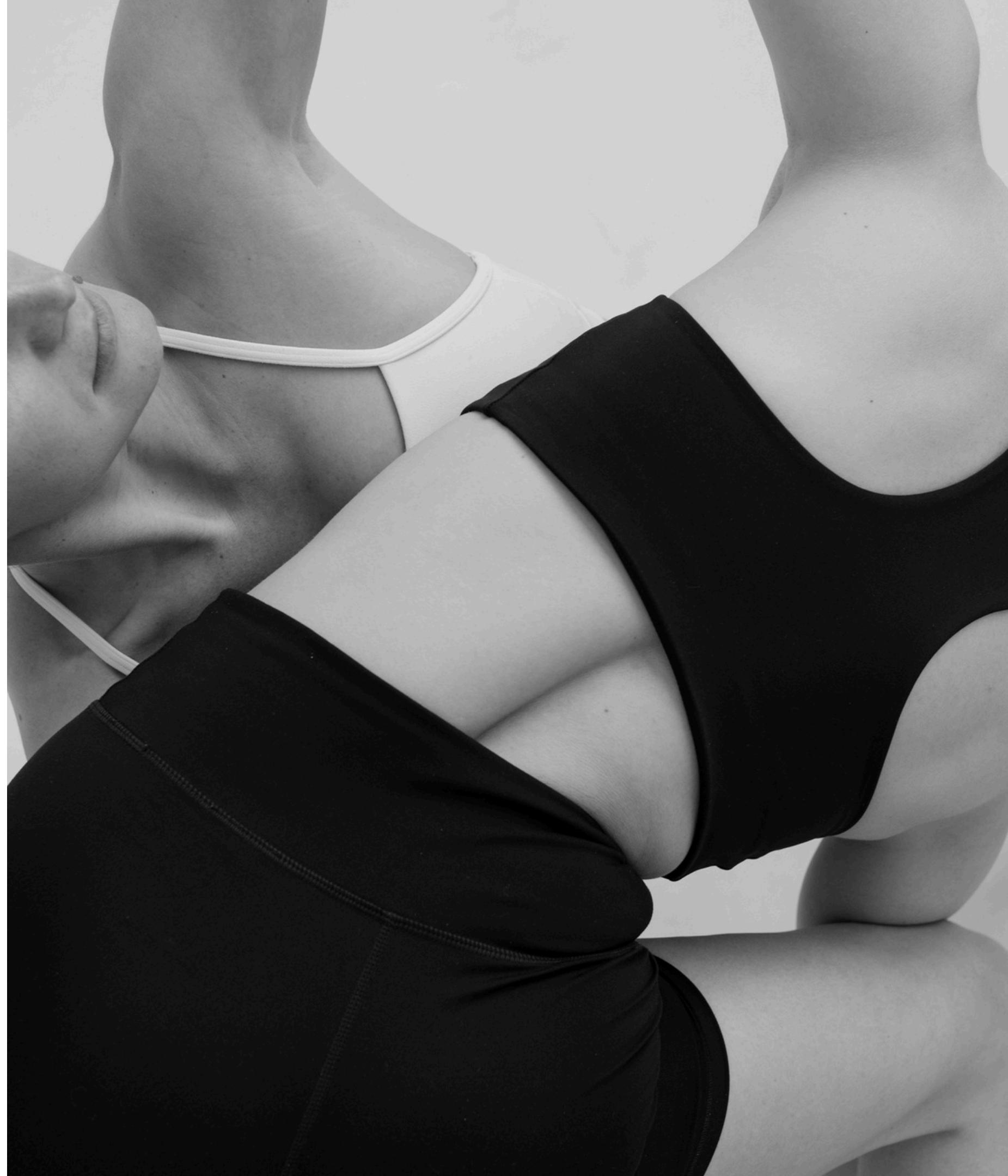
**Approach:** Empowering, accessible, modern, and informed by functional prenatal and postnatal needs.

