

A photograph of a Pilates studio. In the foreground, a woman with brown hair tied back is lying on a blue reformer machine, wearing a dark blue tank top. In the background, another woman in a pink top and a man in a blue top are also on reformers. The room has a white wall and a wooden floor.

BODY CONTROL  
**PILATES**®

UK Course Planner  
for non members  
**to December 2019**

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Issue 3: July 2019

This UK Course Planner details all of the Body Control Pilates courses that are currently scheduled in the UK through to the end of December 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 2019
- 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:

China	Lavender Wang	lelewxi@gmail.com
France	Linsay Matson	linsaymatson@yahoo.co.uk
Hong Kong		rebecca.willis@bodycontrol.co.uk
Japan	Studio-yoggy	school@studio-yoggy.com
Lithuania	Danguole Venslavičė-Mykolaitienė	dpilates@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
<b>Within Special Populations, the course fees are:</b>	
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.



## SAVE 25% WITH A LEVEL 4 PILATES PASS!

You can purchase this upfront to use towards the cost of attending courses and taking assessments for the Level 4 Pilates qualification. With a value of £1,500, you pay just £1,125 giving you a saving of 25%. You must attend courses within 18 months of buying your Pass and take all assessments within two years. Prices include VAT @ 20%.

## 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:

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## 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.

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## 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.

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## 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.

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## 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 [info@bodycontrol.co.uk](mailto:info@bodycontrol.co.uk) or call us on 0207 636 8900

## Summary of Qualification Assessment and Registration Fees

QUALIFICATION	AWARDING ORGANISATION	REGISTRATION FEE	ASSESSMENT FEE
<b>MATWORK</b>			
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
<b>STUDIO EQUIPMENT</b>			
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: July to December 2019

Other regional course dates will be added as will extra London course dates if needed to meet 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.

<b>NEW! Precision of Movement for Pilates Teachers</b>			<b>£195</b>
August	London	Aug 27th (Tues)	9.30am-4.30pm
November	London	Nov 17th	9.30am-4.30pm
<b>Movement</b>			<b>£325</b>
August	London	Aug 29th-30th (Thurs-Fri) - ask about the 'L4P intensive' special Price!	9.30am-4.30pm
November	London	Nov 9th-10th	9.30am-4.30pm
<b>Adaptations</b>			<b>£325</b>
August	London	Aug 31st-Sep 1st - ask about the 'L4P intensive' special Price!	9.30am-4.30pm
November	London	Nov 23rd-24th	9.30am-4.30pm
<b>Intermediate Matwork</b>			<b>£325</b>
August	London	Aug 10th-11th	9.30am-4.30pm
August	Edinburgh	Aug 31st-Sep 1st	9.30am-4.30pm
October	London	Oct 12th-13th	9.30am-4.30pm
December	London	Dec 7th-8th	9.30am-4.30pm

## Matwork Programme

<b>Conversion Course</b>			<b>£1,495</b> (£1,275 advance payment)
October	London	Oct Wed 9th - Sun 13th	9.30am - 4.30pm
November	London	Nov Fri 15th - Sun 17th & Dec Sat 30th - Sun 31st	9.30am - 4.30pm
February 2020	London	Feb Fri 28th - Sun 1st Mar & Mar Sat 14th - Sun 15th	9.30am - 4.30pm
<b>Standing Pilates - UPDATED IN 2018!</b>			<b>£195</b>
September	London	Sep 21st	9.30am-4.30pm

Fee includes AIQ registration and assessments

## Small Equipment Programme

<b>Spine Corrector &amp; Pilates Arc</b>				<b>£195</b>
October	London	Oct 5th		9.30am-4.30pm
<b>Pilates on the Ball</b>				<b>£195</b>
August	London	Aug 18th		9.30am-4.30pm
December	London	Dec 1st		9.30am-4.30pm
<b>Pilates with the Band</b>				<b>£195</b>
September	London	Sep 14th		9.30am-4.30pm
December	London	Dec 15th		9.30am-4.30pm
<b>Pilates with the Foam Roller</b>				<b>£195</b>
July	London	Jul 21st		9.30am-4.30pm
September	London	Sep 22nd		9.30am-4.30pm
November	London	Nov 30th		9.30am-4.30pm
<b>Small Ball &amp; Toning Circle</b>				<b>£195</b>
July	London	Jul 7th		9.30am-4.30pm
September	London	Sep 15th		9.30am-4.30pm
December	London	Dec 14th		9.30am-4.30pm
<b>Pilates on the Core Fitness Roller (MOTR)</b>				<b>£195</b>
July	London	Jul 27th		9.30am-4.30pm
November	London	Nov 2nd		9.30am-4.30pm

