For details of Register of Exercise Professionals CPD Points, please contact the Body Control Pilates office.
Welcome to the Body Control Pilates Directory, the comprehensive guide to our unrivalled range of courses, products and services.

Body Control Pilates was established fifteen years ago with a vision to make the benefits of Pilates as accessible as possible to the average person, irrespective of age, income and fitness level. This represented a fundamental change from the rarefied, more studio-based approach to Pilates that predominated at that time.

We are proud of the leading role that we have played since then in building international awareness of the Pilates Method; in integrating the teaching and application of Pilates into the worlds of sport, medicine and health and fitness; and in developing comprehensive training and development programmes to underpin the quality of Pilates teaching. We also take pride in the professionalism and commitment of our international network of more than 900 Body Control Pilates teachers.

The teaching of Pilates has always been the cornerstone of our business, whether it be to students, teachers or clients. Our method maintains the integrity of Joseph Pilates’ original material whilst developing his key principles to form a unique and highly evolved approach.

The Body Control Pilates Method is built on sound movement principles that develop body awareness and control. Its effectiveness lies not simply in the material that we teach, but in the method of our teaching, through which exercises can be safely and effectively adapted to meet and fulfil the particular needs of the individual.

Whether you want to experience the benefits of exercising the Body Control Pilates way; train to become a Pilates professional; or enhance and develop your established Pilates career or business, we can help you achieve your goals.

“Our mission has been to bring the benefits of Pilates to everyone. To this end, we have created a method that is effective, safe and challenging: a method that is taught by teachers with unrivalled skills, knowledge and integrity.”

Lynne Robinson, co-founder of Body Control Pilates
Body Control Pilates: The Way Forward

Our first company was established in 1995 by co-founder Lynne Robinson, who is still actively involved in our education and training activities. Since then, we have been committed to delivering an unsurpassed level of Pilates teaching to the general public, whether centrally or through our national and international network of Body Control Pilates teachers.

Our unique approach to Pilates, coupled with our renowned teacher training programme, has gained unprecedented success in the United Kingdom and, increasingly, throughout the world. Our teacher training team now comprises more than 20 experienced tutors who deliver all of our UK courses and who support and train our international education and workshop partners in countries as diverse as South Africa, Canada, Norway, Denmark and Japan.

This is also mirrored in the sales success and critical recognition of our books and DVDs, which are sold in more than twenty countries. Our most recent book ‘The Pilates Bible’ was published in the United Kingdom in early 2010 with international editions scheduled during the remainder of the year.

Meeting the demands of the rapidly evolving Pilates market is a challenge that we meet with enthusiasm. We are committed to fulfilling the needs and surpassing the expectations of the clients we teach, the teachers we train, the medical practitioners who refer patients to us and the customers we supply.

Through this commitment we strive not only to maintain our leading position in the Pilates market, but to expand upon it further whilst never losing sight of our key watchwords: quality, safety, effectiveness, and integrity.
The Body Control Pilates Centre is one of the foremost Pilates facilities in Europe with four studios offering equipment and matwork classes and training.

When we first established Body Control Pilates, our longer-term ambition was to eventually consolidate all of our activities into one central London location. It may have taken us more than ten years but that aim became a reality in January 2007 when we brought our Neal’s Yard training facility and our South Kensington studio together with the opening of the Body Control Pilates Centre. It is housed in a listed building known colloquially as ‘The Dairy’ due to its historical use.

The Centre enjoys an excellent location on the border of Covent Garden and Bloomsbury in Little Russell Street, just a few minutes’ walk from four underground stations and a stone’s throw from the British Museum. With an area in excess of 600m², it is the UK’s largest dedicated Pilates facility and, as well as the Body Control Pilates head office, it houses:

- two fully-equipped studios, staffed by senior Body Control Pilates teachers and housing a full range of Peak Pilates studio equipment. Open on weekdays, clients may book into the studios for private tuition, studio sessions or group equipment classes
- two group matwork rooms

In addition to its role as a training centre, the Centre hosts a full programme of group matwork and equipment classes for the public and for teachers. At weekends, the Centre is given over fully to teacher training and professional development courses and workshops.

