

BODY CONTROL
PILATES®

UK Course Planner
for non members
to May 2019

Issue 1: Sept 2018



This UK Course Planner details all of the Body Control Pilates courses that are currently scheduled in the UK through to the end of May 2019. The courses shown are mainly in London but we plan to add more regional dates in the coming weeks and we will also add additional London dates where there is demand.

Descriptions of all courses can be found in the new issue of The Body Control Pilates Directory, which can be found online in the teacher training section of our website.

This Planner does not include workshops offered by Body Control Pilates and guest presenters. Again, these will be communicated by emailed Newsletters.

What's in this Planner?

- An update on Level 4 Pilates
- An overview of all courses planned until end of December 2018
- A Date Planner section to help you with scheduling trips to London.
- Our Terms & Conditions and Cancellation Policy

International Courses

For details of planned courses outside the UK, please contact our Education Partners in the following countries:

Canada (Ontario)	Karin Stephens	karin_stephens@hotmail.com
China	Lavender Wang	lelewx@gmail.com
France	Linsay Matson	linsaymatson@yahoo.co.uk
Germany	courses planned to start in 2018	rebecca.willis@bodycontrol.co.uk
Hong Kong	courses started in late 2017	rebecca.willis@bodycontrol.co.uk
Japan	Studio-yoggy	school@studio-yoggy.com
Lithuania	Danguole Venslavičė-Mykolaitienė	d.pilates@hotmail.com
Nordic Countries	Hanna Dalsgard	email@pilatesdk.com
Qatar	Yama Yoga Studios	yamayogastudios@gmail.com
South Africa	Astrid Haupt	astrid@bcpsa.co.za



It's time to become a Level 4 Pilates teacher

Body Control Pilates is currently the only UK training provider to offer a certified Level 4 Pilates qualification and we are pleased to announce that, with effect from October 2017, it is now open to any Pilates teacher holding a Level 3 Pilates qualification.

In becoming a Level 4 Pilates teacher, you will have gained the highest level of achievement within the health and fitness industry. It is a clear and public demonstration that your Pilates training, knowledge and skill set are far above those of most other Pilates teachers – and that this is independently recognised. It demonstrates that you have the advanced knowledge and skills to teach Pilates across a very broad spectrum of clients, including special population groups. The Movement and Adaptations courses which form the core of this qualification will give you the skills to undertake an accurate assessment of a client's physical and technical performance; to develop client-specific exercise and session plans drawing on the full repertoire, and to adapt these based on a dynamic assessment of client performance.

You must have at least six months' teaching experience before undertaking this qualification, the Awarding Body for which is Active IQ.

How will Level 4 Pilates enrich your teaching and help grow your business?

Our Level 4 Pilates programme gives Pilates teachers a deeper understanding of movement, from both the biomechanical and physiological perspectives. It enables you to tailor your work with a broad range of clients in a way that will enhance their performance and deliver results.

The programme not only provides you with a new set of tools needed to develop a deeper understanding of the musculoskeletal and neuromuscular systems, it also provides a structured approach for employing this effectively. The result? A truly client-centred approach, enabling your clients to achieve and extend their goals. As a Level 4 Pilates Teacher, you will be exceptionally well-equipped to deliver such an approach.

The Qualification

After gaining sufficient credits and passing all of the necessary assessments, you will receive a 'Level 4 Certificate in Instructing Applied Pilates Matwork' from Active IQ, the Awarding Body for this course.

In order to achieve your Level 4 Pilates certification, you must gain credits (18 in total) by attending courses and successfully passing the required assessments. This qualification only covers Pilates matwork and allows you to 'pick and mix' from courses across two different categories, so that you can focus on your main areas of interest:

A. MANDATORY COURSES

There are three **Mandatory Courses**, each comprising two days' tuition and offering, in total, 11 credits: Movement; Adaptations; Intermediate Matwork. You can find full course descriptions for these at the end of this leaflet.

