

2026/27



pilates education and research  
Teacher training Brochure

**Train With Precision.  
Teach With Confidence.**

# W e l c o m e   t o   P E A R

PEAR offers an internationally recognised teacher training programme rooted in integrity, depth, and clarity. Our comprehensive and modular training journeys are designed for those who wish to teach professionally, with confidence, creativity, and a deep understanding of the Pilates Method. We draw on decades of experience and blend classical, contemporary, and therapeutic approaches to help dancers, athletes, and movement enthusiasts develop the skills to teach with knowledge, adaptability, and awareness. With a strong foundation in anatomy, observation, and personal development, PEAR provides a refined, intuitive, and individualised learning experience.



## A b o u t   P E A R

Founded by Ellie Ioannidou, a recognised contributor to the documented history of Pilates in the UK, PEAR has evolved into a small, hands-on centre of excellence for Pilates teacher education. Our team includes osteopaths, movement specialists, and internationally respected educators.

*"We train individuals and help them reach their potential, not just instructors. Each journey is personal, and each teacher is unique."*

*"I believe in training that is comprehensive and evolving, shaped by insight, clarity, and the commitment to high standards."*

— Ellie Ioannidou, Founder



# YOUR PATHWAY OPTIONS

## Two Training Pathways: Comprehensive or Modular

At PEAR, we recognise that every student has a unique journey. That's why we offer two distinct training pathways, designed to support your development whether you're looking for a full professional qualification or prefer to train in stages.

### **Comprehensive Pathway**

This structured 1 - 2 year programme for those seeking full certification in both Mat and Apparatus Pilates. This pathway offers a deep, progressive education with extensive supervised practice, covering everything from foundational skills to advanced teaching. Ideal for students committed to a full teaching career and seeking international recognition.

### **Modular Pathway**

A flexible option that allows you to train module by module—selecting Mat, Reformer, or specialist topics like pregnancy or remedial Pilates at your own pace. Perfect for those balancing other commitments international students, or those who prefer to gradually work gradually towards full certification.





# YOUR PATHWAY OPTIONS

## Comprehensive Training Pathway

A Distinct, Refined, and Comprehensive Curriculum Inclusive of Mat Work, Equipment, and Apparatus.

This program offers a complete professional certification pathway featuring structured weekend instruction, supervised practice, and individualized mentorship.

### Year 1

- Mat 1 - Foundation, Principles and Practice
- Mat 2 - Advanced/Classical
- Reformer
- Cadillac
- Small Barrels
- Ladder Barrel
- Pregnancy 1
- Wobble Boards/Rotator Discs
- 300-500 hours apprenticeship

Includes: Exams, manuals. Continuous assessments. Unlimited observation and practice time for the year.

Duration 12 months from Start date

Cost: £4500

### Year 2

- Wunda Chair
- Guillotine
- Pedi Pull/ Arm Chair
- Pilates small apparatus - Balls, Bands
- Magic Circle
- Pregnancy 2
- Remedial Pilates 2
- extra workshops with guest teachers
- 300-500 hours apprenticeship
- 

Includes: Exams, manuals. Continuous assessments. Unlimited observation and practice time for the year.

Duration: 12 months from Start date.

Cost £4000

### Outcome

Full PEAR Comprehensive Advanced and Remedial Pilates Teaching Diploma for Year 1, and Advanced, and Remedial Pilates Master Diploma for Year 2, on Mat and Equipment with work experience references and detailed apprenticeship hours





# YOUR PATHWAY OPTIONS

## Modular Training Pathway

**Select individual courses to build your own training plan.  
Pre-requisites apply.**

| Course                      | Duration                                                                 | Cost   | Pre-Requisite                 | Recommended optional                              | Diploma                                                 |
|-----------------------------|--------------------------------------------------------------------------|--------|-------------------------------|---------------------------------------------------|---------------------------------------------------------|
| Mat 1                       | Seminars: 2 weekends (24 hours).<br>Practice: 1-3 months. Exams: 2 hours | £840   | None                          | Mat Pilates practice. Basic knowledge of Anatomy. | PEAR Mat Pilates and remedial Pilates teaching diploma. |
| Mat 2<br>Advanced/Classical | 1 weekend (12 hours)                                                     | £480   | Mat 1 Certification           | Mat Pilates class participation.                  | Advanced/Classical Mat Diploma                          |
| Reformer (Beg–Adv)          | Seminars: 3 weekends (30 hours) Exam: 75 minutes, practical              | £1,240 | Mat 1 Certification           | Mat 2, Barrels                                    | PEAR Reformer level 1-4 teaching Diploma                |
| Cadillac (Beg–Adv)          | Seminars: 3 weekends (30 hours) Exam: 75 minutes, practical              | £1,240 | Mat 1 Certification, Mat 2    | Reformer, Barrels                                 | PEAR Cadillac level 1-4 teaching Diploma                |
| Wunda Chair (Beg–Adv)       | Seminars: 3 weekends (30 hours) Exam: 75 minutes, practical              | £1,240 | Mat 1&2 + Reformer + Cadillac |                                                   | PEAR Wunda Chair level 1-4 teaching Diploma             |
| Small Barrels               | 1 day (6 hrs)                                                            | £200   | Mat 1 Certification           |                                                   | Certificate of participation                            |
| Ladder Barrel               | 1 day (6 hrs)                                                            | £200   | Mat 1 Certification           |                                                   | Certificate of participation                            |
| Guillotine                  | 1 day (6 hrs)                                                            | £200   | Mat 1+ Cadillac Certification | Mat 2, Barrels, Reformer                          | Certificate of participation                            |

