



SOMAPHYX

Where Movers Become Masters

CERTIFICATE OF TEACHING PROFICIENCY

A concentrated Pilates teacher training program focused on the Mat and Reformer. Designed for movement professionals in both private and group settings.

Mat + Reformer

Welcome to the Somaphyx Method

The mission of the Somaphyx Pilates Method is to empower Pilates professionals with high quality education in Anatomy and Kinesiology, rooted in the methodology of traditional Pilates. We educate teachers from all training backgrounds to develop their body wisdom, build confidence, and to create a positive impact and better outcomes for their clients. Somaphyx is where movers become masters.

Certificate of Teaching Proficiency

This is a concentrated program designed for individuals who are ready to expand their skillset with authentic Mat and Reformer Pilates. Teachers and practitioners of any movement modality will be able to draw from their expertise and seamlessly blend the Somaphyx Pilates Method into their practice. Program duration is generally 120 days, but the timeline is flexible enough to accommodate most people as they move through the completion of pillar hours and testing.

Curriculum

- Anatomy and Kinesiology course, completed with a passing score within 90 days (on demand)
- The Somaphyx Repertoire
 - On demand library of the traditional Pilates exercises:
 - Mat + Magic Circle
 - Reformer I – III
- 24 Seminar hours in studio, with Somaphyx faculty:
 - Intensive accompaniment to the Repertoire
 - Props
 - Cueing and Creating Dynamic Classes
 - Access to seminar replays
- Total Matness
- Three FBombs
- Slack Community/Mentorship Classroom

Program Requirements

- Pillar Hours – to be divided between Mat and Reformer
 - 50 Hours of Personal Sessions; 20 Hours of Mat and 30 Hours of Reformer
 - 125 Hours of Student Teaching; 35 Hours of Mat and 90 Hours of Reformer
 - 45 Hours of Observation; 15 Hours of Mat and 30 Hours of Reformer
 - In studio at Pilates 804 or an affiliate studio
- Proficiency Benchmark Requirements:
 - 1 Written Exam
 - 1 Teaching Practical
 - 1 Demonstration Practical

Curriculum Breakdown

Somaphyx Repertoire: Mat + Magic Circle and Reformer I - III

The Somaphyx Repertoire is a complete on demand library of the traditional Pilates exercises on Mat, Reformer, Tower, Cadillac, Barrels and Chair. Once enrolled in the Proficiency program, 120-day access to the Mat + Magic Circle and Reformer Levels I-III Repertoire will be unlocked for study.

Students will self-study the included Repertoire for 30 days prior to the first seminar. This allows students to practice and absorb the choreography so that seminars can dive deeper into the work.

While Somaphyx does teach Advanced Reformer repertoire in other programs, please note that it is not included in the Certificate of Proficiency Program.

Seminars

There are 24 hours of seminar done with members of the Somaphyx faculty. Seminars must be attended in-studio, to provide for hands-on training and the opportunity to refine the material.

- 18 hours of seminar clarify the exercises and define key elements of pedagogy, anatomy, and kinesiology.
- 3 hours of seminar focus on the implementation and use of props beyond the Magic Circle.
- 3 hours of seminar focus on cueing and creating dynamic classes for all levels of movers.

The Fall 2025 edition of the Certification of Proficiency, Mat and Reformer seminar dates are scheduled as follows:

October 25 and 26, 10 AM to 2 PM

November 15 and 16, 10 AM to 2 PM

December 6 and 7, 10 AM to 2 PM

A&K + Movement Fundamentals

Anatomy and Kinesiology and Movement Fundamentals is a nose to toes anatomy course designed for Pilates professionals. It is an eight hour on demand course that students will have a full year of access to but must complete within 30 days of program registration. A passing score of 80% must be achieved.

All coursework will be unlocked for student access upon payment of a \$500 deposit, this payment entitles the participant to a confirmed spot in the course for the next available cohort. The Total Matness content (20 hours of on demand Mat classes) and three FBombs will be released to the participant at the time of the A&K enrollment, allowing an immediate start to personal practice hours upon payment of the deposit.

The A&K course is taught through modules consisting of power point presentations, video recordings, and downloadable worksheets. Modules utilize the academic text by R.T Floyd, *The Manual of Structural Kinesiology*. Other supported readings are suggested in the course.

Studio Pillar Hours

Personal Pilates Practice Sessions

Students must complete 50 hours of self-guided workouts on the Mat and Reformer. 20 hours of on-demand Somaphyx Mat classes are included with enrollment, with select FBomb workouts from the studio archive. Access to the Mat classes is indefinite while the classes remain on the Somaphyx platform.

Pilates 804 will provide studio space for individual practice at an additional fee for students enrolled in the program. The charge is \$15 per hour and is subject to space availability. Sessions should be scheduled through Vagaro. The studio is open five days per week, from 8 AM to 7 PM most days. Students will not be permitted to be in studio without a staff member present.

Observation Hours

Students must complete 45 hours of observation. Ideally all hours are completed at Pilates 804 in Richmond VA, and a minimum of 20 must be completed in-studio. There is no charge for enrolled students to observe sessions at Pilates 804. Slack should be used to communicate with faculty about planned observation hours. Up to 30 observation hours can be completed virtually through membership sites Pilates Anytime or Pilatesology. At time of printing, each site is offering a 30-day free trial, but membership fees are to be paid by the student. Fees are NOT included in the Proficiency program.

Pilatesology is strictly classical Pilates taught by classical teachers. Any class or session can count towards observation hours.

Pilates Anytime is a great platform that offers a variety of teachers, styles, and modalities. Only pre-approved teachers can be observed on Pilates Anytime for hourly credit. This is to keep students focused on the training.

