COSMOS
PILATES ACADEMY

Course catalogue

Become an internationally certified Pilates instructor

Mat, Reformer, Trapeze, Chair and Ladder Barrel modules, a 3-month internship and mentoring. Antalya, Türkiye.



About the academy

Cosmos Pilates Academy is an academy with an international outlook that aims to teach Pilates as professionally as anywhere in Türkiye or the world. Our goal is to train strong, safe, science-based instructors.

Cosmos Pilates is one of Türkiye's fastest-growing Pilates equipment manufacturers. Exporting to more than 20 countries, we use our own professional equipment in every course.

Our students get used to high quality both during their training and in the studios they will go on to work in.

Why Cosmos Pilates Academy?

Internationally recognised certificate
Our programs are built to global Pilates standards.

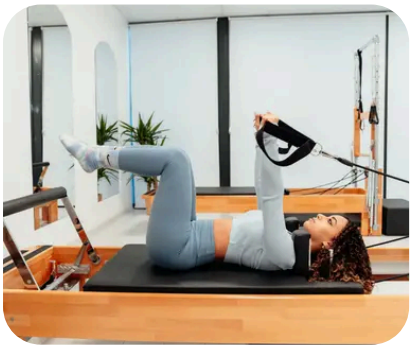
Taught in Turkish and English
Bilingual training for local and international students.

Backed by an equipment maker
Every class is taught on Cosmos Professional Pilates equipment.

Hands-on training + 3-month internship
Gain experience in a real studio environment.

Career guidance
Mentoring as you look for work or open your own studio.

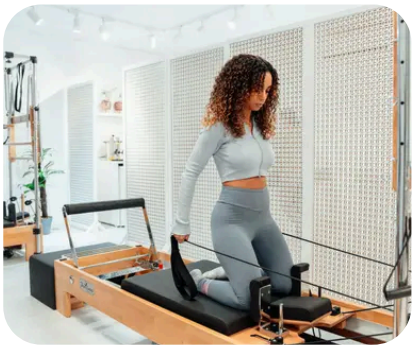
How we teach



A scientific approach
Classes grounded in anatomy, movement science and posture analysis.



Hands-on repertoire training
Comprehensive practice on the Mat, Reformer, Trapeze, Chair and Barrel.



Mentoring and internship
After graduating, students join a three-month internship and one-to-one mentoring.

Training programs

Module	Level	Duration	Hours	Prerequisite
Mat 1 + Reformer 1 Foundation-level instructor training. Movement analysis, breathing techniques and first steps on the equipment.	Foundation	4 days	32	None
Mat 2 + Reformer 2 Builds on level one. Deep muscle activation, posture analysis and advanced repertoire.	Intermediate	4 days	32	Mat 1 + Reformer 1
Trapeze 1 – 2 – 3 Safe use of the Trapeze Table, advanced variations and multi-directional movement analysis.	Advanced	3 days	24	Mat 2 + Reformer 2
Mat 3 + Reformer 3 Expert level. Advanced repertoire and class management for a career as an instructor.	Expert	4 days	32	Trapeze 1 – 2 – 3
Chair + Ladder Barrel Foundation and advanced repertoire on the Chair and Barrel, correction techniques and private session planning.	Complementary	3 days	24	Mat 3 + Reformer 3

Durations and hours are samples and are confirmed with each course calendar.

Instructor career path

Mat 1 › Reformer 1 › Mat 2 › Reformer 2 › Trapeze 1–2–3 › Mat 3 › Reformer 3 › Chair + Ladder Barrel › 3-month internship › Final assessment › Certification

Who is it for?

For anyone who wants to become a Pilates instructor, and for athletes, physiotherapists and studio staff who want to take their knowledge further.

Assessment and certification

Each module ends with a practical and a theory assessment. Participants who pass earn their certificate.

What will you learn?

- Movement repertoire
- Posture and breath analysis
- Equipment safety and technique
- Planning group and private sessions
- Correction methods
- Instructor presence and communication

Internship and mentoring

After their courses, students join a 3-month internship program.

20 hours
Observation

10 hours
Assisting

10 hours
Supervised teaching

Feedback from your instructor, Final project presentation.

Instructor

Menekşe Göktaş Sözügüzel

Over 12 years of teaching she has trained many instructors in Türkiye and abroad. Her areas of expertise include Reformer, Mat, Trapeze, Chair and Ladder Barrel.

Applications and information

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