**Theme:** Support > Space > Strength > Ease



# Standard Pricing

Module	Price	Max Participants
Anatomy In Use – Deep Dive	550 €	16
Pre/Postnatal Mat	500 €	16
Pre/Postnatal Reformer	550 €	12
Advanced Mat	750 €	16
Advanced Reformer	900 €	12



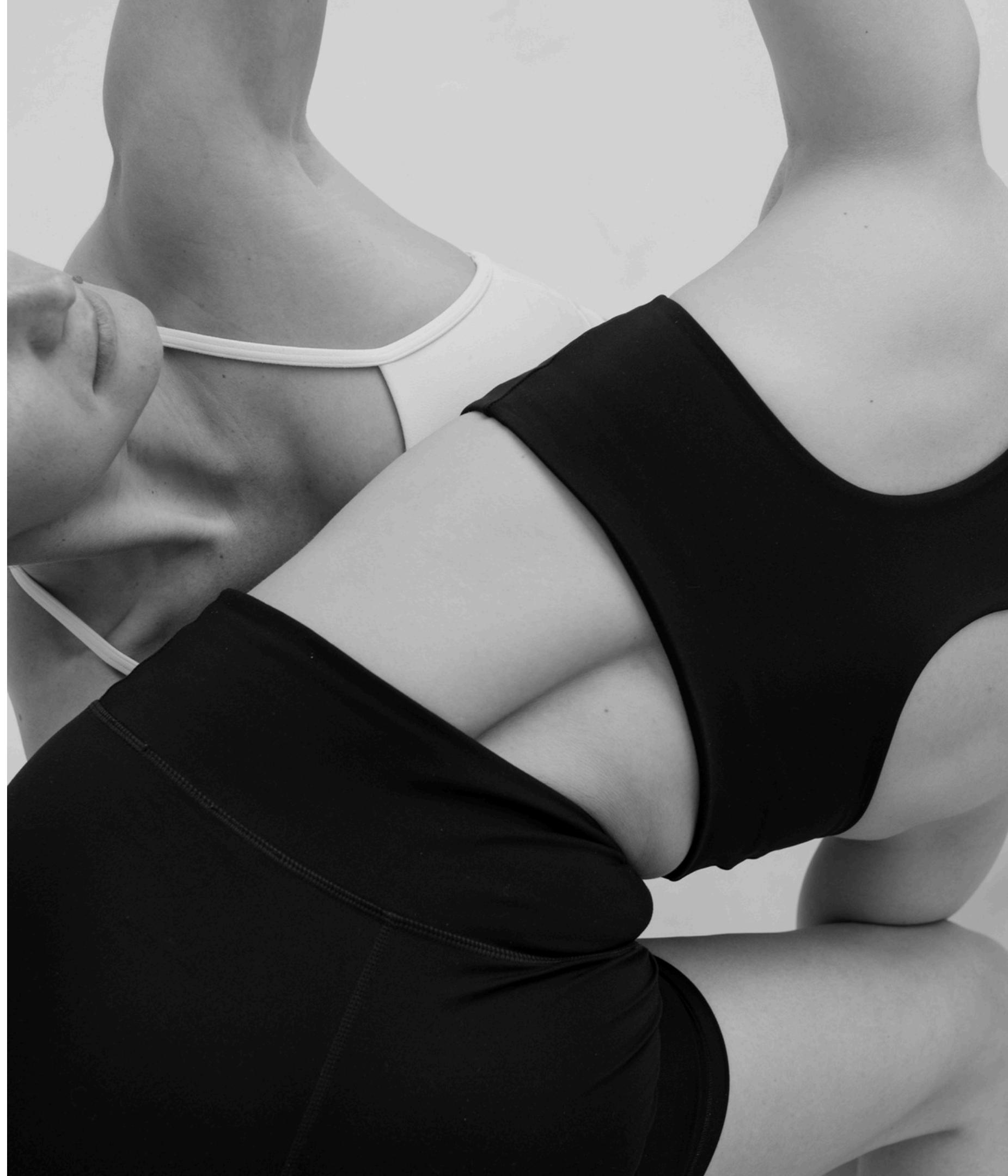
# Early Bird Pricing

Module	Price	Until
Anatomy In Use – Deep Dive	495 €	31.01.2026
Pre/Postnatal Mat	450 €	28.02.2026
Pre/Postnatal Reformer	495 €	28.02.2026
Advanced Mat	675 €	31.03.2026
Advanced Reformer	810 €	31.03.2026