Student Teaching

Students must complete 125 hours of practice teaching. Ideally each hour is a group class but private sessions are also accepted. Private practice teaching sessions can be scheduled at Pilates 804 through Vagaro, at a cost of \$15/hour.

It is recommended that students film practice teaching hours for personal review. Classes can also be linked into Slack Classroom for director and peer review.

Slack Classroom

Somaphyx utilizes Slack as a classroom discussion and advisory board. The app is free and will be available for the duration of the program. This is where students have direct access

to the Program Director and faculty, to ask questions and gain clarification whenever needed.

Voice and video notes are easily attached within the app, and any link can be inserted. Students are encouraged to utilize these tools to get direct feedback and support.

Benchmark

Final testing (Benchmark) is done in three parts.

The written exam is administered online, and consists of multiple choice, and short and long answer questions. A passing score of 80% must be achieved. Retakes are issued at a fee of \$100 each.

The Demonstration Practical is a video submission of the student demonstrating the advanced Mat Repertoire to the best of their ability.

The Teaching Practical is a video submission of the student teaching a group class or private session.

The practicums are evaluated by a scaled rubric that students will have access to before submitting their tests. Should a student not satisfy the rubric, practicums may be re-submitted at a fee of \$200 each.

Practicums may be conducted at Pilates 804, with advanced scheduling required. Two members of faculty will be required to participate in practicums scheduled on-site.

Cost and Fees

- A&K + Movement Fundamentals = \$500
 - May be purchased separately to serve as a deposit and a means to hold a registered placement with the next cohort
 - Unlocks the A&K course
 - Unlocks Total Matness
 - Unlocks three included FBombs
- Studio Pillar Hours
 - \$15/hour to reserve space at Pilates 804
 - All hours must be reserved in advance and scheduled through Vagaro
 - Volunteers for student teaching will not be charged an additional fee
- Seminar Weekends = \$2,025
 - Three weekends of eight hours each (24 hours total)
 - Replays will be available in the on-demand library for 120 days beyond the last seminar
 - Unlocks the Repertoire on-demand library
 - Mat + Magic Circle Repertoire

- Reformer I – III Repertoire
 - Access to in-studio Observation Hours
- Benchmark Testing
 - Written = \$100
 - Demonstration Practical = \$200
 - Teaching Practical = \$200

Any portion of the Benchmark can be taken for a fee of \$200 each.

It is advised though not required that students come to Pilates 804 for private or semi-private lessons. Studio pricing for sessions will apply, and registration in Vagaro is required.

Somaphyx faculty all offer Advisory Hours to enrolled students. Students may reserve Advisory Hours with a member of faculty through Vagaro. This is focused time for students to use as they deem necessary. Scheduling is subject to faculty availability. Current pricing is \$120 per hour for the 2025/26 program year.

A & K Movement Fundamentals may be purchased separately, with the payment serving as a deposit and place holder for the next available certification class.

Meet the Faculty

Danica Kalemdaroglu, MFA

Program Director/Lecturer/Advisor

Danica has been a Pilates practitioner and movement educator for over 25 years. Guided by the methodology of Joseph Pilates, she teaches to educate each body of their individual movement potential.

Danica is a licensed NCPT (National Certified Pilates Teacher) and an advanced graduate of The Pilates Center, Boulder, where she studied intensively under the Seigel sisters and numerous other master teachers.

She holds an MFA from the University of Colorado and a BA from Goucher College, both in performance/choreography and body somatics. Her passion for movement education has made Pilates 804 Richmond Virginia's premier training center specializing in restorative Pilates for all bodies.



Currently Danica is busy teaching clients Pilates 804 and is faculty at Old Dominion University. There she teaches Functional Anatomy and Movement Practices to both dance majors and non-majors. She has previously held faculty positions at Virginia

Commonwealth University, and the University of Colorado at Boulder.

Danica is the creator and program director of Somaphyx® which she launched to offer accessible authentic Pilates to teachers who want more than just another fitness certification. Somaphyx is where movers become masters.



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Aisling Chapin, MS

Education Director/Lecturer/Advisor

Aisling is comprehensively certified through Somaphyx, the teacher training Program at Pilates 804. Having pursued an education and a career in Geography, Aisling's interest in movement was purely about ways to stay healthy. A back injury decades ago led her to Pilates, and she found a therapeutic method of conditioning that would eventually change her career path. Teaching Pilates allows Aisling to merge the analytical thinking developed in the early part of her career with the passion for movement potential she discovered in her first studio session. She is profoundly grateful for all that Pilates has done and continues to do for her, and now works to help others discover what movement can do for them.



Damien Lowery

Lecturer/Advisor

Damien is a comprehensively certified Pilates instructor through the Somaphyx Method @ Pilates 804. He is also a certified FRSC, which requires an FRA and FRC certification under the Functional Range Systems umbrella. Damien has a profound passion for empowering individuals through movement. As an athlete involved in various modalities—from conditioning to yoga to strength training—he has experienced the transformative effects of movement in his own life and is dedicated to sharing its benefits with others. His philosophy revolves around developing personalized approaches that cater to the unique needs and goals of each client.

Eliza Donner-Brazelle, BFA

Advisor

Eliza Diener-Brazelle is a Somaphyx Pilates Practitioner at Pilates 804. She began studying the Somaphyx Pilates method with Danica Kalemdaroglu in 2014, and completed her comprehensive certification in 2016. As a teacher, Eliza loves using traditional Pilates to help her clients move with more ease and power, and with less pain and restriction. She has equal enthusiasm for working with clients who want to have an easier time putting on their own socks, and with those who are serious athletes striving to improve their performance. Whatever your physical movement goals are, Eliza is excited to help you achieve them.

