



Training School

Cristiane Domenici Pilates®

Cannes - France

Catalog



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Introduction

The Cristiane Domenici Pilates® School offers a comprehensive Pilates teacher certification program taught by an NPCP teacher.

The school's director is Cristiane Domenici. Founded in 1997, the school began as a studio and has offered a Pilates teacher training program since 2001.

Mission and objectives

Mission Statement:

At Cristiane Domenici Pilates® School, we strive for excellence by preparing our graduates for the highest professional standards in the in the practice of Pilates. We integrate scientific research to provide practical applications of Pilates and we teach to assess the unique to assess the unique needs of each client.

Objectives:

The goals of our school are:

- ° To train dedicated, competent and innovative Pilates teachers who have a good understanding of the scientific principles behind the composition of the composition of movement sequences and exercises and who, with experience, will be able to develop and experience, will be able to develop high levels of expertise in the basic Pilates exercise method. The trained teacher must be able to conduct a class according to the pedagogy and principles of the method. He/she must also be able to perform the movements being taught.
- ° To extend the understanding of Pilates to the French community
- ° To ensure that all our teachers are certified by the National Pilates Certification Program
- ° To develop continuing education programs for our certified teachers
- ° To maintain a registry of all our certified teachers
- ° Encourage future teachers to open their own facilities to serve a wider to serve a wider population
- ° Certify Pilates teachers each year

Targeted skills

Theoretical knowledge: Knowledge of the history of the Pilates Method, Biography and Literature related to Joseph Pilates, Principles and Philosophy of the Method, Objectives of the Method, Anatomical principles related to the Method, Physiopathology and postural analysis, Learning process, Progression for clients, Teacher's posture, Professionalism. Ethics.

Know-how: Skills in adapting the content of the course, Ability to make students progress, Mastering the timing of the course, Knowing how to adapt the repertoire, its variants and modifications, Knowing the contraindications, Knowing the safety rules.

Know-how: Ability to welcome the public, Commercial management of the public, Modulation of the voice, Professionalism

Target audience

This training is offered to dancers, athletes, physiotherapists, osteopaths, and anyone wishing to undertake a professional reconversion.

Programs and courses offered

° Complete Pilates Program - 796 hours

° Program schedule (chart): 6 steps: Pre-requisites (52h30), Fundamentals (87h), Beginner System (214h30), Intermediate System (211h30), Advanced System (225h), Final exam (5h30)

° Students will work with Balanced Body equipment and accessories from Sissel

° All classes will be held at the Studio Pilates de Cannes (there may be an exemption in partnership with another studio if necessary)

° Requirements to obtain the certificate: list of steps to be taken to obtain the certificate: attend classes, complete learning hours, case study, exams (written, practical), payment of all payments.

"Upon completion of the program, the student receives a certificate of completion."

"Successful completion of the full Pilates program does not guarantee a job but does guarantee certification in the Cristiane Domenici Pilates® method."

Accessibility

The trainings in Cannes take place at the head office of EIRL Cristiane Domenici, 38 Bd Montfleury 06400 Cannes.



Directions for access to the training center:

Access by bus n°2 stop Selvosa.

Access by car from the A8 motorway exit 40 Le Cannet - Cannes

Access by plane from Nice Côte d'Azur airport, 30 minutes by car, exit 40 of the A8 motorway towards Cannes or by bus from the airport, line 220 to Place de la Mairie in Cannes.

Access map to the training center at www.studiopilatesdecannes.com

The building is not equipped for wheelchair access.

Costs

Breakdown of costs :

Registration fee	800€.
Pre-requisite course fee	700€.
Admission test fee	50€
Textbooks 20€ + self-purchase books	
Stage 2 Fundamentals Fee	1100€
Stage 3 Beginner System fee	2150€
Stage 4 Intermediate System fee	2100€
Stage 5 Advanced System fee	2700€
Tuition fee	8050€.

Stage 6 Fees Final Examinations 585€

Total cost: €10185

Additional costs: FPMP membership, student insurance, programs, software, subscriptions, travel, food, accommodation.

Financing

Several possibilities are available to you to finance your training. Indeed, the training schemes and sources of financing vary according to your status - private employee, public servant, job seeker, self-employed, and can sometimes be combined between CPF, Pôle emploi or financing organizations.