# Bundle Pricing

Module	Bundle price
Pre/Postnatal Mat + Pre/Postnatal Reformer	975 €
Advanced Mat + Advanced Reformer	1,500 €
Anatomy + Pre/Post Mat + Pre/Post Reformer + Advanced Mat + Advanced Reformer	3,000 €
Anatomy In Use + Advanced Reformer	1,325 €
Anatomy In Use + Advanced Mat	1,150 €



# Dates & Modules

**Advanced Pilates Certification**

**Anatomy In Use – Deep Dive**

 **28.03 – 29.03**

**Pre/Postnatal Mat**

 **14.05 – 15.05**

**Pre/Postnatal Reformer**

 **16.05 – 17.05**

**Advanced Reformer**

 **19.06 – 21.06**

**Advanced Mat**

 **26.06 – 28.06**

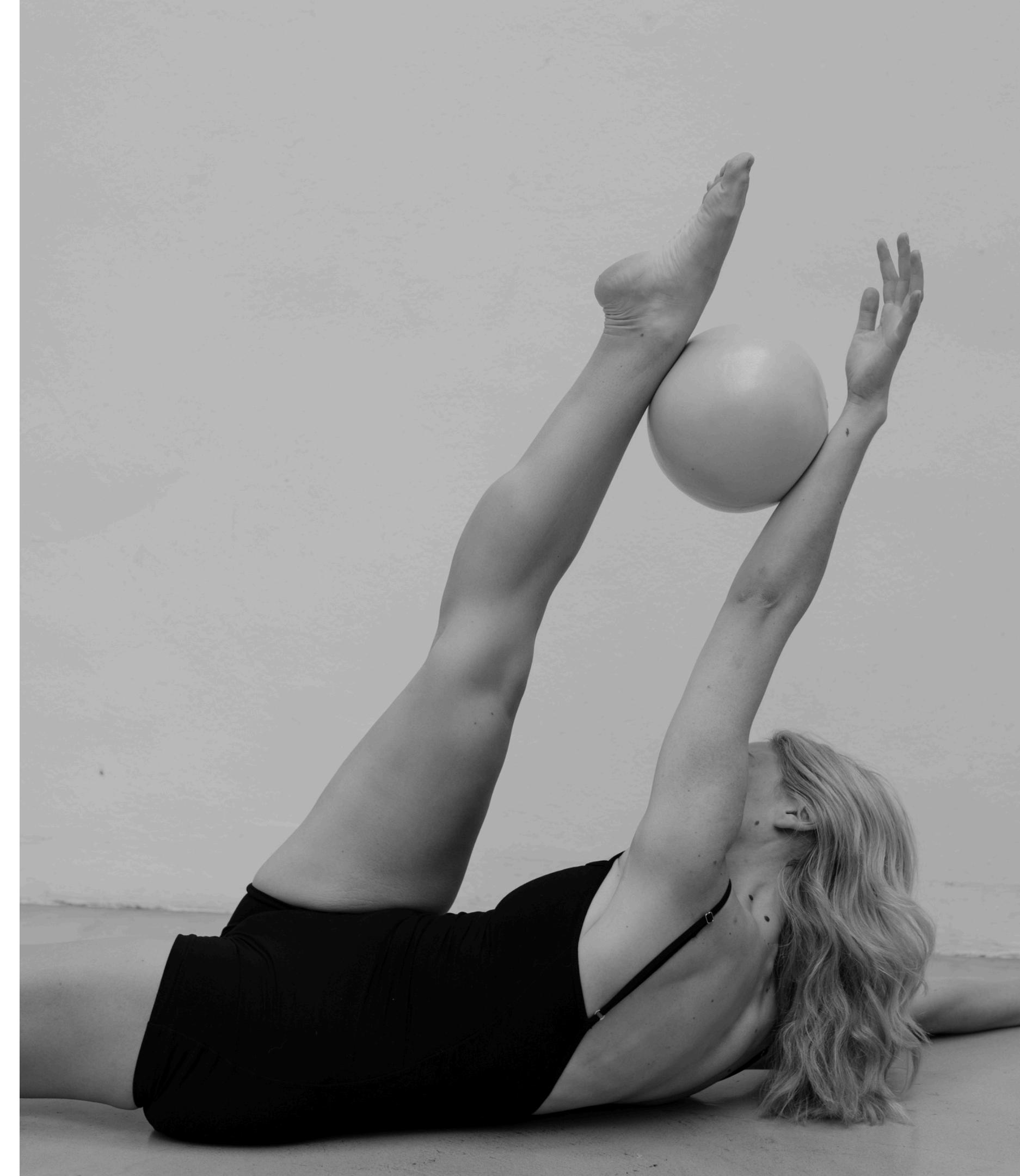


# SignUp

Want to join this teacher training?

Email us at [studio@maite-reformation.com](mailto:studio@maite-reformation.com) with the subject  
"Maite Academy MODULE"

and we'll get in touch with you. Spots are limited, and prior certification is  
required.



# FAQ

**In which language will the module be taught?**

The module will be conducted in English. However, our teachers speak both German and English, so explanations can also be given in German if something is not fully understood.

**Will a course manual be provided?**

Yes, the course manual will be provided digitally.

If you would like to receive a printed version, this is possible for an additional fee.

**How do the exams work?**

**The exam format depends on the module:**

- Pre / Post Natal & Anatomy in Use:
  - The exam will be held online as a multiple-choice, closed-book exam.  
More detailed information will be provided closer to the module date.
- Advanced Reformer & Advanced Mat:
  - Exams will be held on site. Individual exam dates will be arranged after the module.

**If you have any further questions, feel free to contact us.**



# Emma P.

**Modul: Anatomy in Use, Pre/ Post Natal, Advance Mat & Reformer**

Emma is a true movement nerd and the head teacher of Maité Academy. Whether it's Pilates, strength training, padel, tennis, dance, yoga, or any other form of movement, she is not only interested in doing it, but in understanding how and why it works.

