



BODY CONTROL  
**PILATES**®

UK Course Planner  
for Non members  
to **June 2020**

**Issue 2:** November 2019

This UK Course Planner details all of the Body Control Pilates courses that are currently scheduled in the UK through to June 2020.

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.

When any additional courses are added or if course dates change we will update you through our regular email Newsletters. Don't forget that by visiting the Instructor Area at [www.bodycontrolpilates.com](http://www.bodycontrolpilates.com) you can also get the latest news and check availability.

Descriptions of almost all courses can be found in the Body Control Pilates Directory, which can be found online in the teacher training section of our website. Descriptions for newer courses can be found after the Dates Planner Section.

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

When booking, please make sure that you understand our Cancellation Policy, as detailed on the back page.

## 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        |                                  | 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 one of the only UK training providers to offer a certified Level 4 Pilates qualification and we are pleased to announce that 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 .....           | £345 |
| Precision of Movement .....                                     | £215 |
| <b>Within Special Populations, the course fees are:</b>         |      |
| Pilates for Bone Health (Osteoporosis) .....                    | £215 |
| Pregnancy 1 and 2 (per day, two separate days) .....            | £215 |
| Pilates for the Older Person .....                              | £345 |
| Pilates for Children & Adolescents: Foundation Day .....        | £215 |
| Pilates for Children & Adolescents: Programmes (two days) ..... | £345 |

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:

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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.

# Qualification Structure

In order to gain the Level 4 Pilates certification, you must gain a minimum of 18 credits through course attendance and by passing the assessments related to the three mandatory courses and the special populations courses. This qualification only covers Pilates matwork and allows you to select from a range of courses, so that you can focus on your main areas of interest.

| LEVEL 4 PILATES MANDATORY COURSES TOTAL CREDITS: 11                           | NUMBER OF CREDITS | ASSESSMENT                                       |
|---|-------------------|--|
| Movement  | 6                 | Workbook   |
| Adaptations   | 3                 | Workbook   |
| Intermediate Matwork  | 2                 | Workbook & Case Study covering all three courses |
| GROUP A: SPECIAL POPULATIONS YOU MUST GAIN AT LEAST 7 CREDITS FROM THIS GROUP |                   |  |
| Pregnancy 1 & 2   | 5                 | Workbook   |
| Pilates for the Older Person  | 6                 | Workbook   |
| Pilates for Children – Foundation Day & Programmes                            | 9                 | Workbook, Session Plans & Teaching Assessment    |
| Pilates for Bone Health   | 3                 | Workbook   |

## 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%.

### More information?

Please give Lynn Edmonstone a call on **020 7636 8900** (+44 20 7636 8900)  
or email [lynn.edmonstone@bodycontrol.co.uk](mailto:lynn.edmonstone@bodycontrol.co.uk)

# UK Date Planner for Non Member Courses to June 2020

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

**IMPORTANT NOTE:** Early May Bank Holiday: this has moved to Friday May 8th 2020 (was originally Monday May 4th).

## 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.

| Precision of Movement |        |  |  | £215            |
|-----------------------|--------|--|--|-----------------|
| November              | London | Nov 17th   |  | 9.30am - 4.30pm |
| February              | London | Feb 9th  |  | 9.30am - 4.30pm |
| April                 | London | Apr 14th (Tues)  |  | 9.30am - 4.30pm |
| Movement              |        |  |  | £345            |
| Novemebr              | London | Nov 9th-10th   |  | 9.30am - 4.30pm |
| March                 | London | Mar 14th-15th  |  | 9.30am - 4.30pm |
| May                   | London | May 28th-29th  |  | 9.30am - 4.30pm |
| Adaptations           |        |  |  | £345            |
| Novemebr              | London | Nov 23rd-24th  |  | 9.30am - 4.30pm |
| April                 | London | Apr 4th-5th  |  | 9.30am - 4.30pm |
| May                   | London | May 30th-31st - ask about special 'L4P Intensive' price! |  | 9.30am - 4.30pm |
| Intermediate Matwork  |        |  |  | £345            |
| October               | London | Oct 12th-13th  |  | 9.30am - 4.30pm |
| December              | London | Dec 7th-8th  |  | 9.30am - 4.30pm |
| February              | London | Feb 1st-2nd  |  | 9.30am - 4.30pm |
| April                 | London | Apr 18th-19th  |  | 9.30am - 4.30pm |
| June                  | London | Jun 20th-21st  |  | 9.30am - 4.30pm |