## Remedial and Special Populations Programme

<b>Pilates for Bone Health (Osteoporosis)</b>				<b>£195</b>
July	London	Jul 13th		10am-4.30pm
October	London	Oct 11th (Fri)		10am-4.30pm
December	London	Dec 7th		10am-4.30pm
<b>Pilates &amp; Pregnancy 1</b>				<b>£195</b>
October	London	Oct 25th		10sm -4.30pm
November	Edinburgh	Nov 2nd		10am-4.30pm
<b>Pilates &amp; Pregnancy 2</b>				<b>£195</b>
October	London	Oct 26th		10am-4.30pm
November	Edinburgh	Nov 3rd		10am-4.30pm

<b>Pilates for the Older Person</b>				<b>£325</b>
October	London	Oct 19th-20th	9.30am-4.30pm	
<b>Pilates for Children: Foundation Day</b>				<b>£195</b>
July	London	Jul 5th (Fri)	9.30am-4.30pm	
November	London	Nov 22nd (Fri)		
<b>Pilates for Children: Programmes (5-11 &amp; 12-16)</b>				<b>£325</b>
July	London	Jul 20th-21st	9.30am-4.30pm	
November	London	Nov 23rd-24th	9.30am-4.30pm	
<b>Pilates in Breast Cancer Rehabilitation: Foundation Day</b>				<b>£195</b>
October	London	Oct 26th	9.30am-4.30pm	
<b>Pilates in Breast Cancer Rehabilitation: Programmes</b>				<b>£195</b>
October	London	Oct 27th	9.30am-4.30pm	
<b>Pilates and Scoliosis</b>				<b>£325</b>
September	London	Sep 7th-8th	9.30am-4.30pm	
<b>Understanding Medical Conditions</b>				<b>£195</b>
October	Hawkesbury Upton (Glos)	Oct 5th	10am-4.30pm	
December	London	Dec 6th	9.30am-4.30pm	
<b>Understanding Cancer</b>				<b>£195</b>
September	London	Sep 14th	9.30am-4.30pm	
December	London	Dec 14th	9.30am-4.30pm	
<b>NEW! Pilates and Hypermobility: Foundation Day</b>				<b>£195</b>
July	Edinburgh	Jul 5th (Fri)	9.30am-5pm	
November	London	Nov 29th	9.30am-5pm	
Further dates to be advised				
<b>NEW! Pilates and Hypermobility: Programmes and Follow-up Day</b>				<b>£195</b>
July	Edinburgh	Jul 6th	9.30am – 5pm	
November	London	Nov 30th	9.30am-5pm	
Further dates to be advised				

**Exercise Referral for Pilates Teachers****£525****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**

October	London	Oct 12th	9.30am-4.30pm
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## Studio Equipment Programme

**Studio Introduction Workshop****£50**

September	London	Sep 6th	12.30pm-4pm
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Fee credited against Reformer 1 course or Reformer Bridging course when booked

**Reformer 1 (Beginners to Intermediate)****£945**

August	London	<b>INTENSIVE</b> Aug 13th-18th (Tues-Sun)	9.30am-4.30pm
September	London	Sep 14th-15th; Oct 5th-6th; Oct 19th-20th	9.30am-4.30pm
October	<b>Glasgow</b>	Oct 12th-13th; Oct 26th-27th; Nov 9th-10th	9.30am-4.30pm
October	London	<b>INTENSIVE</b> Oct 22nd-27th (Tues-Sun)	9.30am-4.30pm

**NEW! Reformer Review & Exam Prep Day****£100**

July	London	Jul 6th	10am-4pm
December	London	Dec 15th	10am-4pm
Further dates to be advised			