For the latest information on classes and workshops at the Dairy, please visit www.bodycontrol.co.uk or contact The Body Control Pilates Centre.
Our Mission
Our mission is to deliver excellence in Pilates teacher training and further education.

Pilates is now used in a wide variety of contexts. We reflect this in an education programme which ensures that Body Control Pilates teachers have the skills and the technical expertise needed to work with an increasing range of clients.

Reflecting the recognition by the medical world that appropriate physical activity can play a major role in the prevention and treatment of many conditions, we have recently added a ‘Level 4 Low Back Pain’ course to our curriculum, thereby enabling certified teachers to receive exercise referrals from the NHS and from medical practitioners in line with recent NICE (National Institute for Health and Clinical Excellence) guidelines.

Underpinning this is our commitment to train and develop Pilates teachers who demonstrate the highest levels of knowledge and professionalism within the industry.

We recognise that our teachers help to define Body Control Pilates as an organisation and that our overall reputation is built on the quality of teaching that they provide. We are therefore fully focused on supporting the ongoing development of all students and teachers who attend our education courses as well as ensuring that our team of tutors have access to the latest knowledge and research. All Body Control Pilates teachers also benefit from an unrivalled central support structure to help them establish and develop their teaching businesses.

Our Strategy for Success
We ensure that students on our courses receive the best possible outcomes from the time and financial investment that they make when undertaking our various Body Control Pilates courses. We do this by offering:

A positive learning environment: All of our courses take place in a considerate and supportive training environment that is conducive to learning and self development. We limit the number of course participants to ensure that each student gains the maximum benefit from working with our experienced team of tutors. Our course structure is also designed to give students increasing confidence as they develop their knowledge and teaching skills.

An effective method: The combination of our content, our teaching approach and our attention to detail ensures that the Body Control Pilates method can be successfully adapted to meet the needs of every individual.

Provision for further development: Our education programme for qualified teachers comprises more than 30 courses and provides the opportunity for teachers to maximise their personal and professional development across four different learning streams.
An Unparalleled Matwork Certification Course
Body Control Pilates has built its reputation on delivering a Pilates matwork teacher training course that is second to none in the global Pilates education market. Focusing initially on matwork Pilates has allowed us to reach a far wider audience and the greater flexibility and accessibility of the matwork format has meant that many hundreds of thousands of people have reaped the benefits of exercising the Body Control Pilates way. This stands as testament to the exceptional quality of teachers who have graduated from our Matwork Certification Course.

A Comprehensive Education Programme for Pilates Teachers
Body Control Pilates offers possibly the most comprehensive Pilates training curriculum anywhere in the world. All Body Control Pilates teachers initially gain a certification in Pilates matwork, providing a sound foundation for the development of future knowledge and skills.

Gaining a certificate to teach Pilates matwork is just the beginning however. It is imperative that a teacher continues their education (professional development) throughout their career - this is a key condition of membership of The Body Control Pilates Association. Supporting this philosophy, Body Control Pilates offers a broad range of further education courses for Pilates teachers, including full studio and Master Teacher certifications.

Courses are divided into four categories:
- Matwork
- Small Equipment & Accessories
- Studio Equipment
- Remedial and Special Populations, including Level 4 Low Back Pain

Third-Party Workshops Hosted by Body Control Pilates
We also offer regular workshops led by international Pilates presenters and are proud to work closely with ‘first generation Pilates teachers’ such as Mary Bowen and Lolita San Miguel, who both trained with Joseph and Clara Pilates.
Our matwork teacher training course provides the foundation upon which our entire education programme is built. Our renowned approach to the Pilates method includes a series of matwork exercises and a method of teaching them that remains unique to Body Control Pilates. First and foremost, time is taken to build body awareness and improve movement patterns. These essential skills provide the basis for more challenging work, moving towards the classical Pilates repertoire and beyond.

This course delivers the exercises and teaching skills needed to facilitate better movement quality and enhanced physical wellbeing. It provides a truly sound foundation to teaching the movement skills needed to gain maximum benefit from Pilates. The course progresses through material that can be applied to any client, covering all levels of physical ability.