Please note that before attending the Intermediate Matwork course, we ask you to attend a one-day **Precision of Movement** course, as this provides an important and necessary introduction to the Body Control Pilates approach and to some of the exercises used as building blocks for the Intermediate Matwork course. The normal cost of Precision of Movement is £145 **but if you purchase a Level 4 Pilates Pass it is included with our compliments.**

B. SPECIAL POPULATIONS COURSES

You must gain the remaining credits in the category of **Special Populations**, where you need a minimum of 7 credits from the following (number of tuition days and credits in brackets):

Pregnancy 1 and 2	(2 days; 5 credits)
Pilates for the Older Person	(2; 6)
Pilates for Children and Adolescents	(3; 9)
Pilates for Bone Health (Osteoporosis)	(1; 3)

In addition to counting towards your Level 4 Pilates qualification, each of the Special Populations courses **offers you a separate Level 2 or Level 3 Award** (Active IQ):

- Level 3 Award in Designing Pre- and Postnatal Pilates Programmes
- Level 3 Award in Physical Activity (Pilates) and Health Considerations for the Older Adult.
- Level 2 Certificate in Planning and Instructing health-related exercise and physical activity (Pilates) for Children and Adolescents
- Level 3 Award in Designing Pilates Programmes for Bone Health

Remember, for your Level 4 qualification, you need to have attended (and passed assessments for) **all three Mandatory Courses and at least one Special Populations course.**

ASSESSMENT STRUCTURE

Credits may only be gained towards your qualification when you have passed the relevant assessment for your course. The nature of the assessment will vary by course, but essentially comprises a Case Study (in three parts) for the mandatory courses, and then a worksheet and a Case Study for each of the Special Populations courses, although the Children's qualification includes a teaching assessment.

RECOGNITION OF PRIOR ACHIEVEMENT

The great news with this new qualification is that you don't need to start from scratch! If you have already gained a recognised Awarding Body qualification in any of the Special Populations categories, this gives you credits towards your overall target of 18.

CERTIFICATION

You will receive your Level 4 Pilates certification once you have gained a sufficient number of credits and passed all assessments for your nominated courses, as well as the Case Study covering the mandatory courses. Although we expect most teachers to gain their Level 4 Pilates certification within 12-15 months, you have a nominal period of two years for completion of this qualification. Extensions can be discussed if and when needed.

COURSE FEES

The cost of each of the three Mandatory Courses	£325
Precision of Movement	£145
Within Special Populations, the course fees are:	
Pilates for Bone Health (Osteoporosis)	£195
Pregnancy 1 and 2 (per day, two separate days)	£195
Pilates for the Older Person	£325
Pilates for Children & Adolescents: Foundation Day	£195
Pilates for Children & Adolescents: Programmes (two days)	£325

In addition, there are Registration Fees (passed on to the Awarding Body) and Assessment Fees (to cover marking costs).

REGISTRATION FEE

A Registration Fee of £100 (including Value Added Tax) is payable when you sign up for this qualification. This covers the cost of registering you with Active IQ for all of the assessments that you will need to take to gain your 18 credits.



ASSESSMENT FEES

There is no overall assessment fee for this qualification as there are too many different combinations of courses to make this feasible. Fees are therefore charged as follows (inclusive of VAT):

Mandatory Course Workbooks & Case Study	£100 in total
Pregnancy Workbook	£50
Children's Workbook & Observed Assessment	£100
Bone Health Workbook	£50
Older Person Workbook	£60
All retakes	£40

This means that you should budget about £200 to cover all of the assessments needed.

Fees shown are valid until further notice and may be amended in the future, although you will only be charged the level of assessment fees quoted at the time you registered. Fees shown are for one assessment and are payable as and when you take the assessment. The £100 overall charge for the Mandatory Courses is payable in full when you take your first assessment.

GETTING STARTED

The first step towards gaining your Level 4 Pilates qualification is to register by completing and sending the Registration Form (available upon request) to the Body Control Pilates office, along with your fee (see below). Please provide all the information requested, especially with regard to any previous qualifications that you wish to count towards your credits.

It's important that we receive this form before you book any of the Mandatory Courses please, so, once you have decided to enrol for the Level 4 Pilates programme, please send this in to the Body Control Pilates office – even if you haven't yet decided on course dates.

Course Descriptions

After gaining sufficient credits and passing all of the necessary assessments, you will receive a 'Level 4 Certificate in Instructing Applied Pilates Matwork' from Active IQ, the Awarding Body for this course.

In order to achieve your Level 4 Pilates certification, you must gain credits (18 in total) by attending courses and successfully passing the required assessments. This qualification only covers Pilates matwork and allows you to 'pick and mix' from courses across two different categories, so that you can focus on your main areas of interest:

MOVEMENT

Offering Assessment & Analysis, Prescription & Programming

This course forms the hub of the Body Control Pilates Level 4 Pilates qualification. The knowledge and skills that will be developed can be applied across a wide spectrum of courses, including studio equipment. As an outcome of this course, you will know how to accurately assess the biomechanical capabilities of clients on both a physical and technical level. You will know how to best to combine your assessment findings with client objectives, so that you can accurately set client-specific exercise prescriptions and session plans.