Admission requirements

Potential students must meet the following criteria:

- ° Be 18 years of age. Spoken and written French. Notions of English.
- ° Basic computer skills (Word/Excel).
- ° Have practiced, as a client, a minimum of 50H of Pilates (40H in group classes and 10H in private classes) in the last 8 months. Private classes must be done at the Studio Pilates de Cannes.
- ° Oral interview with the trainers.

Documents to be provided :

- ° Registration form for the prerequisites
- ° Complete CV with Pilates experience and photo.
- ° Extract from the criminal record, bulletin n°3.
- ° First aid certificate.
- ° Medical certificate attesting to the practice of intensive training.

"No applicant will be turned away on the basis of race, national origin, color, creed, religion, gender, age, disability, gender identity, gender expression or sexual orientation. "However, it must be accepted that depending on the disability, this training may not be suitable for the candidate. In this case, with the maximum discretion, we will inform the motivations for which this candidate will not be accepted in training.

Registration procedures

The registration process includes the above mentioned documents and :

- ° Submission of an application
- ° Payment of fees
- ° Signature of all documents
- ° Review of the school catalog
- ° Review of policies and procedures
- ° Completion of Enrollment Agreement

Sample Enrollment:

- ° Admission to training
- ° Registration Calendar
- ° Late Registration Policy

Prospective students may register at any time. Late registrations will be accepted only after evaluation of the applicant's integration into the program.

Attendance requirements

Students are expected to arrive at class on time with the proper materials. An overall attendance rate of at least 95% is required. Instructors may ask a student to withdraw from a course or program if absences or tardies exceed 85%.

Students who are unable to continue classes for medical reasons or serious personal problems will be required to take a leave of absence until they can return to class. Appropriate documentation will be required to justify a student's withdrawal (see Leave of Absence).

Leaves

Students who are unable to continue in the program may take a leave of absence.

- ° Personal or family circumstances: must submit a written request to the program director
- ° Medical: must submit a doctor's note to the program director
- ° Duration: 1 year maximum
- ° Pregnancy: leave of absence policy

Students who interrupt their enrollment due to personal or family circumstances, injury or illness, but plan to return may take a leave of absence. Not attending class does not equal a leave of absence and students will not receive a fee adjustment unless an official leave of absence is filed and approved.

If a student needs to interrupt their training for a short period of time (1-6 weeks), we ask that they provide a letter, personal and from a physician, explaining the circumstances. If the student has paid for the entire program, the school will retain all payments and allow the student to begin the next course. If the student is in an installment program, the student will continue to pay the balance of the first course taken. Absences of more than 6 weeks will be treated as withdrawals. Refunds will be determined by the refund policy and will include all payments made in advance for any future training. Upon retake, the school will determine if the student must start over with a new course and pay the required tuition, or if the student can enroll in an existing program and the tuition will then be prorated, based on the number of hours needed to complete it.

Students are expected to return within one year. Medical certificates may be requested in the case of injury or illness. Students taking maternity leave are allowed an additional three months to recover.

Conduct Policy

All students are expected to act maturely and are expected to respect other students and faculty members as well as school property, assets, and traditions. Possession of weapons, illegal drugs, and alcohol of any kind is not permitted at any time on school property. Any violation of school policies may result in permanent dismissal from school.

Expulsion

Any student may be expelled for violation of school rules and regulations as stated in school publications. A student may also be withdrawn from classes if he/she fails to prepare adequately, neglects homework, or fails to make satisfactory progress. The Director, after consultation with all parties involved, makes the final decision.

The Director of Education may temporarily suspend students whose behavior is disruptive or unacceptable to the school environment. After appropriate counseling, students who demonstrate a genuine desire to learn and comply with the school's standards of conduct may be allowed to resume school. The principal will review each case and decide on readmission. If a student is dismissed, the refund policy will be applied.

Educational Services

We advise our students to be studious and curious. The studio has a small library of books related to the course as well as videos. They will also be able to consult online sites recommended by us during our seminars.

Grading system

Progress reports with grades and comments will be given to students after each evaluation/demonstration throughout the program. Reports will be given to students in person or by email.