Graduates are qualified to teach Body Control Pilates in group classes as well as on a one-to-one basis. Whilst this course has been approved against the UK national standard for Pilates (Level 3 on the Register of Exercise Professionals), it far exceeds the requirements of that standard and is widely seen as an international benchmark.

Course tuition generally takes place in London, but we usually offer one course in Scotland each year. Additionally, our regional supervised teaching and practical assessment centres help students to undertake much of the practical element of the course closer to home.

All students have direct access to a designated Student Mentor who they can contact for advice or support as they progress through the course.

**Course Overview**

**Tuition Days**
13 days of modules comprising theoretical and practical teaching, covering Pilates theory, over 100 exercises, functional anatomy, teaching skills, client management and business/career planning.

**Practical Assessment**
A one-hour assessment where students demonstrate their knowledge of the core exercises covered on the tuition days, before commencing the supervised teaching phase of their training.

**Written Examination**
All students must pass a three-hour written examination which is divided into two sections: Pilates Theory and Anatomy. This is taken at any time after completing the course tuition days, with examination days typically being held once a month.

**Self Study**
Students are also given material to study on a ‘directed learning’ basis, including elements related to nutrition and cardiovascular fitness as required by the Level 3 national standard. Students are also required to log all of their theory and practical self study.

**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 teacher. We have an extensive network of more than sixty Supervising Teachers around the UK who work with students, allowing them to assist and teach in their classes under supervision. The duration for this period is a minimum of 50 hours. Students require a ‘sign-off’ from a senior Supervising Teacher before they can take the Sign-Off Assessment Class.

**Sign-Off Assessment Class**
This involves the submission of lesson plans and the successfully delivery of a one-hour group class under assessment in order to receive the Body Control Pilates Matwork Certification.

**Course Formats**
Our Matwork Certification Course can be taken in either of the following formats:

**Intensive**
The tuition days are taken in two blocks, typically of six and seven days respectively, usually interspersed with a break of three weeks.

**Extended**
Where the tuition days are taken in two-day blocks (typically Saturdays and Sundays) spread over a three-month period.

**Student Selection**
From the outset, the objective of Body Control Pilates has been to bring the benefits of Pilates to everyone. We recognise that excellent teachers can come from a wide variety of backgrounds and we do not define strictly laid-down selection criteria for those wishing to train as a Pilates teacher. However, all applicants must have regularly attended classes with a Body Control Pilates-certified teacher for a period of six months. If this is not feasible for geographical or other reasons, or if someone is already a qualified Pilates teacher wishing to retrain, we will invite the applicant to attend an informal assessment. An offer of a place will generally be conditional on the student undertaking regular Pilates classes or occasional workshops during the period between an offer being made and the course start date. We reserve the right to decline an application.
Certification
Once all the required elements of the course have been successfully completed, students are awarded a ‘Certificate in Body Control Pilates Matwork’ as well as an appropriate Awarding Body Level 3 Pilates Certificate (where applicable). They are then eligible to become a member of both the Body Control Pilates Association and of the UK Register of Exercise Professionals (Level 3: Pilates Teacher).

The Body Control Pilates Association
The Body Control Pilates Association is the membership body for all teachers who have graduated from the Body Control Pilates Matwork Certification Course. It is Europe’s largest professional Pilates body and is unique in terms of the level of support that it gives its teaching members. The Association not only oversees standards and quality, but also promotes Body Control Pilates teacher contact details as well as representing their interests in relation to industry or government initiatives. Membership is only open to those teachers who have graduated from the Body Control Pilates Matwork Certification Course.