## Matwork Programme

| Level 3 Conversion Course |        |  |                 | £1,275 |
|---------------------------|--------|--|-----------------|--------|
| November                  | London | Nov Fri 15th - Sun 17th & Nov Sat 30th - Sun 1st Dec | 9.30am - 4.30pm |        |
| February 2020             | London | Fri 28th Feb - Sun 1st Mar & Sat 14th - Sun 15th Mar | 9.30am - 4.30pm |        |
| April 2020                | London | Apr Wed 22nd - Sun 26th                              | 9.30am - 4.30pm |        |

| Standing Pilates |        |          |                 | £215 |
|------------------|--------|----------|-----------------|------|
| January          | London | Jan 12th | 9.30am - 4.30pm |      |
| March            | London | Mar 22nd | 9.30am - 4.30pm |      |
| June             | London | Jun 27th | 9.30am - 4.30pm |      |

## Small Equipment Programme

| Spine Corrector & Pilates Arc |        |          |                 | £215 |
|-------------------------------|--------|----------|-----------------|------|
| February                      | London | Feb 23rd | 9.30am - 4.30pm |      |
| May                           | London | May 2nd  | 9.30am - 4.30pm |      |

| Pilates on the Ball |           |                |                 | £215 |
|---------------------|-----------|----------------|-----------------|------|
| December            | London    | Dec 1st        | 9.30am - 4.30pm |      |
| February            | Edinburgh | Feb 15th       | 9.30am - 4.30pm |      |
| April               | London    | Apr 8th (Weds) | 9.30am - 4.30pm |      |
| June                | London    | Jun 14th       | 9.30am - 4.30pm |      |

| Pilates with the Band |        |          |                 | £215 |
|-----------------------|--------|----------|-----------------|------|
| December              | London | Dec 15th | 9.30am - 4.30pm |      |
| March                 | London | Mar 29th | 9.30am - 4.30pm |      |
| June                  | London | Jun 6th  | 9.30am - 4.30pm |      |

| Pilates with the Foam Roller |        |          |                 | £215 |
|------------------------------|--------|----------|-----------------|------|
| November                     | London | Nov 30th | 9.30am - 4.30pm |      |
| February                     | London | Feb 2nd  | 9.30am - 4.30pm |      |
| June                         | London | Jun 7th  | 9.30am - 4.30pm |      |

| Small Ball & Toning Circle |        |                 |                 | £215 |
|----------------------------|--------|-----------------|-----------------|------|
| December                   | London | Dec 14th        | 9.30am - 4.30pm |      |
| February                   | London | Feb 22nd        | 9.30am - 4.30pm |      |
| May                        | London | May 27th (Weds) | 9.30am - 4.30pm |      |

| Pilates on the Core Fitness Roller (MOTR) |        |          | £215            |
|---|--------|----------|-----------------|
| February                                  | London | Feb 29th | 9.30am - 4.30pm |
| June                                      | London | Jun 21st | 9.30am - 4.30pm |

## Remedial and Special Populations Programme

| Pilates for Bone Health (Osteoporosis) |        |               | £215          |
|--|--------|---------------|---------------|
| December                               | London | Dec 7th       | 10am - 4.30pm |
| February                               | London | Feb 8th       | 10am - 4.30pm |
| May                                    | London | May 1st (Fri) | 10am - 4.30pm |
| June                                   | London | Jun 20th      | 10am - 4.30pm |

| Pilates & Pregnancy 1 |           |                | £215          |
|-----------------------|-----------|----------------|---------------|
| November              | Edinburgh | Nov 2nd        | 10am - 4.30pm |
| January               | London    | Jan 31st (Fri) | 10am - 4.30pm |
| April                 | London    | Apr 18th       | 10am - 4.30pm |
| June                  | London    | Jun 26th (Fri) | 10am - 4.30pm |