Sample grading system using numerical and letter grades:

96 - 100 = A Excellent

86 - 95 = B Above average

80 - 85 = C Average

66 - 80 = D Below average

Below 65 = U Unsatisfactory

Progress Policy

The school implements methods to monitor student progress:

- ° Satisfactory Progress Requirements
- ° Advisory meetings
- ° Periodic evaluations

Each student is assigned an advisor. Four meetings between the advisor and the student are held during the 12-month training program to ensure that the student is making satisfactory progress. Students are required to maintain an average of 80% of the total. The school director monitors the student's overall progress. Unsatisfactory progress will be grounds for dismissal.

Academic Probation Procedure

Students who do not maintain an 80% average will be placed on probation for 30 days. During the probationary period, students must raise their average to a passing grade or higher. Students may be terminated if their grades are not satisfactory at the end of the probationary period. Termination is at the discretion of the school director. The director has final authority and must inform the student of the final decision.

Transfer of Credits

The school's policy on transferring credits to another school

Cristiane Domenici Pilates® does not guarantee the transfer of credits to another school unless there is a written agreement with the other school.

The school's policy on transferring credits from another school

Credits from another institution will be evaluated on a case-by-case basis. Bridge credit will be used for the program and will be used to calculate fees for the new semester. Cristiane Domenici Pilates® reserves the right to refuse transfer credits.

Refund Policy

Students who are not accepted into the school are entitled to a full refund. Students who cancel their contract by notifying the school within eight (8) days are entitled to a full refund of all tuition and fees paid. Students who withdraw after eight (8) days but prior to the start of classes are entitled to a full refund of all tuition and fees paid, except for a maximum cancellation fee of 10% of the contract price, whichever is less. For students who withdraw after classes have begun, the school will retain a cancellation fee plus a percentage of the tuition and fees, which is based on the percentage of contact hours attended, as described in the table below. The refund is based on the official date of cancellation or withdrawal.

Refund Table

Refund based on the 14.5 month program and tuition paid in full prior to each step.

**Student has the right to withdrawal/
termination:****Refund :**

In the 1st stage of the program (pre-requisite)	according to the number of courses taken deducted from the remaining 750€. Non-refundable registration
In the 2nd stage of the program (Fundamentals)	according to the number of consumed courses deducted from 1100€ remaining
In the 3rd step of the program (Beginner System)	according to the number of consumed courses deducted from 2150€ remaining
In the 4th stage of the program (Intermediate System)	according to the number of consumed courses deducted from 2100€ remaining
In the 5th step of the program (Advanced system)	according to the number of consumed courses deducted from 2700€ remaining
In the 6th step of the program (Final exam)	no refund

Students may cancel their contract at any time before midnight on the eighth day after signing their contract.

All refunds will be made within 30 days from the date of cancellation. The official date of termination or withdrawal of a student is determined as follows:

- The date the school receives written notification of the student's intent to discontinue the training program by registered letter; or
- The date the student violates the published school policy, which provides for termination.
- If a student does not return from a leave of absence, the effective date of termination for a student on an extended leave of absence or leave of absence is the earliest date the school determines for the student's return or the day following the scheduled return date.

- The student will receive a full refund of tuition and fees paid if the school drops a program within a time frame that the student could reasonably have completed.
- The policy of granting credit for prior training does not affect the refund policy.

- **Student Claims Procedure**

- It is strongly recommended that you attempt to resolve any problems with the school first. Student complaints may be brought to the attention of Cristiane Domenici. Contact: cannespilates@gmail.com
- We forward the information to the entire team via whatsapp or email transfer so that Cristiane Domenici, in a position to respond, can process the information. This person is then in charge of filling in an excel file to leave a trace and a history. In case the answer needs to be processed collectively, it will be submitted at the monthly pedagogical meeting if it has not been done before. It will then be processed again and we will inform you if necessary of the measures of improvement concerning it.

- **Procedure in case of sexual harassment**

- **Definition:**

- Sexual harassment is defined as unwanted verbal, visual, or physical behavior of a sexual nature that is severe or pervasive and affects the learning environment or creates a hostile environment.

