

**Maité.**

*Academy*

*House of Excellence*

# House of Excellence

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.



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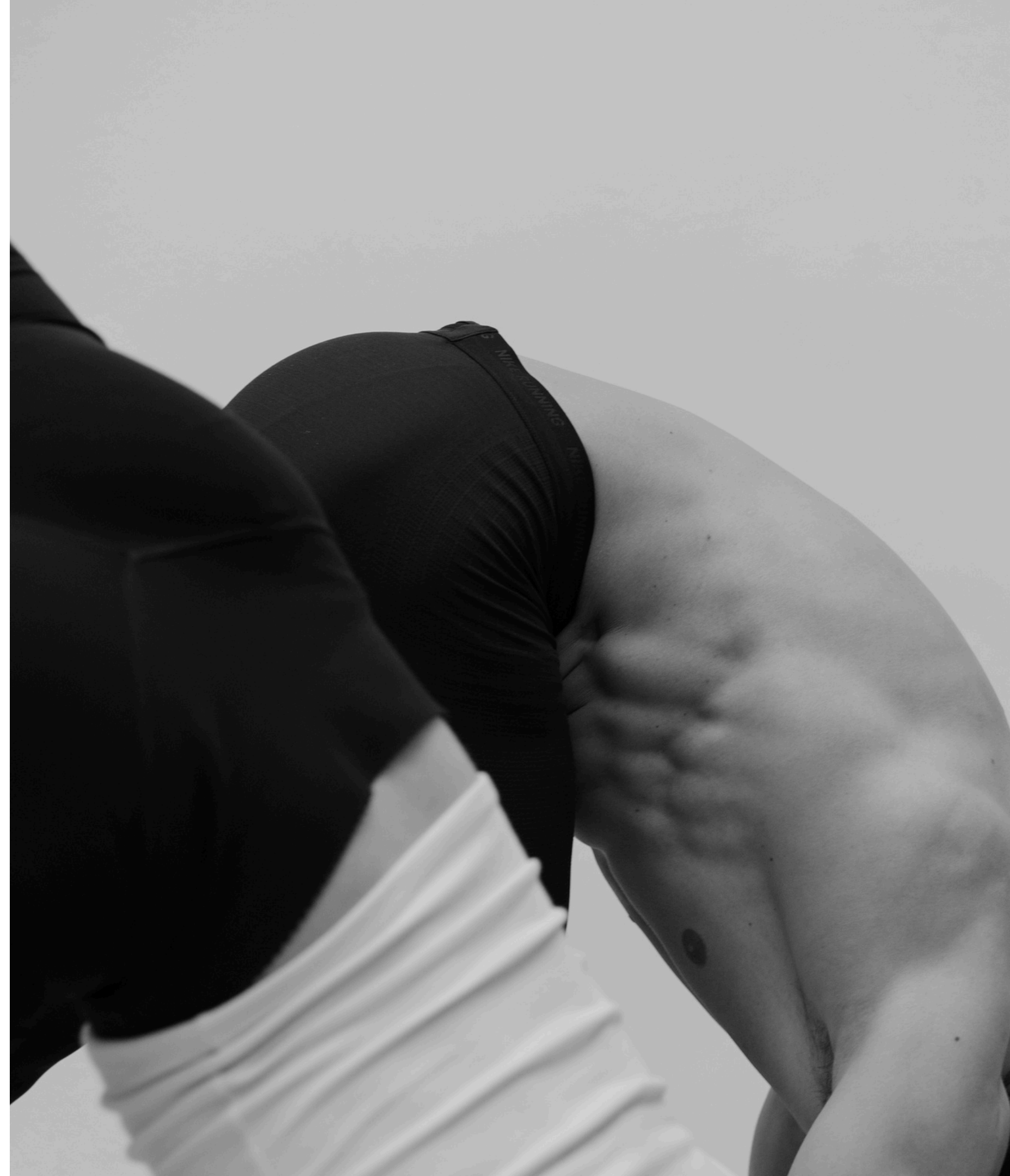
# Anatomy In Use Deep Dive

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

An immersive 3-Day advanced certification designed for Pilates teachers who want to elevate their Reformer teaching through intelligent programming, purposeful sequencing, and refined coaching skills. Moving beyond choreography, this training focuses on creating clear, effective, and meaningful movement experiences through thoughtful progressions and regressions, movement analysis, cueing, hands-on adjustments, and strategic use of props.