'Movement' also introduces the concepts of exercise adaption, which can be applied to on-going sessions based on a dynamic assessment of client performance. These are then developed further in the 'Adaptations' course.

Course contents include: exploration of the systems employed within the body to control the dynamic relationship between stability and mobility of joints; the biomechanical and physiological processes involved in human movement and how these processes are specifically challenged for any given exercise; categorisation and grading of exercises based on the physical ability and technical skills they require to be performed; creating and implementing movement assessments to accurately assess existing movement strategies and identify movement impairments; movement assessment analysis and objective utilisation of findings in accordance with a 'client-centred approach'; bespoke exercise prescription and programme design; ongoing progress evaluation and session adaptation.

ADAPTATIONS

Modes of Progression and Regression in a Pilates Environment

Adaptations follows on from the work covered in the Movement course and is focused more on applications for the knowledge gained from that course by developing a further understanding of the modes of progression and regression available in a Pilates exercise environment. Whilst we encourage anyone who has attended this course to work towards their Level 4 Pilates qualification, as with 'Movement', the knowledge and skills learnt can be applied across the spectrum of courses within the Level 4 Pilates structure and beyond to any Pilates application, thereby providing an added value for your Pilates teaching.

This course reviews foundation concepts of exercise adaption, before developing them further to encompass adaptation techniques for every physical and technical aspect of Pilates exercise. Content include: defining form and functionality; understanding the influence Pilates has upon the physical and technical Components of Fitness; analysis of the physiological and technical objectives of Pilates exercises; developing strategies for progression and regression based on client performance and objectives; maintaining an objective approach to the modification of pre-existing exercises and the creation of new ones; application of progression and regression strategies.

INTERMEDIATE MATWORK

The perfect bridging course for teachers working towards the more advanced classical exercises, building on the knowledge and skills that teachers have gained from the Matwork Certification Course. Whilst this is one of the first courses that a new teacher should take, we do recommend that, in order to get the most from the course, you have several months of teaching experience beforehand.

The course addresses two key elements:

1. DEVELOPMENT OF PILATES MATWORK

We explore variations of key exercises from the Matwork Certification Course as well as introducing many new exercises. This gives a greater depth of understanding of the potential of the work and shows how the Pilates matwork repertoire can continually be adapted to challenge all of your clients.

2. PROGRESSION TO ADVANCED MATWORK

The second, and main, element of this course introduces the Classical Matwork philosophy, providing a preparatory series of exercises and transitions that can be introduced into classes to add progression to clients. More importantly, it paves the way to understanding the structure and integrity of Joseph Pilates' original work, essential in the development of a Pilates teacher.

PRECISION OF MOVEMENT FOR PILATES TEACHERS

This mat-based course will focus on movement at joint level. Analysis of exercises will enable you to gain a clear understanding of the objectives and of the exact movement involved, including range of movement. Emphasis will be placed on the start positions as well as on the movement itself, giving an insight into why things go wrong. The aim of the course is to give a deeper understanding of each exercise and to consequently enhance the ability to improve quality of movement. This workshop is ideal for Body Control Pilates teachers of all levels of experience and is particularly recommended for teachers thinking of working towards a Level 4 Pilates qualification.

Join the 'Level 4 Pilates Push'

– book your online tutorial now!

There are currently close to 300 Body Control Pilates teachers working towards the Level 4 Pilates qualification, which is now open to all Level 3 Pilates teachers from 2018.

If you are working towards your L4 Pilates assessments, we offer online tutorials led by Nathan Gardner and Julia Crossman. These focus mainly on the workbooks related to the Movement, Intermediate Mat and Adaptations courses.

Your first workshop is free and thereafter £10 a workshop. You can repeat workshops as often as you like, space permitting.

All you need to do to join in is:

- have registered for the Level 4 Pilates qualification
- to have already attended the Movement and Adaptations courses
- book your place by calling the Body Control Pilates office
- download the meeting software app ('Join Me') or access the tutorial via Google Chrome
- fire up your laptop and find a comfy chair when the tutorial is ready to start
- accept the invitation to join and you're up and running!