- **Examples:**

- Verbal or written - Comments about a person's clothing, personal behavior, or body; sexual or sex-based jokes; repeated requests for sexual favors or invitations to date a person; sexual innuendo; rumors about a person's personal or sexual life; threats against a person.
- Physical - Assault; impeding or blocking movement; inappropriate touching of a person or their clothing; kissing, hugging, fondling.
- 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, wallpapers or emails of a sexual nature.

- **Procedure:**

Any student who feels they have been sexually harassed should take the following steps:

- Speak directly to the source of the discrimination.

° If this option is not reasonable, or if it does not remedy the situation, talk to your direct supervisor.

° If this option is not reasonable, or if it does not remedy the situation, speak to the Director.

° If this option is not reasonable, or does not remedy the situation, document all relevant facts and send the documentation to cannespilates@gmail.com

I have read and understand the above procedures, and I agree to follow the steps outlined.

Student's name (please print):

Student Signature:

Date:

Access to Student Records

Contents of Student Records

- ° Photo identification (driver's license, resident permit, passport, etc.)
- ° Completed application
- ° Signed enrollment agreement
- ° Signed sexual harassment policy
- ° Signed non-discrimination policy
- ° All academic records
- ° All faculty grades

Students may review their complete file during studio hours by requesting an appointment with the student advisor/major professor. Studio hours are Monday through Friday, 8:00 am to 8:00 pm.

Satisfactory Completion

A certificate of completion will be issued to the student who satisfactorily completes their training at Cristiane Domenici Pilates Evolution® School.

Extension of time for completion of the program

If a student does not satisfactorily complete the training, he/she may be given one month from the day of the final exam to retake the exam.

Additional courses will be considered for recovery.

Depending on the number of classes needed, the rates will be those of the studio.

A new schedule will be established.

And a contract amendment will be signed for this period.

Teachers' biographies



CRISTIANE DOMENICI
DIRECTRICE DE
FORMATION

EMMA LEWIS
CO FORMATRICE

Instructrice Pilates, Danse
Supervision

JEAN MARION
INSTRUCTEUR/
FORMATEUR

Pilates, Danse et
Anatomie

FRÉDÉRIC SENECA
Site Web
ERWAN LEGALL
Réseaux sociaux

Communication

Our staff consists of the following faculty members:

- Instructor 1 - Cristiane Domenici
- Instructor 2 - Emma Lewis
- Anatomy Course - Jean Marion
- Administrator - Cristiane Domenici
- Program Director - Cristiane Domenici
- Webmaster - Frédéric Seneca
- Social networks - Erwan Le Gall

Cristiane DOMENICI, Brazilian from São Paulo, studied dance at the Escola de Bailado Nice Leite. During four years, she participated in the Festival de Dança de Joinville interpreting choreographies ranging from the great ballets of the classical repertoire to jazz dance. She also participated in the International Dance Congress in Rio de Janeiro where she studied with Azari Plissetski. Then from 1987, in São Paulo, she continued her training with the Ballet Ismaël Guiser. Then she continued in France, at the Rosella Hightower International Dance Center. She stayed there for 3 years and then joined the Jeune Ballet International de Cannes under the direction of Edward Cook for a year. She then started working for Roland Petit at the Ballet National de Marseille. For six years, she continued her career there, under the direction of Roland Petit and ballet master Raymond Franchetti. She toured all over the world, interpreting major works with a repertoire that spanned various styles, and collaborating with the greatest names in dance. She continued her career by participating in various galas, notably in Monte Carlo, Cannes and Opio, before joining the production of the Widow Joyeuse at the Grand Théâtre de Tours. At the same time, she obtained the State Diploma of Dance Teaching in Aix-en-Provence and specialized at the highest level in Pilates and GYROTONIC® techniques that she taught to renowned dancers. Since 1997, she received her Pilates training with Alan Herman, in London. She also trained with Mejo Wiggins in Rome and many other renowned Pilates teachers such as Kathy Grant, Lolita San Miguel and many others. In 2005 she received her training in GYROTONIC® and GYROKINESIS® with Pietro Gagliardi, in Rome. During her dance career, she had injuries such as lumbar strain fracture, and consequences to dance practice such as cervical hernia and scoliosis. It was then that by practicing Pilates and GYROTONIC®, her performance reached its highest level. She was the owner of the Studio Pilates de Monaco in Monte Carlo and for now the director and trainer of the Studio Pilates de Cannes and also teaches these disciplines in Naples, Italy. She is a certified teacher by the PMA (Pilates Method Alliance), a