Always breaking new ground …
More than 1,200 students have already chosen Body Control Pilates as their training provider. Since the very beginning we have strived to set the highest standards in Pilates education - our matwork teacher training course was the world’s first curriculum-based course for training Pilates teachers; Body Control Pilates was the first specialist training provider to receive approval against the new UK national standard for Pilates in February 2006; and, in 2010, we became the first Pilates training provider to receive SkillsActive approval for a Level 4 Specialist Exercise Instructor course.
The Body Control Pilates Matwork Programme for Qualified Pilates Teachers

We recognise the fact that many teachers may not wish to develop their knowledge or business beyond the Pilates matwork format and we therefore offer a wealth of course options based solely around matwork. Whether teachers want to focus on one-to-one sessions or group classes, all of our matwork courses have plenty to offer Pilates teachers (Register of Exercise Professionals Level 3 or equivalent) in terms of teaching skills, exercise repertoire and client progression.
Intermediate Matwork

Entry Requirements
Level 3 Pilates Teacher or recognised equivalent qualification

Duration
2 days

Outcome
Participants receive a Body Control Pilates Certificate of Attendance in Intermediate Matwork. There is no formal examination for this course. However, a detailed knowledge of the material covered in this course does form a key part of ‘The Matwork Master Teacher Certification’ examination that can be taken once a Body Control Pilates teacher has also attended the Advanced Matwork Course.

Content
The course addresses two key elements:

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. This aspect is also explored further in the Matwork Evolution Series.

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 fullness of the original method - this must be realised before further development can take place.
Advanced Matwork

The ‘Classical Mat’ is viewed by many Pilates enthusiasts as the essence of the Pilates Method. We believe that it forms a vital part in the development of a fully-rounded Pilates teacher. Performing and understanding this work gives a teacher a sense of completeness and enlightenment with regard to the original method.

Content
Our Advanced Matwork Course covers the Classical Matwork Repertoire in its entirety, including transitions between exercises. It preserves the integrity of Joseph Pilates’ original work by maintaining the highly athletic and dynamic style of flowing movements. Through the way in which Body Control Pilates approaches the advanced work, participants are better able to assimilate this advanced work as they build upon the detailed movement knowledge gained from their previous matwork courses. Emphasis is placed on delivering this material safely, effectively and appropriately, so that it can be used by teachers to further their own personal development as well as that of their clients.

Entry Requirements
- Level 3 Pilates Teacher or recognised equivalent qualification
- Body Control Pilates Intermediate Matwork Course

Duration
2 days

Outcome
Participants receive a Body Control Pilates Certificate of Attendance in Advanced Matwork. There is no formal examination for this course. However, a detailed knowledge of the material covered in this course does form a key part of ‘The Matwork Master Teacher Certification’ examination which can be taken once a Body Control Pilates teacher has attended this course.

Continued Professional Development (CPD) Points
Body Control Pilates: List A 60 points
The Body Control Pilates Matwork Master Teacher Certification

Candidate Requirements
Candidates must have gained the Certificate in Body Control Pilates Matwork and have then attended the Intermediate Matwork and Advanced Matwork Courses.

Certification
All successful candidates receive the ‘Matwork Master Teacher’ Certification.
For all teaching members of The Body Control Pilates Association, this certification will be clearly designated on all teacher listings published by The Body Control Pilates Association.

Continued Professional Development (CPD) Points
Body Control Pilates: List A 20 points

This is available to teachers who gained their certification through the Body Control Pilates Matwork Course and who have then attended the Body Control Pilates Intermediate and Advanced Courses.

Candidates must take a two-hour examination encompassing all the practical and teaching skills learned from these courses. The Matwork Master Teacher Certification represents a formal demonstration of a teacher’s ability to utilise the full scope of Pilates Matwork for both themselves and their clients.

Examination Format
Candidates must firstly perform a demonstration of the Advanced Matwork with transitions as taught on the Advanced Matwork Course, adapting the exercises only where necessary to accommodate any physical limitations. Secondly, candidates must take a client through various stages of progression for five exercises, from their origins in the basic matwork through to their fruition in the Advanced Matwork repertoire.
Matwork Evolution Series

The Body Control Pilates Matwork Evolution Series is comprised of three one-day courses that are ideal for teachers whose main focus is teaching group matwork classes, irrespective of the length of teaching experience.

Each course will provide new exercises covering all planes of movement that build on those already covered in the Matwork Certification Course. The exercises will provide a gradual challenge to your clients enabling safe, effective progression.