Just keep an eye out for emails that will be sent out with planned dates for online tutorials. As the sessions are run with a small number of participants, you have the ability to post questions to make it as interactive as possible.

If you want to know more about how you can start on your Level 4 Pilates qualification: please email Amanda Ffitch at amanda.f@bodycontrol.co.uk and Claire Darlow claire.darlow@bodycontrol.co.uk

Summary of Qualification Assessment and Registration Fees

QUALIFICATION	AWARDING ORGANISATION	REGISTRATION FEE	ASSESSMENT FEE
MATWORK			
Level 4 Pilates Mandatory Courses & Case Study	Active IQ	£100	£100
Back4Good® Practitioner	Body Control Pilates	-	in course fees
Level 4 Low Back Pain	Active IQ	Included with Asst Fee	£115
Level 3 Exercise Referral	Active IQ	in course fees	in course fees
Level 3 Pregnancy	Active IQ	£30 (excluding L4)	£50
Level 3 Pilates for Bone Health	Active IQ	£15 (excluding L4)	£50
Level 3 Older Person	Active IQ	£30 (excluding L4)	£60
Level 2 Children's	Active IQ	£30 (excluding L4)	£100
Master Matwork Teacher	Body Control Pilates	-	£75
STUDIO EQUIPMENT			
Reformer	Body Control Pilates	-	£190
Comprehensive Studio Certificate	Body Control Pilates	-	£125
Studio Master Teacher Certificate	Body Control Pilates	-	£125

UK Date Planner for Non Member Courses to May 2019

Other regional course dates will be added as will extra London course dates subject to demand

Level 4 Pilates: Mandatory Courses

As part of the Level 4 Pilates Qualification you are required to attend the mandatory courses as detailed in the order below. If you have purchased the Level 4 'Pilates Pass,' all of these courses, optional courses and assessment

fees are included in the price (Registration fee is payable separately). Please note that the following courses are only open to teachers that are registered for the Level 4 Pilates qualification.

NEW! Precision of Movement for Pilates Teachers				£195
September	London	Sep 1st		9.30am - 4.30pm
October	Newcastle	Oct 27th		9.30am - 4.30pm
January	London	Jan 27th		9.30am - 4.30pm
March	London	Mar 30th		9.30am - 4.30pm

Intermediate Matwork				£325
September	London	Sep 8th-9th		9.30am - 4.30pm
September	North Shields	Sep 15th-16th		9.30am - 4.30pm
September	Belfast	Sep 22nd-23rd		9.30am - 4.30pm
November	London	Nov 17th-18th		9.30am - 4.30pm
January	London	Jan 26th-27th		9.30am - 4.30pm
February	Alderley Edge	Feb 23rd-24th		9.30am - 4.30pm
March	London	Mar 16th-17th		9.30am - 4.30pm
May	London	May 28th-29th (Mon/Tues)		9.30am - 4.30pm

Movement				£325
September	London	Sep 22nd-23rd		9.30am - 4.30pm
January	London	Jan 19th-20th		9.30am - 4.30pm
April	London	Apr 11th-12th (Thurs-Fri) - ask about the 'L4p intensive' special price!		9.30am - 4.30pm
June	London	Jun 1st-2nd		9.30am - 4.30pm

Adaptations				£325
October	London	Oct 20th-21st		9.30am - 4.30pm
February	London	Feb 9th-10th		9.30am - 4.30pm
April	London	Apr 13th-14th - ask about special 'L4P Intensive' price!		9.30am - 4.30pm
June	London	Jun 15th-16th		9.30am - 4.30pm

Matwork Programme

Conversion Course			£1,495 (£1,275 advance payment)
October	London	Oct Fri 19th–Sun 21st & Nov Sat 3rd–Sun 4th	9.30am – 4.30pm
February	London	Feb Wed 27th - 3rd Mar	9.30am – 4.30pm
May	London	May Fri 17th–Sun 19st & June Sat 1st–Sun 2nd	9.30am – 4.30pm

Standing Pilates – UPDATED CONTENT!			£195
September	London	Sep 15th	9.30am – 4.30pm
November	London	Nov 4th	9.30am – 4.30pm
February	London	Feb 2nd	9.30am – 4.30pm
March	Edinburgh	Mar 23rd	9.30am – 4.30pm
April	London	Apr 14th	9.30am – 4.30pm