Participants will learn how to teach mixed-level groups with confidence, strengthen their coaching eye, develop their authentic teaching voice, and navigate real-life teaching situations with clarity and professionalism. With a maximum of 12 participants, the training provides a highly interactive learning environment with personalized feedback and hands-on support.

**Focus:** Programming, sequencing, cueing, movement analysis, props, coaching skills, teaching presence, and mixed-level teaching.

**Style:** Practical, intelligent, and purpose-driven.

**Theme:** Programming › Coaching › Teaching Mastery



# Advanced Mat

**An 3-Day in-depth Advanced Mat Training designed for certified Pilates teachers who are ready to deepen their understanding of movement, refine their teaching approach, and elevate the way they sequence, coach, and lead a class. This program explores intelligent programming, purposeful progressions and regressions, and the skills required to create meaningful, effective movement experiences.**

**Moving beyond choreography, the training focuses on what makes Mat teaching truly impactful: thoughtful sequencing, movement analysis, refined cueing, strategic use of props, and the ability to adapt confidently to different bodies and levels. Teachers will strengthen their coaching eye, develop greater body awareness, and cultivate a teaching presence that is clear, authentic, and engaging.**

**Emphasis is placed on intelligent programming rather than exercise quantity, creating classes that are purposeful, sustainable, and effective for both teacher and client.**

**Focus: Advanced Mat programming, sequencing, movement analysis, cueing, hands-on adjustments, props, mixed-level teaching, communication, and teaching presence.**

**Style: Intelligent, practical, embodied, and purposeful.**

**Theme: Programming > Coaching > Presence**



# Pre-Post Natal Mat

**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

**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.**

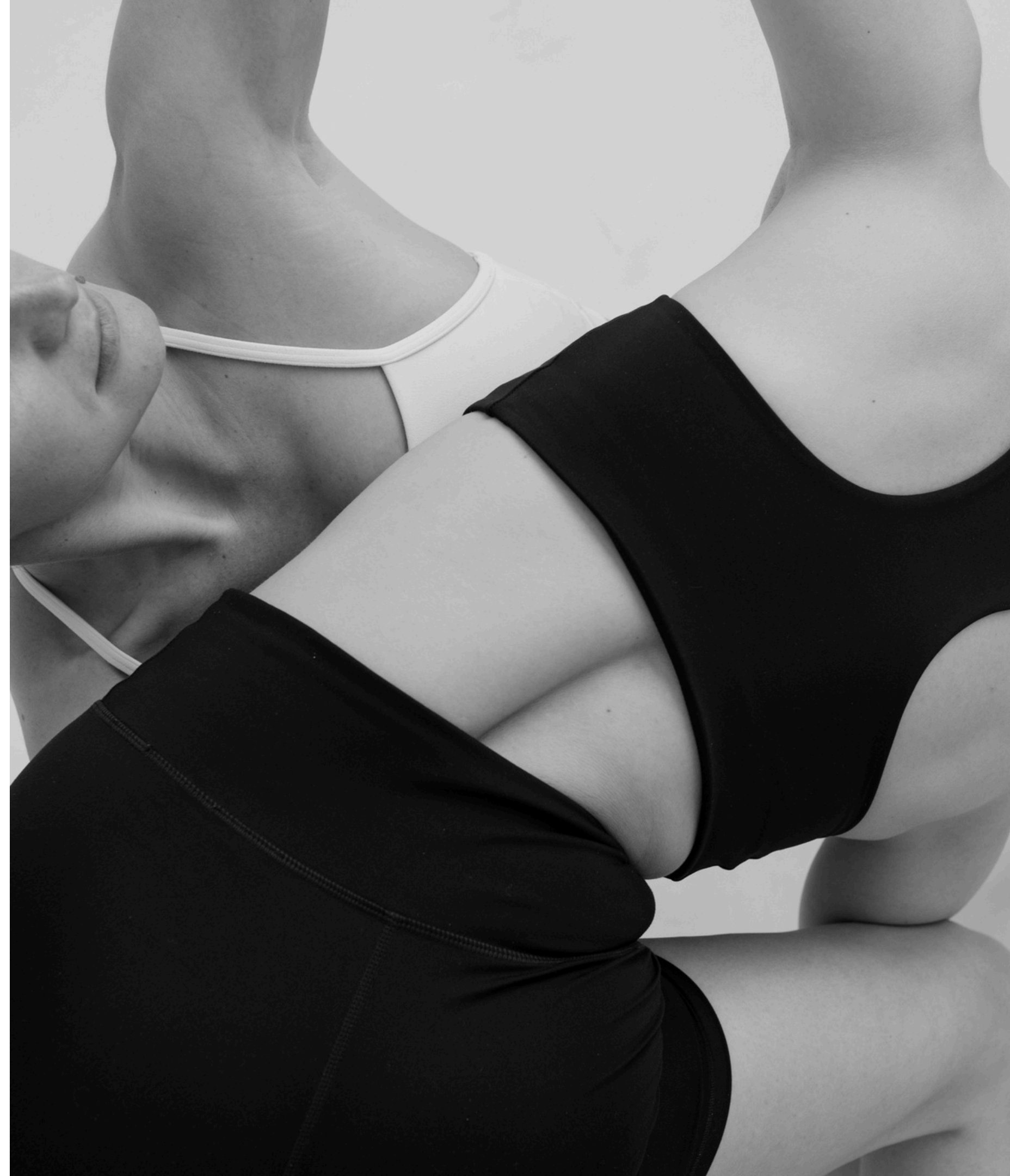
**Approach: Empowering, accessible, modern, and informed by functional prenatal and postnatal needs.**