In addition, the courses will demonstrate how you can become more creative in your teaching with the skills that you have already acquired – skills that will develop the familiar basic exercises to a new level. This aspect is of particular emphasis in Matwork Evolution Introduction.

The Introductory Course must be attended first, after which teachers are free to choose from either of the two other Matwork Evolution courses available. Each course is practical in nature enabling students to fully understand and practise each exercise, thus making it easier to then introduce the material into their own classes.

Entry Requirements

Matwork Evolution Introduction
Level 3 Pilates Teacher or recognised equivalent qualification

Matwork Evolution I
Level 3 Pilates Teacher or recognised equivalent qualification
Matwork Evolution Introduction

Matwork Evolution II
Level 3 Pilates Teacher or recognised equivalent qualification
Matwork Evolution Introduction

Duration
Each course is 1 day.

Outcome
Participants are awarded a Body Control Pilates Certificate of Attendance after each course.

Continued Professional Development (CPD) Points
Body Control Pilates:
List A 30 points (per course)
Standing Pilates

Joseph Pilates included many standing exercises in his original work. They are a great way to add variety and functional challenges within the group matwork environment, especially with regard to balance and proprioception. Other benefits of standing work are the improvement of awareness in gait, effective pelvic floor training and the fact that standing exercises, by their very nature, are weight-bearing.

Content
This course reviews the use and benefits of standing exercises and then looks in detail at the anatomical alignment in standing, and considers our relationship with gravity and how we can learn to use it to our maximum advantage. The course also examines the action of the body in walking and considers correct use of the feet.

A comprehensive programme of exercises is introduced, ranging from basic functional awareness to advanced challenging movement patterns around the main themes of Balance, Core Connection & Stability; Spinal Mobility and Abdominals; and Dynamic Stability & Coordination and Creating Sequences and Transitions.

The course concludes with time spent on combining and choreographing sequences of standing exercises which can easily be integrated into either a group matwork class or one-to-one sessions.

Entry Requirements
Level 3 Pilates Teacher or recognised equivalent qualification

Duration
1 day

Outcome
Participants receive a Body Control Pilates Certificate of Attendance in Standing Pilates.

Continued Professional Development (CPD) Points
Body Control Pilates: List A 30 points
The Body Control Pilates Programme for Small Equipment and Accessories

Although many Pilates matwork teachers may not wish to undertake training in Pilates studio equipment, they can enhance their offering to clients by introducing small equipment and accessories into their classes. With this in mind, we offer a selection of courses that focus on bringing these affordable and easily transportable items into the Pilates matwork format. Whether teaching clients on a one-to-one basis or within a group class format, our range of Small Equipment and Accessories courses will give teachers a wider choice of exercises to continue to add variety to classes and to help clients learn new skills.

The Pilates Ball (Beginners to Intermediate)

The Pilates Ball (also known as the Gym or Physio ball) is a fun and highly functional piece of fitness equipment that challenges core stability and proprioception. This course looks at the application of the Ball in the Pilates environment, further demonstrating its viability a powerful tool in developing movement skills and physical improvement. The inclusion of ball work in Pilates classes/sessions enables teachers to improve a client’s range of movement beyond their normal ability. Its application is suited to any potential client base ranging from post-injury clients to the elite athlete. Whatever the goal, the ball is versatile enough to prove an excellent equipment choice for Pilates teachers.

Content
This course takes teachers through more than thirty ball-based Pilates exercises that are aimed at beginner- and intermediate-level clients. It covers the techniques needed to perform and teach these exercises safely and effectively as well as a number of related issues, including choice of ball size, ball safety and client progression. This course is suitable for all certified Pilates teachers and is sure to increase the versatility and effectiveness of their teaching methods.

Entry Requirements
Level 3 Pilates Teacher or recognised equivalent qualification

Duration
1 day

Outcome
Participants receive a Body Control Pilates Certificate of Attendance.