Small Equipment Programme

Spine Corrector & Pilates Arc			£195
November	London	Nov 17th	9.30am – 4.30pm
February	London	Feb 23rd	9.30am – 4.30pm

Pilates on the Ball			£195
November	London	Nov 9th (Fri)	9.30am – 4.30pm
April	London	Apr 14th	9.30am – 4.30pm

Pilates with the Band			£195
November	London	Nov 10th	9.30am – 4.30pm
January	London	Jan 13th	9.30am – 4.30pm
March	London	Mar 17th	9.30am – 4.30pm
May	London	May 31st (Fri)	9.30am – 4.30pm

NEW! Pilates on the Core Fitness Roller (MOTR)			£195
October	London	Oct 27th	9.30am – 4.30pm
February	London	Feb 2nd	9.30am – 4.30pm

Pilates with the Foam Roller			£195
September	London	Sep 30th	9.30am – 4.30pm
December	London	Dec 9th	9.30am – 4.30pm
February	London	Feb 3rd	9.30am – 4.30pm
May	London	May 30th (Thurs)	9.30am – 4.30pm

Remedial and Special Populations Programme

Pilates for Bone Health (Osteoporosis)				£195
September	London	Sep 7th (Fri)	10am – 4.30pm	
December	London	Dec 1st (Sat)	10am – 4.30pm	
February	London	Feb 24th	10am – 4.30pm	
April	London	Apr 26th (Fri)	10am – 4.30pm	

Pilates & Pregnancy 1				£195
October	London	Oct 20th	10am – 4.30pm	
January	London	Jan 25th (Fri)	10am – 4.30pm	
April	London	Apr 6th		

Pilates & Pregnancy 2				£195
October	London	Oct 21st	10am – 4.30pm	
January	London	Jan 26th	10am – 4.30pm	
April	London	Apr 7th		

Pilates for the Older Person				£325
September	London	Sep 15th-16th	9.30am - 4.30pm	
February	London	Feb 2nd-3rd	9.30am - 4.30pm	
May	London	May 11th-12th	9.30am - 4.30pm	

Pilates for Children: Foundation Day				£195
November	London	Nov 23rd (Fri)	9.30am - 4.30pm	
March	London	Mar 15th (Fri)	9.30am - 4.30pm	

Pilates for Children: Programmes (5-11 & 12-16)				£325
November	London	Nov 24th-25th	9.30am - 4.30pm	
March	London	Mar 16th-17th	9.30am - 4.30pm	

Pilates in Breast Cancer Rehabilitation: Foundation Day				£195
October	London	Oct 27th	9.30am - 4.30pm	
February	London	Feb 9th	9.30am - 4.30pm	

Pilates in Breast Cancer Rehabilitation: Programmes				£195
October	London	Oct 28th	9.30am - 4.30pm	
February	London	Feb 10th	9.30am - 4.30pm	

Pilates and Scoliosis				£325
September	London	Sep 22nd-23rd	9.30am - 4.30pm	
February	London	Feb 16th-17th	9.30am - 4.30pm	

Understanding Medical Conditions				£195
October	London	Oct 21st	9.30am - 4.30pm	
February	London	Feb 20th (Wed)	9.30am - 4.30pm	

NEW! Understanding Cancer				£195
December	London	Dec 15th	9.30am - 4.30pm	
April	London	Apr 13th	9.30am - 4.30pm	

Exercise Referral for Pilates Teachers				£525
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Distance Study. Please note an Assessment Day in London must be attended. Fees include course materials, registration, assessments.

Performance and Sports Programme

Pilates for Equestrians				£195
November	London	Nov 3rd	9.30am - 4.30pm	
February	London	Feb 23rd	9.30am - 4.30pm	

Studio Equipment Programme

Studio Introduction Workshop				£50
January	London	Jan 12th	10am - 1pm	

Fee credited against Reformer 1 course when booked

Reformer 1 (Basics to Intermediate)				£945
October	London	INTENSIVE Oct 23rd-28th (Tues-Sun)	9.30am - 4.30pm	
November	London	Nov 10th-11th; Nov 24th-25th; Dec 8th-9th	9.30am - 4.30pm	
February	London	Feb 2nd-3rd; Feb 16th-17th; Mar 2nd-3rd	9.30am - 4.30pm	
February	London	INTENSIVE Feb 19th-24th (Tues-Sun)	9.30am - 4.30pm	
April	London	INTENSIVE Apr 23rd-28th (Tues-Sun)	9.30am - 4.30pm	