**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



# Timetable outline

The courses are generally planned with the following structure:

either 07:00 am or 08:00 start

**Master Class Mat Pilates/ Reformer 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.)

## **Disclaimer:**

**All Class Moduls are held at Maité HQ Zollergasse 9-11/22 1070 Vienna**

**Reformer Teacher Trainings: Master Class held at Neubaugasse 64-66/2  
1070**

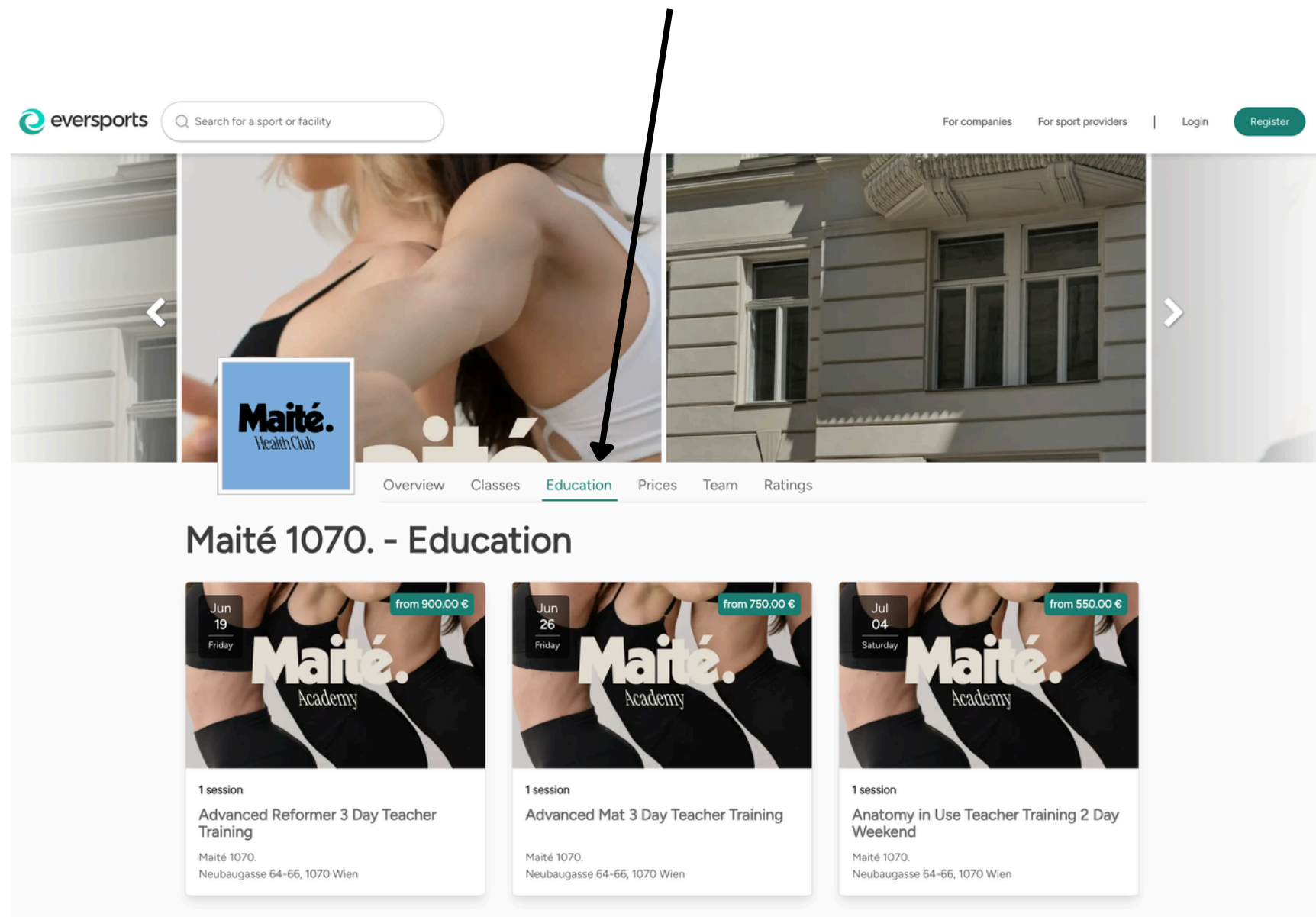
**Mat Teacher Trainings: Master Class held at HQ Zollergasse 9-11/22 1070**