**Exams are required for diploma certification for courses but not for workshops.**



# YOUR PATHWAY OPTIONS

## Modular Training Pathway

Select individual courses to build your own training plan.  
Pre-requisites apply.

| Course                       | Duration | Cost | Pre-Requisite               | Recommended optional               | Diplomas                     |
|------------------------------|----------|------|-----------------------------|------------------------------------|------------------------------|
| Pregnancy 1                  | 6 hours  | £200 | Mat 1                       | Reformer, Small apparatus          | Certificate of participation |
| Pregnancy 2                  | 4 hours  | £180 | Mat + Reformer + Cadillac   | Small Barrels                      | Certificate of participation |
| Pedi Pull/Arm Chair          | 6 hours  | £200 | Mat 1 Certification         |                                    | Certificate of participation |
| Wobble Boards                | 4 hours  | £180 | Mat 1 Certification         |                                    | Certificate of participation |
| Small apparatus. Balls/Bands | 6 hours  | £200 | Mat 1 Certification         | Mat 2                              | Certificate of participation |
| Remedial Pilates 2           | 6 hours  | £200 | Mat 1 Certification         | Mat 2, Reformer, Cadillac, Barrels | Certificate of participation |
| Advanced Magic Circle        | 6 hours  | £200 | Mat 1 & Mat 2 Certification | Small apparatus                    | Certificate of participation |



# YOUR PATHWAY OPTIONS

## Comparison Table

| Feature       | Comprehensive Pathway            | Modular Pathway                                 |
|---------------|----------------------------------|-------------------------------------------------|
| Duration      | 1–2 Years (Structured)           | Flexible                                        |
| Format        | Set weekends +<br>Apprenticeship | Choose Courses or<br>Workshops individually     |
| Certification | Full PEAR Diplomas               | Certificates per completed<br>Course / Workshop |
| Ideal For     | Full career training             | International students, part-<br>time learners  |
| Cost          | £4500/ Year (all-inclusive)      | Pay-as-you-go per course                        |

### Usefull links

[Philosophy & History.](#)

[Course dates](#)

[Apply Now](#)

# Our teaching story

Quality teaching is at the heart of our business and drives the growth that PEAR continues to enjoy. We are passionate teachers and care deeply for the future of our profession. Through our training programmes we share our skills, knowledge and global experiences for the next generation of teachers.

## Our Team



### Ellie Ioannidou

Founder of PEAR and Head Trainer, Ellie is an internationally respected educator known for her integrative, in-depth approach to Pilates teaching.



### Richard Budd

An osteopath and specialist in medical Pilates, Richard brings a therapeutic and anatomical focus to the training programme.



### Gordon Thomson

A published Pilates author and Education Advisor, Gordon brings years of experience to teaching and professional development.



### Maria Larsen

Osteopath, Studio Partner International. Based in Portugal, Maria combines her knowledge of osteopathy, structural alignment, and therapeutic Pilates.



### Antje Pauly-Singh

A versatile tutor with expertise in equipment-based training, remedial Pilates, pregnancy support, and cross-disciplinary teaching methods.



### Michael Georgiou

A supportive tutor with strengths in progressive sequencing, core control, and teaching foundations.



### Mara Domenici

Blending classical and modern approaches, Mara specialises in movement integrity, breath work, and fluid transitions.



## contact details

**address:**

1st Floor, 125 Gloucester Road, South  
Kensington, London SW7 4TE

**phone:**

020 7373 0134

**mobile:**

07398 431475

**email for general enquiries:**

[training@pilateseducationandresearch.london](mailto:training@pilateseducationandresearch.london)

**email for education:**

[college@pilateseducationandresearch.london](mailto:college@pilateseducationandresearch.london)

[www.pilateseducationandresearch.london](http://www.pilateseducationandresearch.london)