Reformer Bridging Course				£400
December	London	Dec 15th-16th	9.30am - 4.30pm	

Reformer 2 (Advanced)				£575
October	London	Oct 20th-21st; Nov 3rd-4th	9.30am - 4.30pm	
March	London	Mar 9th-10th; Mar 23rd-24th	9.30am - 4.30pm	

Cadillac 1 (Beginners)				£325
September	London	Sep 8th-9th	9.30am - 4.30pm	
November	London	Nov 17th-18th	9.30am - 4.30pm	
January	London	Jan 26th-27th	9.30am - 4.30pm	
April	London	Apr 13th-14th	9.30am - 4.30pm	

Cadillac 2 (Intermediate & Advanced)				£395
October	London	Oct 13th-14th	9.30am - 4.30pm	
February	London	Feb 9th-10th	9.30am - 4.30pm	
May	London	May 11th-12th	9.30am - 4.30pm	

Cadillac 3 (Advanced)				£195
September	London	Sep 29th	9.30am - 4.30pm	
January	London	Jan 20th	9.30am - 4.30pm	
May	London	May 31st (Fri)	9.30am - 4.30pm	

Chair 1 (Beginners to Intermediate)				£395
September	London	Sep 15th-16th	9.30am - 4.30pm	
January	London	Jan 12th-13th	9.30am - 4.30pm	
April	London	Apr 6th-7th	9.30am - 4.30pm	

Chair 2 (Advanced)				£395
September	London	Sep 22nd-23rd	9.30am - 4.30pm	
December	London	Dec 1st-2nd	9.30am - 4.30pm	
March	London	Mar 30th-31st	9.30am - 4.30pm	

Ladder Barrel (Basics to Advanced)				£225
September	London	Sep 2nd	9.30am - 4.30pm	
January	London	Jan 19th	9.30am - 4.30pm	
April	London	Apr 13th	9.30am - 4.30pm	

Other Courses

Basic Life Support – CPR (run by Prime First Aid): 2 years certification				£70
September	London	Sep 14th (Fri)	9.30am & 1.30pm (3 1/4 hours)	
November	London	Nov 23rd (Fri)	9.30am & 1.30pm (3 1/4 hours)	
January	London	Jan 31st (Thurs)	9.30am & 1.30pm (3 1/4 hours)	
March	London	Mar 7th (Thurs)	9.30am & 1.30pm (3 1/4 hours)	



The Body Control Pilates Matwork Conversion Course

A course geared to qualified Pilates teachers who would like to gain a Body Control Pilates Matwork Certificate (REPs Level 3) and thereby become a registered Body Control Pilates teacher.

The Body Control Pilates Matwork Conversion Course has been structured to recognise and build on the skills and knowledge that you already have as a practising Pilates teacher. It is based on our world-renowned Matwork Certification Course and focuses on the specific content and exercises that make the Body Control Pilates approach so distinctive – the range of exercises; the ability to adapt these exercises to the needs of the individual; the breaking down of the classical exercises; the unique teaching approach.

Entry Requirements

Level 3 Pilates teacher or equivalent.

Course Structure

There are five elements to the Body Control Pilates Matwork Conversion Course:

- Five tuition days covering an introduction to Body Control Pilates; Pelvis & Spine; Breathing & Relaxation; review of Core Stability; Upper Limb; Lower Limb; Precision of Movement; Teaching Skills and Client Progression; Certification Process. These can be taken in either an 'intensive' format of five consecutive days or in an 'extended' format of one weekend block, typically two weeks' break, and then a Friday to Sunday block.

- A post-tuition assessment – this will assess your knowledge of the key Body Control Pilates exercises and agree an individual route plan towards your 'sign-off' assessment.
- Completion of a Self-Study Paper covering Pilates fundamentals
- A 'Sign-Off Assessment' to be taken after submission of a series of lesson plans. In this assessment, you will be asked to teach part of a lesson plan to a small group.
- Completion of Level 3 Pilates worksheets and a written examination on Anatomy and Principles of Fitness. These are set by the Awarding Body for the course. Please note that this element may be waived if you already hold an accredited Level 3 REPs certification.

