

PILATES

Founded in 2001, the Pilates Method Alliance is the professional association and certifying agency for Pilates teachers. Since its inception, Pilates teachers from around the world have worked together to create a unified community, to share knowledge and information, and most importantly, to establish the practice of teaching Pilates as a profession. To that end, in 2005 the PMA's Certifying Agency developed the only third party Certification Program for Pilates which launched the only third-party Certification Exam in the Pilates industry. This credential (certification) was created through consultation with a wide range of Pilates experts across the field, under the direction of professional psychometricians, and it serves the Pilates community and the public by validating that a Pilates teacher meets entry level standards for safety and competency. By establishing this professional credential, the PMA Certification Program put into place one of the primary components required for any established profession. We urge you to join this movement to elevate the status of Pilates teachers and establish this new profession by becoming a PMA® Certified Pilates Teacher.

History

The Pilates Method Alliance was formed in 2001 as a professional association for the Pilates community. Its purpose was to provide an international organization to connect teachers, teacher trainers, studios, and facilities dedicated to preserving and enhancing the legacy of Joseph H. Pilates and his exercise method by establishing standards, encouraging unity, and promoting professionalism. The organization grew, and developed the first all inclusive Pilates-specific educational conference. The conference was a tremendous success and supported the unity of Pilates educators and practitioners during a time when the industry was extremely fragmented. Today, our community experiences greater unity, harmony and sharing than could ever have been imagined 10 years ago, and the PMA's educational conference model has been adopted by Pilates organizations around the world. In 2011 the term "educational conference" was replaced by Annual Meeting of the Pilates Method Alliance.

Today, the PMA is both a ***professional association*** and a ***certifying agency*** for Pilates teachers.

Mission

The Pilates Method Alliance (PMA) is the international, not-for-profit, ***professional association*** and ***certifying agency*** dedicated to the teachings of Joseph H. and Clara Pilates. Our mission is to foster community, integrity, and respect for diversity; maintain certification and continuing education standards; and promote the Pilates method of exercise.

Goals

- To maintain the PMA's NCCA-accredited Pilates Certification Program
- To encourage professional development through continuing education
- To promote and perpetuate Pilates teaching and expertise
- To serve as a unifying body for all of the lineages and schools of Pilates
- To promote the benefits of Pilates exercise to the consumer public
- To serve as an information resource for all Pilates constituents
- To maintain a registry of PMA® Certified Pilates Teachers
- To provide a directory of PMA Members
- To develop and maintain a School Approval Program, whereby Pilates schools demonstrate compliance with both educational and institutional Standards

To encourage feedback and evaluate our organization to meet the needs of the community we serve.

PLEASE CALL FOR MORE DETAILS OR INFORMATION.