**Reformer 2 (Advanced)****£625**

November	London	Nov 9th-10th; Nov 23rd-24th	9.30am-4.30pm
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**Cadillac 1 (Beginners)****£395**

July	London	Jul 20th-21st	9.30am-4.30pm
October	London	Oct 12th-13th	9.30am-4.30pm

**Cadillac 2 (Intermediate & Advanced)****£395**

September	London	Sep 7th-8th	9.30am-4.30pm
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**Cadillac 3 (Advanced)****£195**

September	London	Sep 21st	9.30am-4.30pm
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<b>Chair 1 (Beginners to Intermediate)</b>				<b>£395</b>
July	London	Jul 6th-7th	9.30am-4.30pm	
November	London	Nov 2nd-3rd	9.30am-4.30pm	

  

<b>Chair 2 (Advanced)</b>				<b>£395</b>
July	London	Jul 27th-28th	9.30am-4.30pm	
December	London	Dec 7th-8th	9.30am-4.30pm	

  

<b>Ladder Barrel (Basics to Advanced)</b>				<b>£225</b>
August	London	Aug 10th	9.30am-4.30pm	
November	London	Nov 30th	9.30am-4.30pm	

## Other Courses

<b>Basic Life Support – CPR (run by Prime First Aid): 2 years certification</b>				<b>£70</b>
September	London	Sep 19th (Thurs)	9.30am-1pm & 1.30pm-5pm	
November	London	Nov 21st (Thurs)	9.30am-1pm & 1.30pm-5pm	

# 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.



# Descriptions for New Courses

## An Introduction to the Studio Equipment

The 'Introduction' workshop is a great opportunity for you to come and get to know the different pieces of studio equipment. Perfect if you are thinking about whether to look at these courses in future – and, if you do book a Reformer course at some stage, you get your £50 workshop fee taken off the course fees!

This highly interactive workshop is designed to give matwork teachers an introduction to what the studio equipment can offer you and your clients. While your current focus may be on teaching matwork, it is very helpful to understand the 'full Pilates picture' and to learn how the studio equipment

can help develop your teaching practice, as well as offering clients greater exercise potential. This will not only enhance your knowledge as a teacher, but it will also enrich your own practice and teaching.

You will be introduced to all the major pieces of studio equipment - Reformer, Cadillac, Chair and Ladder Barrel – and you will have the opportunity to try some exercises under supervision. Main focus will be given to the Reformer, as this is the gateway to the rest of the studio equipment programme and also the piece of equipment most commonly used in studios and by clients.

## Pilates and Hypermobility

### The Assessment and Management of Hypermobility and Associated Conditions for Pilates teachers.

Hypermobility is the term used to describe the ability to move joints beyond the normal range of movement. Joint hypermobility is common in the general population, whether present in just a few joints or widespread. It is most common in childhood and adolescence, in females, and Asian and Afro-Caribbean races and tends to lessen with age. For many, joint hypermobility is of no medical consequence and commonly does not give rise to symptoms. Hypermobility can, in fact, be considered an advantage for some, as gymnasts, dancers, swimmers and musicians might be selected because of their extra range of movement. For a small percentage of the population, instead of being advantageous, hypermobility may be associated with joint and ligament injuries, pain, fatigue and other symptoms. It may occasionally also be a sign of a more serious underlying condition, often passed down through the generations.

Our overall Pilates and Hypermobility course programme has been written in conjunction with a leading expert in this field. It comprises two days, divided into an initial 'Foundation Day' course, followed later by a day more focussed on Application and Programmes. Both days will provide participants with the latest research about hypermobility and the related conditions and will evaluate the role of Pilates in both the prevention of problems and in the management of the condition. Both days involve theory and practical. Day One (the Foundation Day) will focus more on underlying theory, assessment and principles of treatment whilst in Day Two, which will be more case-

based, attendees will have the opportunity to reflect on the Foundation Day content and then create progressive exercise plans for people with a range of different presentations. The aims of the course include:

- reviewing the prevalence and cause of hypermobility and associated conditions
- learning how to assess hypermobility and associated movement dysfunctions
- exploring the role of Pilates training within the context of the multidisciplinary team in the management and ongoing wellbeing of people with hypermobility syndromes
- creating holistic programmes including the use of mat work, small accessories and weights, and general lifestyle advice aimed to meet the specific needs of the clients

### ENTRY REQUIREMENTS

Level 3 Pilates Teacher or recognised equivalent qualification

### DURATION

2 days in total

### OUTCOMES

- Certificate of Attendance
- A short assessment document is handed out on Day Two. Teachers who pass this assessment will have their details included in a Hypermobility specialist teacher listing.