Course Outcomes

Upon successful completion of the course, you will receive a Body Control Pilates Matwork Certification and first year's membership of the Body Control Pilates Association. You will also gain Level 3 Pilates certification from Active IQ (the Awarding Body for our matwork course) and Level 3 Pilates Teacher status with the UK Register of Exercise Professionals or, for teachers based outside the UK, equivalent status with the European Register of Exercise Professionals (EREPs).

Certification also opens up a number of further courses that are exclusive to Body Control Pilates teachers, including Low Back Pain, Level 4 Pilates.



Date Planner

September

1st	Precision of Movement	London	1
2nd	Cadillac 3	London	1
2nd	Ladder Barrel	London	1
7th	Pilates for Bone Health	London	1
8th	Intermediate Matwork	London	2
8th	Cadillac 1	London	2
14th	Basic Life Support CPR	London	0.5
15th	Chair 1	London	2
15th	Pilates for the Older Person	London	2
15th	Intermediate Matwork	North Shields	2
15th	Standing Pilates	London	1
22nd	Chair 2	London	2
22nd	Pilates and Scoliosis	London	2
22nd	L4 Pilates Movement	London	2
22nd	Intermediate Matwork	Belfast	2
23rd	Advanced Matwork	London	1
26th	Reformer Supervised Teaching Workshop	London	0.5
29th	Small Ball & Toning Circle	London	1
29th	Cadillac 3	London	1
30th	Foam Roller	London	1

October

4th	DW28 Pre-con workshops	London	1
5th	DW28 Pre-con workshops	London	1
13th	Cadillac 2	London	2
15th	Reformer Supervised Teaching Workshop	London	0.5
19th	Conversion Course	London	5
20th	Reformer 2	London	2
20th	L4 Pilates Adaptations	London	2
20th	Pregnancy 1	London	1
21st	Pregnancy 2	London	1
21st	Understanding Medical Conditions	London	1
23rd	Reformer 1 INTENSIVE	London	6
27th	Precision of Movement	Newcastle	1
27th	MOTR Core Fitness Roller	London	1
27th	Pilates and Breast Cancer: Foundation	London	1
28th	Pilates and Breast Cancer: Programmes	London	1

November

3rd	Pilates for Equestrians	London	1
3rd	Reformer 2	London	4
4th	Standing Pilates	London	1
9th	Pilates on the Ball	London	1
10th	Pilates with the Band	London	1
10th	Reformer 1	London	6
17th	Cadillac 1	London	2
17th	Intermediate Matwork	London	2
17th	Spine Corrector & Pilates Arc	London	1
18th	Small Ball & Toning Circle	London	1
23rd	Basic Life Support CPR	London	0.5
23rd	Pilates for Children: Foundation	London	1
24th	Pilates for Children: Programmes	London	2

December

1st	Pilates for Bone Health	London	1
1st	Chair 2	London	2
9th	Foam Roller	London	1
15th	Understanding Cancer	London	1
15th	Reformer Bridging Course	London	1
16th	Reformer Bridging Course	London	1

January

12th	Chair 1	London	2
12th	Studio Intro Workshop	London	0.5
13th	Pilates with the Band	London	1
19th	Ladder Barrel	London	1
19th	L4 Pilates Movement	London	2
20th	Small Ball & Toning	London	1
20th	Cadillac 3	London	1
25th	Pregnancy 1	London	1
26th	Pregnancy 2	London	1
26th	Cadillac 1	London	2
26th	Intermediate Matwork	London	2
27th	Precision of Movement	London	1

February

2nd	Reformer 1	London	6
2nd	Standing Pilates	London	0.5
2nd	Pilates for the Older Person	London	2
2nd	MOTR Core Fitness Roller	London	1
3rd	Foam Roller	London	1
9th	Cadillac 2	London	2
9th	L4 Pilates Adaptations	London	2
9th	Breast Cancer: Foundation Day	London	1
10th	Breast Cancer: Programmes Day	London	1
16th	Pilates and Scoliosis	London	2
19th	Reformer 1 INTENSIVE	London	6
20th	Understanding Medical Conditions	London	1
23rd	Intermediate Matwork	Alderley Edge	2
23rd	Spine Corrector & Pilates Arc	London	1
23rd	Pilates for Equestrians	London	1
24th	Pilates for Bone Health	London	1
27th	Conversion Course	London	5