member of the Training Commission of the FPMP (Federation of Pilates Professionals) and finally a member of the ADMR dance Medicine and Research. She is also certified in CQP ALS (sports educator), PBT (Progressing Ballet Technic) and PINK RIBBON® (post-operative breast cancer rehabilitation). Today, she directs her own training, Cristiane Domenici Pilates®, approved by the FPMP. She is a GYROTONIC® level 1 pre-trainer.

Emma LEWIS Trained at the Royal Ballet School in London, she began her career as a classical dancer in Zaragoza, Spain and then in Florence, Italy before discovering contemporary dance. She then devoted herself to the Graham and Cunningham techniques at the London Contemporary Dance School. She worked with Mark Baldwin Dance Cie before joining the Cullberg Ballet in Sweden where she stayed for eight years. Emma has danced the most famous pieces/works of Mats Ek and also worked with choreographers such as Carolyn Carlson, Ohad Naharin, Johan Inger and Philippe Blanchard. Since 2008 and until today she collaborates as a choreographic artist with the Compagnie Humaine directed by Eric Oberdorf in Nice. In 2002 she graduated from Alan Herdman Pilates in London and began her collaboration with Cristiane Domenici at the Studio Pilates de Cannes®. In 2004 she obtained her D.E. in teaching classical dance in France. Emma is also co-trainer with Cristiane of the Cristiane Domenici Pilates® training. Since 2013 Emma is also a practitioner of Biomagnetism Couple Energy Therapy. She holds a CQP ALS and is a member of the FPMP.

Jean MARION studied classical dance with Raymond FRANCHETTI in PARIS and then in CANNES with Rosella HIGHTOWER. He completed his training by studying the GRAHAM technique with Noemi LAPZESON. Very quickly his career as a dancer made him travel the world with the greatest companies (Lyon Opera Ballet, Ballet National de Marseille, Ballet du Rhin...) Passes the Certificate of Aptitude of dance teacher and becomes the Ballet Master of the Jeune Ballet de France. Within this company he developed a repertoire extended to contemporary creation in the numerous residences carried out throughout the world. (Bangkok, Manila, Beijing, San Francisco...) In 1998 he joined Maurice BEJART and remounted his "Nutcracker" with the Tokyo Ballet. Before being appointed Director of Studies at the Ecole Supérieure de Danse de CANNES directed by Rosella HIGHTOWER, he was appointed by the Ministry of Culture and Communication. Participated in many sessions of technical aptitude exams (EAT) in France and in the DOM-TOM. Not to injure himself and to optimize his physical condition is a constant preoccupation that he transmits to the dancers of which he is in charge as a teacher invited by the companies of Shanghai, Madrid, Tokyo, Hong Kong... or during the international competitions of Paris and Lausanne. This is how he discovered the PILATES method and what it can bring to dance. Afterwards, Jean MARION trained in Geneva with Susan PEPPER and in Paris with Martine CURTIS OAKES and Kelly MORIARTY for more than 900 hours. (Courses, personal practice, observation). Successfully passed the BALANCED BODY certifications for all levels, from personal rehabilitation developed in collaboration with doctors and physiotherapists to the most advanced level (dancers and professional athletes). Member of PILATES

METHODE ALLIANCE (PMA) and since October 2012 of the FPMP (Federation of professionals of the PILATES method). Holder of CQP (certificate of professional qualification). Teaches in Cannes (Studio Pilates de Cannes) and at home.

Facilities

The school is located at 38, Boulevard Montfleury 06400 Cannes France. Our studio measures 150 square meters, a building from the 70's built at 5 minutes walk from the center of Cannes. We have a shower, two classrooms equipped with state of the art Pilates equipment, including five reformers, three trapeze tables, a Wunda chair, a ladder barrel, a spine corrector, a ped o pull, an arm chair and Pilates accessories. Books and videos are available to enhance the learning experience.