

Become a Certified Pilates Instructor

*Mat + Reaafomer Teacher
Training*



Start your journey with Ophil Wellness

About the Training

OUR MISSION

At Ophil Wellness, we believe movement is medicine. Our mission is to raise a new generation of confident, compassionate Pilates instructors who guide others to healing and strength through intentional movement. This training blends classical and contemporary styles, anatomy, breathwork, and teaching skill-building, all within a supportive wellness community.



Program Overview

- Certification: Mat + Reformer Instructor
 - Duration: 7 Weeks
 - (6 Weeks Training + 1 Week Exams & Practicum)
 - Format: In-Studio | Optional Online Theory Support
 - Location: Ophil Wellness Studio, Abuja
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- In class training hours
 - At home study, homework, and observation
 - Student Teaching Hours,
 - Taking class
 - Self-Practice Hours
 - Observation

WHAT'S INCLUDED

- Printed and digital Pilates training manual
- Access to reformer & studio practice hours
- 1-year post-certification mentorship support
- Ophil Pilates Instructor Certification (Mat + Reformer)
- Access to alumni community & growth opportunities

Students who satisfactorily complete both the Mat and Equipment Programs will receive a Comprehensive Mat and Equipment Teacher Training Certification.

Weekly Curriculum Breakdown

WEEK 1: FOUNDATIONS - History, Principles, Equipment

- History & principles of Pilates (classical + contemporary)
- Anatomy, core engagement, posture
- Introduction to mat & reformer equipment
- Studio safety & setup

WEEK 2: MAT PILATES - Mat Pilates – Beginner to Intermediate + Props

- Classical & contemporary repertoire
- Cueing & teaching with props (balls, bands, rings)
- Progressions & regressions for various client levels

WEEK 3: REFORMER PILATES - Beginner - Intermediate– Springs, Carriage, Flows

- Essential reformer exercises
- Spring resistance training & carriage control
- Creative reformer flows with props

Weekly Curriculum Breakdown

WEEK 4: FUNCTIONAL ANATOMY - Safe Movement & Modifications

- Anatomy in motion & postural analysis
- Injury awareness & safe modifications
- Movement observation skills

WEEK 5: TEACHING METHODOLOGY - Cueing, Design, Sequencing

- Verbal/tactile cueing
- Program design for 1:1 and group settings
- Sequencing themes & class progression

WEEK 6: SPECIAL POPULATIONS + PROFESSIONAL PRACTICE

- Pre/postnatal & elderly client adaptations
- Ethics & professional boundaries
- Setting up your Pilates business

WEEK 7: EXAMS, PRACTICALS & GRADUATION

Admission Requirements

- Must be 18 years of age and have a High School Diploma.
- Prior experience with movement whether in yoga, Pilates or fitness.
- Anatomy is suggested, but not required.
- All applicants must email info@ophil.org to apply.

The enrollment process includes:

- Submission of an application,
- Payment of fees
- Signing of all documents
- Review of training catalog
- Review of policies and procedures
- Completion of the enrollment agreement

Ophil

Pricing & Payment

TUITION & OPTIONS

- Pilates Reformer and Mat Certification NGN 1,500,000

Installments Available:

- NGN 750,000 (Deposit)
- NGN 500,000 (Week 2)
- NGN 250,000 (Week 4)

Discounts:

Early Bird: Save NGN 200,000

Group Discount: 10% off (3+ people)

Optional Add-ons:

- ✚ Barre Instructor: NGN 500,000
- ✚ Pre/Postnatal Pilates: NGN 250,000
- ✚ Business & Branding Masterclass: NGN 150,000

WHY CHOOSE OPHIL?

- Internationally-informed curriculum tailored for the African wellness industry
- Small class sizes for personalized attention
- Expert faculty with experience in rehabilitation, yoga, anatomy, and contemporary Pilates
- Mentorship, community, and career support beyond graduation
- Fully equipped studio with reformers and props
- Studio access for hands-on learning
- Passionate, global-standard teaching community

GET STARTED TODAY!

JOIN THE MOVEMENT

Becoming a Pilates instructor is more than a certificate; it's a calling to guide, empower, and transform. Train with a supportive community, graduate with global-standard skills.

CONTACT & REGISTRATION

Instagram: @ophilwellness

Email: info@ophil.org

Phone: 09039485031

Location: Ophil Wellness Studio, Abuja





Ophil Wellness

EXPERIENCE OPHIL