March

9th	Reformer 2	London	4
15th	Pilates for Children: Foundation Day	London	1
16th	Pilates for Children: Programmes	London	2
16th	Intermediate Matwork	London	2
17th	Pilates with the Band	London	1
23rd	Standing Pilates	Edinburgh	1
30th	Foam Roller	London	1
30th	Chair 2	London	2
30th	Precision of Movement	London	1

April

6th	Chair 1	London	2
6th	Pregnancy 1	London	1
7th	Pregnancy 2	London	1
11th	L4 Pilates Movement 4-DAY L4P INTENSIVE!	London	2
13th	L4 Pilates Adaptations 4-DAY L4P INTENSIVE!	London	2
13th	Ladder Barrel	London	1
13th	Cadillac 1	London	2
13th	Understanding Cancer	London	1
14th	Standing Pilates	London	1
14th	Pilates on the Ball	London	1
23rd	Reformer 1 INTENSIVE	London	6
26th	Pilates for Bone Health	London	1

May

11th	Pilates for the Older Person	London	2
11th	Cadillac 2	London	2
17th	Conversion Course	London	5
18th	Reformer 1	London	1
28th	Intermediate Matwork	London	2
30th	Small Ball & Toning Circle	London	1
31st	Pilates with the Band	London	1
31st	Cadillac 3	London	1

ADVANCE WARNING!

June

1st	L4 Pilates Movement	London	2
15th	L4 Pilates Adaptations	London	2

August

13th	Reformer 1 INTENSIVE	London	6
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Course Enrolment Form

Please complete and submit this form when booking a Body Control Pilates course for the first time. We will keep your details on file in our secure database and they will only be used for our course administration. Please update us if your contact details change. Information provided is treated in the strictest of confidence. When booking a course, you are deemed to have accepted the terms of our Cancellation Policy. Details are available in our Course Planner or can be requested by email.

Please submit this form by email to info@bodycontrol.co.uk or by post to the address at the bottom of this form.

MR MRS MS

NAME TEL (HOME)

ADDRESS TEL (MOBILE)

..... EMAIL

..... DATE OF BIRTH

POST CODE

EMERGENCY CONTACT

NAME TEL

Please give details of your Pilates teaching qualification and submit a copy to us of your certificate (scan accepted):

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Please turn over to complete the section overleaf

BODY CONTROL PILATES®

Do you hold a Level 3 Pilates qualification on the UK Register of Exercise Professionals?
If yes, please give your membership number.

.....

Please give details of your other Pilates qualifications:

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Do you have any injuries or special educational needs that we need to be aware of?
If yes, please give details.

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Do you have any other comments?

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SIGNED IN AGREEMENT DATE

Notes

- * Our main entry requirement is that you hold a Level 3 Pilates qualification or equivalent to join these courses.
- * We require a copy of your Pilates certificate on application. For further information please contact us.
- * All courses and workshops are held at The Body Control Pilates Centre London unless stated otherwise.
- * All dates are weekends unless shown.
- * Please see the Directory at www.bodycontrolpilates.com for course descriptions and for entry requirements.
- * Additional certification costs apply on relevant courses. Contact us for details
- * All prices include Value Added Tax at 20% (VAT registration 858349184).
- * We reserve the right to amend prices (bookings honoured at booked price).
- * We reserve the right to cancel courses or amend dates.

Cancellation Policy & Terms and Conditions

Updated as of March 2018

The following cancellation charges apply in the event that you cancel a confirmed booking as follows:

Up to one calendar month before the course or workshop date:	No charge
Between 15-31 days of the course or workshop date:	£25
Between 7-14 days of the course or workshop date:	50% of the fees
6 days or less before the course or workshop date:	100% of the fees
'No show':	100% of the fees

The above policy is not applicable to Development Weekends – please see the DW Brochure for specific details of the cancellation policy that applies.

If you cancel a booking and we can fill your place from a waiting list, you will just be asked to pay the £25 administration charge. This cancellation policy also applies when you move course or workshop bookings to a later course or workshop.

Body Control Pilates reserves the right to cancel a course if the number of participants booked is deemed to be insufficient to run the activity – we will do our best to give participants at least ten working days' notice along with a full refund or credit.

When attending a course, as a qualified teacher you are assuming responsibility for your own body whilst performing exercises. You should not, and are not expected to, perform any exercises beyond your own capability. If you have any injuries that you feel the tutor should be aware of, please inform the tutor at the start of the day.

When booking a course, you are deemed to have accepted the stated Cancellation Policy and the Terms and Conditions, as advised.

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