Continued Professional Development (CPD) Points
Body Control Pilates: List A 30 points
The Baby Arc

The Baby Arc is a simple piece of Pilates studio equipment that is versatile enough to be applied equally as well in a mat-based Pilates environment. It is well suited to one-to-one teaching or smaller group matwork classes. The Baby Arc can facilitate effective teaching of many Pilates exercises by offering assistance and support or changing the range of movement. It can equally be used to increase the demands on core stability and strength by challenging the body’s balance and control.

Content

This course covers an extensive repertoire of exercises using the Baby Arc, categorised for beginner, intermediate and advanced levels. It demonstrates how use of the arc is especially useful with regard to specific weaknesses, postural problems and movement-impairment issues.

Entry Requirements

Level 3 Pilates Teacher or recognised equivalent qualification

Duration

½ Day

Outcome

Participants receive a Body Control Pilates Certificate of Attendance.

Continued Professional Development (CPD) Points

Body Control Pilates: List A 30 points
Pilates with the Foam Roller (Beginners to Intermediate)

Foam Rollers are versatile, affordable and easily transportable, making them an ideal addition to group classes and one-to-one sessions. They can be used to increase or decrease the challenge of many familiar exercises from the regular Pilates repertoire. They also expand the movement possibilities beyond those of normal mat-based exercises, leading to a unique and expansive repertoire of new and exciting exercises.

Content
This course introduces teachers to a broad range of exercises that demonstrate the full potential of this simple piece of equipment, working through material of varying levels from basic low-level movements to intermediate-level exercises. It covers the techniques needed to perform and teach these exercises safely and effectively as well as to a number of related issues, including the appropriate roller type and size for each exercise, safety issues and client progression. Pilates teachers attending this course are sure to find there is something to suit all the clients they teach, as well as gaining some fresh ideas for their own workouts.

Pilates with the Band (Beginners & Intermediate)

Resistance bands (stretch bands) are one of the simplest and most effective accessories available to a Pilates teacher. They can be used to increase or decrease the challenge of many familiar exercises from the Pilates matwork repertoire. They give greater opportunity to work with closed-chain movements, which can provide increased support and feedback as well as being used to increase physical load. The use of bands therefore provides increased levels of progression for clients, as well as expanding movement possibilities. The result is an expansive repertoire of highly effective exercises that will facilitate more effective progression within clients and keep them challenged and inspired.

Content
This course introduces teachers to more than thirty exercises using different levels of resistance bands, demonstrating the effectiveness of this simple piece of equipment. The exercises covered are aimed at beginner- to intermediate-level clients. The course also explores in detail the techniques needed to perform and teach these exercises safely and effectively as well as a number of related issues, including resistance choice for each exercise, safety issues and client progression.
The idea of challenging balance and control has been around as long as we have. Training and improving these skills form a key objective of almost all human physical training - in fact, it forms the very basis of our physical development. From the moment we are born we start the process of trying to balance and orientate our bodies to the world around us. The constant challenge to balance ourselves is how we learn to use our bodies - from balancing our head on our spine, we then learn to balance our spine on our pelvis and, eventually, we learn to stand up on our own two feet.

Yet, by challenging our ability to balance, we can achieve a lot more than better balance. It enables to enhance our proprioception, so achieving better alignment, functional movement and body control.

Content
This course covers an extensive repertoire of exercises incorporating wobble boards, sitfits, rotator discs and physio balls. All exercises are categorised into beginner, intermediate and advanced levels. Time is spent covering proprioception and balance-training theory, knowledge of which is vital for responsible and effective use of all these pieces of equipment. Pilates teachers looking for more versatility in their teaching will find this course has a lot to offer. It provides the perfect way to add fun and challenge to any Pilates session.

Small Ball & Toning Circle

The small ball and the classic Toning Circle (Magic Circle) are very popular pieces of equipment used by many Pilates teachers to add variation to their Pilates classes and sessions. Both offer a wide range of exercise variations taken from the entire matwork repertoire. They can be used to add physical challenge as well as to provide support and feedback and can be used to facilitate many familiar Pilates exercises by helping the individual focus on recruiting key stability muscles more effectively. This often makes the exercise feel more physically challenging but, conversely, easier to perform. One of the most important benefits from their application is the help in focusing the connection to the Pilates ‘powerhouse’ - or centre - making them an invaluable aid in enabling clients to understand and tune into this important concept.