With a background in physical therapy, Emma brings deep anatomical and biomechanical knowledge into everything she teaches. She has a particular specialization in gynecology and obstetrics, both as a therapist and as an instructor, which allows her to approach movement with a refined sensitivity to the female body across all life stages.

Emma is known for her precision and clear, cueing. She has an eye for detail and will adjust your position by a millimeter if that's what it takes for you to truly feel and understand the movement. Her teaching empowers people not only to execute exercises correctly, but to recognize, analyze, and adapt movement patterns with confidence.

Classically trained in Pilates for over four years, Emma has a deep respect for the original principles and foundations of the method. At the same time, she brings a modern, creative approach that allows classes to flow and evolve without ever losing the grounding essence of Pilates.



# Aimé

## Modul: Advanced Reformer

Aimé has had a lifelong connection to movement and sport, which has been an essential part of her life for as long as she can remember. She began practicing yoga at the age of 14 and discovered Pilates several years later, eventually completing her classical Pilates certification in Mat and Reformer three years ago. Since then, she has continued to deepen her practice through additional hot mat certifications and advanced master classes with leading figures in the industry. Known for her contemporary, dynamic classes, Aimé's teaching is defined by fluidity, intensity, and a powerful presence. Her intuitive cueing and distinctive energy create an immersive experience that consistently draws dedicated students, with her classes often fully booked weeks in advance. Learn from Aimé as part of your Advanced Reformer Certificate and refine your teaching through her expert guidance and inspiring approach.