# Sign Up

Want to join this teacher training?

Book your teacher training via Eversports  
Maité 1070 > Education > Book Module



The screenshot shows the Eversports website interface. At the top left is the Eversports logo and a search bar. Navigation links for 'For companies', 'For sport providers', 'Login', and 'Register' are on the right. A main banner features a woman in a white sports top and a building facade, with the 'Maité. Health Club' logo overlaid. Below the banner is a navigation menu with 'Overview', 'Classes', 'Education', 'Prices', 'Team', and 'Ratings'. The 'Education' section is titled 'Maité 1070. - Education' and displays three training modules:

Date	Day	Price	Session	Training Title	Location
Jun 19	Friday	from 900.00 €	1 session	Advanced Reformer 3 Day Teacher Training	Maité 1070, Neubaugasse 64-66, 1070 Wien
Jun 26	Friday	from 750.00 €	1 session	Advanced Mat 3 Day Teacher Training	Maité 1070, Neubaugasse 64-66, 1070 Wien
Jul 04	Saturday	from 550.00 €	1 session	Anatomy in Use Teacher Training 2 Day Weekend	Maité 1070, Neubaugasse 64-66, 1070 Wien

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.

**How do the exams work?**

The exam format depends on the module:

**Pre / Post Natal & Anatomy in Use & Injury Deep Dive:**

- 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.