| Pilates & Pregnancy 2 |           |          | £215          |
|-----------------------|-----------|----------|---------------|
| November              | Edinburgh | Nov 3rd  | 10am - 4.30pm |
| February              | London    | Feb 1st  | 10am - 4.30pm |
| April                 | London    | Apr 19th | 10am - 4.30pm |
| June                  | London    | Jun 27th | 10am - 4.30pm |

| <b>NEW!</b> Postnatal Exercises & Strategies for those who hold the L3 Pregnancy qualification |  |  | £115 |
|--|--|--|------|
|--|--|--|------|

Dates to be advised

| Pilates for the Older Person |        |               | £345            |
|------------------------------|--------|---------------|-----------------|
| January                      | London | Jan 18th-19th | 9.30am - 4.30pm |
| April                        | London | Apr 25th-26th | 9.30am - 4.30pm |
| July                         | London | Jul 4th-5th   | 9.30am - 4.30pm |

| Pilates for Children: Foundation Day |        |                | £215            |
|--------------------------------------|--------|----------------|-----------------|
| November                             | London | Nov 22nd (Fri) | 9.30am - 4.30pm |
| March                                | London | Mar 13th (Fri) | 9.30am - 4.30pm |
| June                                 | London | Jun 19th (Fri) | 9.30am - 4.30pm |

| Pilates for Children: Programmes (5-11 & 12-16) |        |               | £345            |
|---|--------|---------------|-----------------|
| November  | London | Nov 23rd-24th | 9.30am - 4.30pm |
| March   | London | Mar 14th-15th | 9.30am - 4.30pm |
| June  | London | Jun 20th-21st | 9.30am - 4.30pm |

| Pilates in Breast Cancer Rehabilitation: Foundation Day |        |          |                 | £215 |
|---|--------|----------|-----------------|------|
| October   | London | Oct 26th | 9.30am - 4.30pm |      |
| March   | London | Mar 7th  | 9.30am - 4.30pm |      |
| June  | London | Jun 27th | 9.30am - 4.30pm |      |

| Pilates in Breast Cancer Rehabilitation: Programmes |        |          |                 | £215 |
|---|--------|----------|-----------------|------|
| October   | London | Oct 27th | 9.30am - 4.30pm |      |
| March   | London | Mar 8th  | 9.30am - 4.30pm |      |
| June  | London | Jun 28th | 9.30am - 4.30pm |      |

| Pilates and Scoliosis |        |               |                 | £345 |
|-----------------------|--------|---------------|-----------------|------|
| June                  | London | Jun 13th-14th | 9.30am - 4.30pm |      |

| Understanding Medical Conditions |        |          |                 | £215 |
|----------------------------------|--------|----------|-----------------|------|
| December                         | London | Dec 6th  | 9.30am - 4.30pm |      |
| April                            | London | Apr 26th | 9.30am - 4.30pm |      |

| NEW! Understanding Cancer |        |          |                 | £215 |
|---------------------------|--------|----------|-----------------|------|
| December                  | London | Dec 14th | 9.30am - 4.30pm |      |
| April                     | London | Apr 25th | 9.30am - 4.30pm |      |

| Pilates and Hypermobility: Foundation Day |           |                |              | £215 |
|---|-----------|----------------|--------------|------|
| November                                  | London    | Nov 29th (Fri) | 9.30am - 5pm |      |
| March                                     | London    | Mar 6th (Fri)  | 9.30am - 5pm |      |
| June                                      | Edinburgh | Jun 5th (Fri)  |              |      |

| Pilates and Hypermobility: Programmes and Follow-up Day |           |          |              | £215 |
|---|-----------|----------|--------------|------|
| November  | London    | Nov 30th | 9.30am - 5pm |      |
| March   | London    | Mar 7th  | 9.30am - 5pm |      |
| June  | Edinburgh | Jun 6th  | 9.30am - 5pm |      |

| Exercise Referral for Pilates Teachers |  |  |  | £525 |
|--|--|--|--|------|
|--|--|--|--|------|

**Distance Study.** Please note an Assessment Day in London must be attended. Fees include course materials, registration, assessments.