# Jana

## Modul: Anatomy in Use & support Pre/ Post Natal

Jana has been working as a yoga and Pilates teacher for many years and has extensive experience in teaching and guiding diverse groups. In parallel, she studied medicine at the Medical University of Vienna, which has given her a deep and structured understanding of human anatomy, physiology, and body awareness. This combination of medical knowledge and long-standing teaching practice forms the foundation of her expertise and informs her mindful, precise, and embodied approach to movement and education.



# Elli

## Modul: Advanced Mat

Movement and sport have always been central to Elli's life. For her, fitness is more than training—it's a lifestyle that connects a strong, healthy body with a resilient, empowered mindset. Through consistent practice, she has gained confidence, self-assurance, and inner strength.

Certified in Fitness & Personal Training for six years, Elli has built extensive experience as a self-employed trainer. She has a keen intuition for understanding where clients are in their journey and how to guide them safely and effectively to the next level.

Her teaching style blends dynamic progressions, layered intensity, and the unmistakable Pilates burn. Elli creates challenging yet mindful classes that help clients feel strong, present, and deeply connected to their bodies. With precision and care, she knows how to meet clients where they are and push them just enough to unlock their full potential.

Experience Elli's passion for movement in the Advanced Mat Certificate and elevate your teaching with her expertise—designed to inspire confidence, strength, and lasting impact.



# Timetable outline

## General Daily Schedule

The courses are generally planned with the following structure:

08:00 – 09:00

Guided Advanced Mat Pilates class, taught by the module instructor

09:30 – 12:00

Teacher Training session

12:00 – 13:00

Lunch break

13:00 – 15:00

Teacher Training session

15:00 – 15:20

Short break

15:20 – 17:00 / 18:00

Teacher Training session

(End time may vary depending on the pace of the group and daily progress.)



# Join the Academy

At Maité Academy, we bridge classical Pilates foundations with contemporary application, focusing on anatomy in use, biomechanical awareness, intelligent sequencing, precise cueing, effective modifications, and the ability to hold space for diverse bodies and needs. This is for thoughtful teachers who value depth, clarity and who want to continue evolving as confident, informed, and creative educators.



# Cancellation Policy

## 1. Cancellation Before the Training Begins

### Registration & Deposit

A 20–30% deposit is required to secure your place.

This deposit is non-refundable, but may be transferred to a future training within 6–12 months.

### Cancellation timeline:

30+ days before the start date:

Refund of the tuition minus the deposit

14–29 days before the start date:

50% refund or full credit toward a future training

Less than 14 days before the start date:

No refund, though a training credit may be offered when possible

## 2. Cancellation After the Training Has Started

Once the training has begun, refunds are no longer available, as materials, space, and instruction have already been provided.

### In certain circumstances:

a partial credit may be offered toward a future training

completed modules remain valid and do not need to be repeated

## 3. Emergency Situations (Student-Initiated)

If an unexpected and serious situation arises, we will always approach it with care and understanding.

### Examples include:

Medical emergencies or injury

Serious family matters

Death in the immediate family

Pregnancy-related complications

Unforeseen external events

### In these cases:

Please notify us as soon as possible

### While refunds are not available:

Full tuition credit may be issued

Credit is valid for up to 24 months

You may rejoin the training at a later time

## 4. Cancellation or Postponement by the Training Provider

If the training must be canceled or rescheduled due to unforeseen circumstances, students may choose:

a full refund, or

a full credit toward a future training

## 5. Missed Days During the Training

### Occasional absences:

Can usually be made up through additional assignments or practice

### Extended absence:

Completion may take place with a future cohort

## 6. A Final Note

This policy is rooted in trust, transparency, and mutual respect.

If you have questions or special circumstances, we warmly encourage open communication.

