

About The Art and Science of Contrology Pilates Certification Programs Overseas

About The Certification Programs

The Art and Science of Contrology Pilates Certification Program (ASCPCP) is founded on the philosophies and teaching styles of Joseph and Clara Pilates as well as Romana Kyzanowska. The program offers two Certifications: one for Mat only; the other is a Full Certification combining both the Mat work as well as all the major Pilates Apparatus. As is the tradition of Classical Pilates, the Apparatus is seen as a collective whole and all pieces are taught at the varying levels of expertise. The Mat certification can be accomplished in roughly three months while the Full Certification might take on average 18 months. A graduate of the ASCPCP, whether Mat or Full Certification, is ready to work in the field of Pilates secure in their knowledge of exercise modifications for clients of all levels as well as proper cueing and hands-on techniques so the client feels safe and is able to progress to the more advanced exercises as their body becomes stronger. Along with this, the graduate will have a functional understanding of anatomy to better communicate proficiently with health professionals.

Principal Faculty

Simona Cipriani, Owner of the Art of Control Pilates Studio and Educational Director of The Art and Science of Contrology Pilates Certification Program (ASCPCP), is a certified instructor of the Authentic Pilates Method since 1993. Ms. Cipriani, a Second Generation Pilates Instructor, studied extensively with Romana Kryzanowska at Drago's Gym in New York City, where she taught by Romana's side for many years. A dancer for more than thirty-five years, Ms. Cipriani started performing professionally at the age of fourteen in Italy, and continued to dance throughout Europe and the United States. During the past years she has travelled throughout the USA, Europe, Asia, and Australia teaching Pilates seminars and workshops. Ms. Cipriani served as a massage therapist for the athletes at the 2004 Olympics games in Athens Greece and 2006 in Torino, Italy.

Dr. Joe Muscolino is a licensed chiropractic physician and teaches anatomy and physiology at Purchase College, State University of New York (SUNY). Dr. Muscolino also taught kinesiology and musculoskeletal and visceral anatomy, physiology, pathology, and assessment courses at the Connecticut Center for Massage Therapy (CCMT) from 1986 - 2010.

Dr. Muscolino is also an approved provider by the National Certification Board for Therapeutic Massage and Bodywork (NCBTMB) for continuing education (CE) credit. He runs numerous advanced study workshops, including a Certification in Clinical Orthopedic Manual Therapy (COMT) for manual and movement professionals.

Certification Breakdown

Overseas Mat Certification

(25) prerequisite practice hours

(24) six 4-hour Module Workshops (usually Thursday evenings 5:30 to 9:30)

(24) three Exam days (these are on Saturdays and often run all day: 9:30 to 5:30)

(100) Apprentice hours:

30 hours each: Observation, Practice, Teaching

10 hours Pilatesology (streaming video)

Total Hours 173

Overseas - Mat Certification Tuition: \$1,900.00 must be paid in full

(Not inclusive of AP course)

Anatomy Course Requirement: \$375.00 (approximate) + cost of exam \$75

(Practice/Private Sessions not included)

Overseas Full Certification

(100) prerequisite practice hours

(24) six 4-hour Mat Module Workshops (usually Thursday evenings: 5:30 to 9:30)

(24) three Mat Exam days (these are on Saturdays and often run all day: 9:30 to 5:30)

(36) three Apparatus Module Workshops (usually Saturday and Sunday: 9:30 to 5:30)

(4) three Module Level Exams (Private Session, where you'll be observed teaching a client)

(650) Apprentice hours:

200 hours each: Observation, Practice, Teaching,

10 hours Pilatesology (streaming video)

40 hours of Apprentice meetings

Total Hours 834

Full Certification Tuition: \$6,900.00 if paid in full

\$1,000.00 deposit with application and \$5,900.00 balance paid prior to Training Module I

Overseas - Optional Payment Plan Tuition: \$7,400.00 total

\$1000.00 deposit with application

\$2,400.00 prior to Training Module I

\$2,000.00 prior to Training Module II

\$2,000.00 balance paid prior to Training Module III

(Practice/Private Sessions not included)