## Sports Programme

| Pilates for Equestrians |        |          |                 | £215 |
|-------------------------|--------|----------|-----------------|------|
| January                 | London | Jan 25th | 9.30am - 4.30pm |      |

# Studio Equipment Programme

## Studio Introduction Workshop £50

|         |        |          |            |
|---------|--------|----------|------------|
| January | London | Jan 11th | 10am - 1pm |
|---------|--------|----------|------------|

Fee credited against Reformer 1 course when booked

## Reformer 1 (Basics to Intermediate) £945

|          |        |  |                 |
|----------|--------|--|-----------------|
| January  | London | Jan 25th-26th; Feb 8th-9th; Feb 29th-Mar 1st | 9.30am - 4.30pm |
| February | London | <b>INTENSIVE</b> Feb 18th-23rd (Tues-Sun)    | 9.30am - 4.30pm |
| April    | London | April 18th-19th; May 2nd-3rd; May 16th-17th  | 9.30am - 4.30pm |
| May      | London | <b>INTENSIVE</b> May 26th-31st (Tues-Sun)    | 9.30am - 4.30pm |

## Reformer Review & Exam Prep Day £115

|                     |        |          |          |
|---------------------|--------|----------|----------|
| December            | London | Dec 15th | 10am-4pm |
| Dates to be advised |        |          |          |

## Reformer Bridging Course: £400

|         |        |               |               |
|---------|--------|---------------|---------------|
| January | London | Jan 18th-19th | 9.30am-4.30pm |
|---------|--------|---------------|---------------|

## Reformer 2 (Advanced) £650

|          |        |                              |                 |
|----------|--------|------------------------------|-----------------|
| November | London | Nov 9th-10th; Nov 23rd-24th  | 9.30am - 4.30pm |
| March    | London | Mar 14th-15th; Mar 28th-29th | 9.30am - 4.30pm |

## Cadillac 1 (Beginners) £395

|          |        |               |                 |
|----------|--------|---------------|-----------------|
| February | London | Feb 1st-2nd   | 9.30am - 4.30pm |
| April    | London | Apr 25th-26th | 9.30am - 4.30pm |

## Cadillac 2 (Intermediate & Advanced) £395

|          |        |               |                 |
|----------|--------|---------------|-----------------|
| February | London | Feb 15th-16th | 9.30am - 4.30pm |
| June     | London | Jun 27th-28th | 9.30am - 4.30pm |

## Cadillac 3 (Advanced) £215

|       |        |          |                 |
|-------|--------|----------|-----------------|
| March | London | Mar 21st | 9.30am - 4.30pm |
|-------|--------|----------|-----------------|

## Chair 1 (Beginners to Intermediate) £395

|          |        |               |                 |
|----------|--------|---------------|-----------------|
| November | London | Nov 2nd-3rd   | 9.30am - 4.30pm |
| March    | London | Mar 21st-22nd | 9.30am - 4.30pm |
| June     | London | Jun 20th-21st | 9.30am - 4.30pm |

| Chair 2 (Advanced) |        |             | £395            |
|--------------------|--------|-------------|-----------------|
| December           | London | Dec 7th-8th | 9.30am - 4.30pm |
| April              | London | Apr 4th-5th | 9.30am - 4.30pm |

  

| Ladder Barrel (Basics to Advanced) |        |          | £225            |
|------------------------------------|--------|----------|-----------------|
| November                           | London | Nov 30th | 9.30am - 4.30pm |
| March                              | London | Mar 28th | 9.30am - 4.30pm |
| June                               | London | Jun 28th | 9.30am - 4.30pm |

## Other Courses

| Basic Life Support – CPR (run by Prime First Aid): 2 years certification |        |                  | £75                     |
|--|--------|------------------|-------------------------|
| November   | London | Nov 21st (Tues)  | 9.30am-1pm & 1.30pm-5pm |
| January  | London | Jan 30th (Thurs) | 9.30am-1pm & 1.30pm-5pm |
| February   | London | Feb 25th (Tues)  | 9.30am-1pm & 1.30pm-5pm |