### CONTINUED PROFESSIONAL DEVELOPMENT POINTS

Body Control Pilates: List A 30 points per day

# Date Planner

## July

Start	Course	Location	Days
5th	Pilates for Children: Foundation Day	London	1
5th	Pilates and Hypermobility: Foundation Day	Edinburgh	1
6th	Pilates and Hypermobility: Programmes Day	Edinburgh	1
6th	Chair 1	London	2
6th	Reformer Review & Exam Prep Day	London	1
7th	Small Ball & Toning Circle	London	1
13th	Pilates for Bone Health	London	1
20th	Cadillac 1	London	2
20th	Pilates for Children: Programmes	London	2
21st	Foam Roller	London	1
27th	MOTR Core Fitness Roller	London	1
27th	Chair 2	London	2

## August

6th	Studio Introduction Workshop	London	0.5
10th	Ladder Barrel	London	1
10th	Intermediate Matwork	London	2
13th	Reformer 1 <b>INTENSIVE</b>	London	6
18th	Pilates on the Ball	London	1
27th	Precision of Movement	London	1
29th	L4 Pilates Movement <b>4-DAY L4P INTENSIVE!</b>	London	2
31st	L4 Pilates Adaptations <b>4-DAY L4P INTENSIVE!</b>	London	2
31st	Intermediate Matwork	Edinburgh	2

## September

7th	Cadillac 2	London	2
7th	Pilates and Scoliosis	London	2
14th	Understanding Cancer	London	1
14th	Pilates with the Band	London	1
14th	Reformer 1	London	6
15th	Small Ball & Toning Circle	London	1
19th	CPR Basic Life Support	London	0.5
21st	Cadillac 3	London	1
21st	Standing Pilates	London	1
22nd	Foam Roller	London	1

## October

5th	Spine Corrector & Pilates Arc	London	1
5th	Understanding Medical Conditions	Hawkesbury Upton	1
9th	Conversion Course	London	5
11th	Pilates for Bone Health	London	1
12th	Intermediate Matwork	London	2
12th	Pilates for Equestrians	London	1
12th	Cadillac 1	London	2
12th	Reformer 1	Glasgow	6
19th	Older Person	London	2
22nd	Reformer 1 <b>INTENSIVE</b>	London	6
25th	Pilates & Pregnancy 1	London	1
26th	Pilates & Pregnancy 2	London	1
26th	Breast Cancer Foundation Day	London	1
27th	Pilates for Golfers	London	1
27th	Breast Cancer Programmes Day	London	1

## November

2nd	Chair 1	London	2
2nd	MOTR Core Fitness Roller	London	1
2nd	Pilates & Pregnancy 1	Edinburgh	1
3rd	Pilates & Pregnancy 2	Edinburgh	1
9th	L4 Pilates Movement	London	2
9th	Reformer 2	London	4
15th	Conversion Course	London	5
17th	Precision of Movement	London	1
21st	CPR Basic Life Support	London	1
22nd	Pilates for Children: Foundation Day	London	1
23rd	Pilates for Performance	London	1
23rd	L4 Pilates Adaptations	London	2
23rd	Pilates for Children: Programmes	London	2
24th	Advanced Matwork	London	1
29th	Hypermobility Foundation Day London	London	1
30th	Hypermobility Programmes London	London	1
30th	Foam Roller	London	1
30th	Ladder Barrel	London	1

## December

1st	Pilates on the Ball	London	1
6th	Understanding Medical Conditions	London	1
7th	Intermediate Matwork	London	2
7th	Pilates for Bone Health	London	1
7th	Chair 2	London	2
14th	Small Ball & Toning Circle	London	1
14th	Understanding Cancer	London	1
15th	Pilates with the Band	London	1
15th	Reformer Review & Exam Prep Day	London	1

## February 2020

28th	Conversion Course	London	5
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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](mailto: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](http://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:

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