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Years of Innovation + Leadership

Since our formation in 1995, Body Control Pilates has been at the forefront in the growth of Pilates in the UK and beyond and, most importantly, in the development of standards for Pilates education. Our approach to teacher training was the first of its kind in the world and represented a total change from the previous 'apprenticeship' method of becoming a teacher. Since the 'Body Control The Pilates Way' book became a national 'Top 20' best-seller in 1997, Lynne Robinson's Body Control Pilates books and DVDs have become the benchmark for quality of teaching and clarity of content.