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



# 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

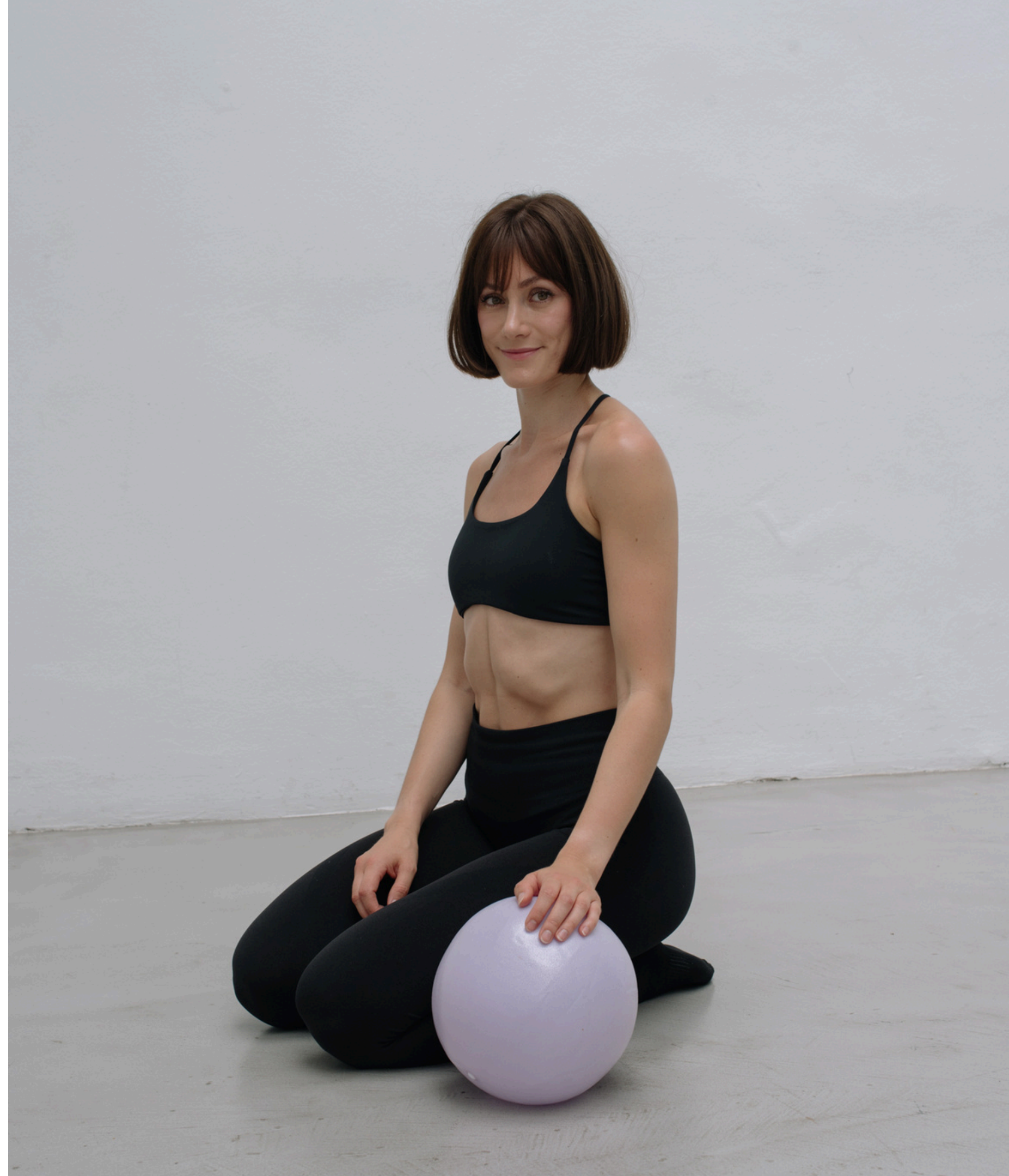
## Modul: Advanced Mat

**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.**



# 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

## Workshop Cancellation Policy

### 1. Participant Cancellation

Participants may cancel their workshop booking up to 4 weeks (30 days) before the workshop start date and receive a full refund.

For cancellations made less than 4 weeks before the workshop, the studio reserves the right to retain the full workshop fee, and no refund will be issued.

In exceptional circumstances, a transfer to another workshop may be offered at the studio's discretion, subject to availability.

### 2. Cancellation After the Workshop Has Begun

Once the workshop has started, refunds are no longer available, as the participant's place, materials, and instruction have already been allocated.

### 3. Studio-Initiated Cancellation or Rescheduling

The studio reserves the right to cancel, postpone, or reschedule a workshop due to unforeseen circumstances, insufficient enrollment, venue-related issues, instructor illness, or other circumstances beyond its control.

In the event of a cancellation by the studio, participants will be offered either:

- A full refund of all fees paid, or
- A transfer of their booking to another available workshop or training.

### 4. A Final Note

Our cancellation policy is designed to support the planning and delivery of high-quality workshops while remaining fair to both participants and the studio. If you have questions or exceptional circumstances, we encourage you to contact us directly as early as possible.