## 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           |

# Date Planner

## November

| Start | Course                           | Location  | Days |
|-------|----------------------------------|-----------|------|
| 2nd   | Chair 1                          | London    | 2    |
| 2nd   | Pregnancy 1                      | Edinburgh | 1    |
| 3rd   | Pregnancy 2                      | Edinburgh | 1    |
| 9th   | L4 Pilates Movement              | London    | 2    |
| 9th   | Reformer 2                       | London    | 4    |
| 15th  | Conversion Course                | London    | 5    |
| 17th  | L4 Precision of Movement         | London    | 1    |
| 21st  | CPR Basic Life Support           | London    | 0.5  |
| 22nd  | Pilates for Children: Foundation | London    | 1    |
| 23rd  | Pilates for Children: Programmes | London    | 2    |
| 23rd  | L4 Pilates Adaptations           | London    | 2    |
| 29th  | Hypermobility Foundation Day     | London    | 1    |
| 30th  | Hypermobility Programmes         | 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  | L4 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 |

## January

|      |                              |        |     |
|------|------------------------------|--------|-----|
| 11th | Studio Introduction Workshop | London | 0.5 |
| 12th | Standing Pilates             | London | 1   |
| 18th | Older Person                 | London | 2   |
| 18th | Reformer Bridging Course     | London | 2   |
| 25th | Reformer 1                   | London | 6   |
| 25th | Pilates for Equestrians      | London | 1   |
| 30th | CPR Basic Life Support       | London | 0.5 |
| 31st | Pregnancy 1                  | London | 1   |

## February

|      |                               |           |     |
|------|-------------------------------|-----------|-----|
| 1st  | Cadillac1                     | London    | 2   |
| 1st  | L4 Intermediate Matwork       | London    | 2   |
| 1st  | Pregnancy 2                   | London    | 1   |
| 2nd  | Foam Roller                   | London    | 1   |
| 8th  | Pilates for Bone Health       | London    | 1   |
| 9th  | L4 Precision of Movement      | London    | 1   |
| 15th | Pilates on the Ball           | Edinburgh | 1   |
| 15th | Cadillac 2                    | London    | 2   |
| 18th | Reformer 1 <b>INTENSIVE</b>   | London    | 6   |
| 23rd | Spine Corrector & Pilates Arc | London    | 1   |
| 25th | CPR Basic Life Support        | London    | 0.5 |
| 28th | Conversion Course             | London    | 5   |
| 29th | MOTR Core Fitness Roller      | London    | 1   |

## March

|      |                                  |        |   |
|------|----------------------------------|--------|---|
| 6th  | Hypermobility Foundation Day     | London | 1 |
| 7th  | Hypermobility Programmes         | London | 1 |
| 7th  | Breast Cancer Foundation Day     | London | 1 |
| 8th  | Breast Cancer Programmes Day     | London | 1 |
| 13th | Pilates for Children: Foundation | London | 1 |
| 14th | Pilates for Children: Programmes | London | 2 |
| 14th | L4 Pilates Movement              | London | 2 |
| 14th | Reformer 2                       | London | 4 |
| 21st | Chair 1                          | London | 2 |
| 21st | Cadillac 3                       | London | 1 |
| 22nd | Standing Pilates                 | London | 1 |
| 28th | Ladder Barrel                    | London | 1 |
| 29th | Pilates with the Band            | London | 1 |

## April

|      |                                  |        |   |
|------|----------------------------------|--------|---|
| 4th  | L4 Pilates Adaptations           | London | 2 |
| 4th  | Chair 2                          | London | 1 |
| 7th  | Pilates on the Ball              | London | 1 |
| 14th | Precision of Movement            | London | 1 |
| 18th | Reformer 1                       | London | 6 |
| 18th | L4 Intermediate Matwork          | London | 2 |
| 18th | Pregnancy 1                      | London | 1 |
| 19th | Pregnancy 2                      | London | 1 |
| 22nd | Conversion Course                | London | 5 |
| 25th | Older Person                     | London | 2 |
| 25th | Cadillac1                        | London | 2 |
| 25th | Understanding Cancer             | London | 1 |
| 26th | Understanding Medical Conditions | London | 1 |

