

## Registration for Teacher Training 2026



Please complete this registration form and send it by post or PDF/photo by January 21., 2026, at the latest, to:

Stephan Suh, Meisengasse 9, 60313 Frankfurt

Email to: [education@stephan-suh.de](mailto:education@stephan-suh.de)

WA: 0171-1911617

I hereby register for the reformer pilates teacher training course from January 24., 2026, to February 22., 2026, with Stephan Suh Health Coach in Frankfurt.

Last, first name:

Address:

Date of birth:

Telephone:

E-mail:

Emergency contact:

I am aware that there is a maximum limit of 17 training places. Stephan Suh Health Coach Yoga Studio is free to reject the application for examination and for reasons of insufficient capacity or for other reasons. The dates for the training weekends can be postponed by Stephan Suh Health Coach Yoga Studio.

### Dates (subject to change)

1. 24-25.01.2026
2. 31.01-01.02.2026
3. 14-15.02.2026
4. 21-22.02.2026

The training will take place on Saturday from 9:00-17:00 and Sunday from 9:00-16:00.  
(1h lunch break)

Training location: (location change possible)

Stephan Suh Studio 3, Zimmerweg 6, 60311 Frankfurt

Teaching content:

Functional Anatomy and physiology  
Alignment principles  
Pilates principles  
Dynamic and effective teaching skills  
Cueing guidelines  
Hands-on adjustment dos and don'ts  
Pre- and post natal modifications  
Common injuries and required modifications  
Athletic Pilates  
Pilates terminology  
Reformer equipment training  
Layering and managing classes for all fitness levels  
Teaching practice  
Giving and receiving extensive feedback  
Formatting for classes: how to class plan  
Dynamic sequencing, creativity and flow  
Different class styles

Fees:

The training costs amount to a total of € 1950,- Euro and are due before the start of the training. (we offer an early bird price of €1750 until January 10.)

All payments are to be transferred to the following bank account:

Account holder:

Stephan Suh

Frankfurter Sparkasse

DE34 5005 0201 1202 3790 34

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Subject: Reformer Pilates Teacher Training 2026

Additional service:

The training includes the written course material. In addition, each participant receives credit for 10 classes prior to and during the training.

Not included are costs for the prerequisite reading, textbooks and continuing workshops.

Preparation for the training includes familiarizing yourself with literature by Joseph Pilates ("Your Health: A corrective system of exercising that revolutionizes the entire field of physical education" by Joseph Pilates and "Pilates' Return to Life through Contrology" by Joseph Pilates and William John Miller). Please read these books before training commences.

In the event that the training cannot be continued due to force majeure (e.g. pregnancy, illness, relocation, etc.), the training can be made up for in the future.

**Admission to examination**

- Stephan Suh Yoga reserves the right to refuse admission to the final examination if more than 2 days of training are missed during the entire training period.
- Training weekends can be postponed by Stephan Suh.
- Absences must be made up at workshops or by special arrangement.
- Only a medical certificate can prove illness or injury.

Furthermore, if continued participation is not possible during the contract period due to pregnancy or for reasons of force majeure, the missing modules can be made up for at the next reformer pilates teacher training course. A refund is not possible.

Instructor Stephan Suh  
and any other guest instructors

With my signature I agree to the requirements of Stephan Suh Reformer Pilates.

Place:

Date:

Signature: \_\_\_\_\_

Printed name: \_\_\_\_\_

**Please answer the following questions completely, truthfully and conscientiously:**

How long have you been practicing reformer pilates?

Do you have any prior training or experience in other fitness areas?

Which pilates studio do you visit regularly?

What is your profession?

Why do you want to participate in this training?

What do you expect from this training?

**Please bring the following to the first module: Notes, notepad, pen, towel, water and snacks and the prerequisite reading.**