## May

|      |                               |        |   |
|------|-------------------------------|--------|---|
| 1st  | Pilates for Bone Health       | London | 1 |
| 2nd  | Spine Corrector & Pilates Arc | London | 1 |
| 26th | Reformer 1 <b>INTENSIVE</b>   | London | 6 |
| 27th | Small Ball & Toning Circle    | London | 1 |
| 28th | L4 Pilates Movement           | London | 2 |
| 30th | L4 Pilates Adaptations        | London | 2 |

## June

|      |                                  |           |   |
|------|----------------------------------|-----------|---|
| 5th  | Hypermobility Foundation Day     | Edinburgh | 1 |
| 6th  | Hypermobility Programmes         | Edinburgh | 1 |
| 6th  | Pilates with the Band            | London    | 1 |
| 7th  | Foam Roller                      | London    | 1 |
| 13th | Pilates and Scoliosis            | London    | 2 |
| 14th | Pilates on the Ball              | London    | 1 |
| 15th | Spine Corrector & Pilates Arc    | London    | 1 |
| 19th | Pilates for Children: Foundation | London    | 1 |
| 20th | Pilates for Children: Programmes | London    | 2 |
| 20th | Pilates for Bone Health          | London    | 1 |
| 20th | L4 Intermediate Matwork          | London    | 2 |
| 20th | Chair 1                          | London    | 2 |
| 21st | MOTR Core Fitness Roller         | London    | 1 |
| 26th | Pregnancy 1                      | London    | 1 |
| 27th | Pregnancy 2                      | London    | 1 |
| 27th | Cadillac 2                       | London    | 2 |
| 28th | Ladder Barrel                    | London    | 1 |
| 29th | Standing Pilates                 | London    | 1 |

## July

|     |              |        |   |
|-----|--------------|--------|---|
| 4th | Older Person | London | 2 |
|-----|--------------|--------|---|

# Descriptions for New Courses

Please see the Body Control Pilates Directory for all other course descriptions.

## Pilates 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

## 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.

# 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.

- 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.

## 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.

## 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.



# Reformer 1 (Beginner and Intermediate)

The Reformer is the most popular piece of studio equipment and is usually the first item that teachers choose to train in and purchase. It is not only able to meet the evolving needs of existing clients, but can also be instrumental in attracting a new client base.

Whether the objectives are general conditioning, rehabilitation or elite physical performance, the Reformer fits the bill as it enables clients to build strength, increase mobility and so much more. The resistance and framework that it offers gives clients the support and feedback needed to make progressive steps from basic matwork to advanced matwork and beyond. Mind-body integrity, spinal articulation, precise alignment, muscular endurance and control are just some of the benefits attributed to working with the Reformer.

This course develops the skills needed to work with the Reformer effectively and safely, and forms the foundation for all studio equipment training courses in the Body Control Pilates Education Programme. Attendance on this course is therefore a prerequisite for all other Body Control Pilates Studio Equipment Courses.

## COURSE OVERVIEW

### TUITION DAYS

The course is run over 6 days, usually over alternate weekends but we do offer 'intensive' courses several times a year for teachers who may be travelling a long distance. Modules comprise both theory and practical work. Over 75 exercises and variations are covered, delivered with the detail and clarity needed to work with the specific needs of individual clients. The teaching skills developed provide the adeptness and flow needed to teach multiple clients in a dynamic studio environment as well as clients on a one-to-one basis.

### SUPERVISED TEACHING

This phase of the course is designed to allow students to practise and refine their teaching skills under the guidance of an experienced Body Control Pilates Reformer teacher, whether in a workshop environment or working with clients in a studio. Whilst this is not a formalised process, as is the case with the Matwork Certification Course, the student is encouraged to gain sufficient supervised teaching hours in order to develop their teaching skills and their confidence to the level needed to pass their examination.

### SELF-PRACTICE

We cannot emphasise the value of self-practice enough, whether this is before, during or after a course. We recommend that students ideally have a minimum of 20 hours of practice before joining the Reformer 1 course.

### ENTRY REQUIREMENTS

Level 3 Pilates Teacher or recognised equivalent qualification

### DURATION

6 Days

### CERTIFICATION

Students are not considered able to teach clients on the Reformer until they have gained their certification. This involves a two-hour practical examination assessing the candidate's ability to teach two separate clients on a one-to-one basis: one client at beginner level and one at intermediate level. Successful candidates will be awarded a Body Control Pilates Reformer Teacher Certificate.

Please note that the final examination cost is not included in the course fees and must be paid in full when the exam is booked.

### CONTINUED PROFESSIONAL DEVELOPMENT POINTS

Body Control Pilates: List A 120 points



# Reformer Bridging Course

If you have already trained in studio equipment with another training provider but would like to learn more about the Body Control Pilates approach, then this course is designed specifically for you!

Body Control Pilates offers ten different courses across the range of Pilates studio equipment, at levels from Beginner to Advanced. Each is specific to a piece of equipment: Reformer, Cadillac, Chair, Barrel. Our equipment training programme can therefore be varied to meet your needs, but the gateway to every course that we offer is our 'Reformer 1' course. This provides the foundation on which all other courses build and it is a mandatory starting point for all equipment training.

We recognise, however, that if you are already a Pilates teacher with a Reformer certification from another training provider, you may not want to take our full six-day 'Reformer 1' course in order to then join our other Body Control Pilates equipment courses.

This is why we have created our two-day Reformer Bridging Course. While focusing on the Reformer 1 repertoire this course will help you develop the fundamental skills and knowledge we apply across the board in all our studio equipment training courses. When ready, we ask you to pass a two-hour teaching assessment so that you can then enrol for other courses as and when you wish.

## COURSE CONTENT

This two-day course focuses on the key content of our full Reformer course, with particular attention given to the principles and knowledge that set our equipment training apart from other Pilates training providers. These include: understanding spring resistance and load; equipment set-up; lesson planning; client adaptation and progression; communication and teaching skills.

The course is a highly practical introduction to the Body Control Pilates approach to using studio equipment and it covers a wide range of exercises drawn from the 75 exercises that make up the Reformer 1 course. Whilst not all of the Reformer 1 exercises are covered in this Bridging Course, knowledge of the full range of exercises will be required for the examination. It is therefore expected that you will work through ALL the exercises as you prepare to take the exam. We offer separate Reformer Review workshops to help you in this process (additional charge applies). You will receive the full Reformer 1 course notes when attending this course.

## ENTRY REQUIREMENTS

This course is open to any Pilates teacher holding a Reformer Certification from a recognised training provider. Please note that a Certificate of Attendance is not acceptable for entry to this course. When submitting your Enrolment Form for this course, we ask you to provide a copy of your certification.

## DURATION

2 Days

## OUTCOME

- Body Control Pilates Certificate of Attendance.
- Candidates are encouraged to take the Reformer 1 examination (see Reformer 1 course). Gaining certification on this course does not provide access to membership of the Body Control Pilates Association.

# 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):

.....  
.....  
.....  
.....  
.....

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:

.....  
.....  
.....  
.....  
.....

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

.....  
.....  
.....  
.....  
.....

Do you have any other comments?

.....  
.....  
.....  
.....  
.....

SIGNED IN AGREEMENT ..... DATE .....



# Notes

All prices include Value Added Tax at 20% (VAT registration 858349184)

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 for course descriptions and for entry requirements.

For the latest availability, please call the office on 020 7636 8900 or email [info@bodycontrol.co.uk](mailto:info@bodycontrol.co.uk)

Please see opposite for booking and cancellation terms

Course bookings are not confirmed until payment is received

Many courses increase in price for bookings made after December 1st 2019

We reserve the right to cancel courses or amend dates and will give maximum possible notice on this.

## 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.

Body Control Pilates Education Ltd  
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