Content
This course covers a wide range of exercises using both the Small Ball and the Toning Circle, categorised for beginner, intermediate and advanced levels. It demonstrates their usefulness with regard to specific weaknesses as well being used to add challenge and focus.
Body Control Pilates has built its reputation on delivering Pilates matwork teacher training courses that are second to none in the global Pilates education market. Focusing initially on matwork Pilates allowed us to reach a far wider audience as the greater flexibility and accessibility of the matwork format has meant that hundreds of thousands of people have been able to reap the benefits of exercising the Body Control Pilates way. As the Pilates market has continued to grow, more and more people and organisations are seeking out the benefits of exercising with Pilates studio equipment. We offer training courses that meet these market demands with a fully comprehensive Studio Equipment Education Programme that remains true to the methodology that underpins our matwork teacher training.

Working with studio equipment allows for a far greater degree of progression and adaptability than matwork alone. Teachers have the skills and knowledge to offer a more complete and varied exercise programme, thereby widening their appeal and increasing their competitive advantage.

Our Equipment Programme is structured as a modular-based learning system as we believe it is important to divide the training into specific equipment types so that teachers can build their education around their particular needs to a timescale that suits them. This also allows them to gain valuable teaching experience so that they can better understand the full scope that studio equipment offers.

All of our studio equipment courses encompass the following elements:

**Exercises and variations**
The exercises on each course have been carefully selected to enable teachers to accommodate all client levels. Although each course has an optimal level associated to it, the exercises covered on the Basics & Intermediate course still provide adequate challenge and relevance for even the most advanced clients. The exercise repertoire draws its inspiration from Joseph Pilates’ original material, building upon his key principles. Each course offers a comprehensive selection of exercises with Classical Pilates exercises taught alongside innovative new ones specially designed by Body Control Pilates. The exercises covered over the entire programme provide a complete spectrum of desired objectives, from preparatory movements to highly advanced and athletic combinations.

**Teaching skills**
Time is spent enhancing the teacher’s observation and analysis skills, and learning how to best use these to facilitate positive change in clients’ movements. Focus is given to a variety of verbalisation and tactile techniques in order to give teachers the broad range of communication and delivery skills needed for effective and efficient teaching.

**Physiological knowledge**
Precision of movement remains at the heart of Body Control Pilates approach. Movement patterns are therefore explored in detail and clearly defined. Teachers are encouraged to draw from their existing practical experience and understanding of movement, and to build on this knowledge in order to expand their depth of understanding of the material covered in each course.

**Session planning**
Attention is given on each course to understanding appropriate selection and order of exercises as these are both important factors a teacher needs to consider when planning a client’s session.

**Equipment set-up and safety**
Set-up and safety are of paramount importance with all studio equipment. Clear, concise guidelines regarding accurate client and equipment set-up along with all relevant safety precautions are therefore given on each course.
Reformer 1
(Basics to Intermediate)

The Reformer is without doubt 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, with modules comprising both theory and practical. 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. We have a network of Supervising Teachers around the UK who work with students, allowing them to assist and teach in their sessions under supervision. The duration for this period is a minimum of 20 hours.

Self Practice
As well as their supervised teaching, students must also complete 20 hours of self practice.

Entry Requirements
Level 3 Pilates Teacher or recognised equivalent qualification
Body Control Pilates Intermediate Matwork attendance

Duration
6 Days

Certification
Once students have completed 20 hours of supervised teaching and 20 hours of self-practice, they are able to book their final examination with one of our Equipment Course Examiners. (Please note that the final examination cost is not included in the course fees and must be paid in full when it is booked)

The two-hour practical examination assesses the candidate’s ability to teach two separate clients on a one-to-one basis: one client will be at beginner level and the other at intermediate level. Successful candidates will be awarded a Body Control Pilates Reformer Teacher Certificate.

Continued Professional Development (CPD) Points
Body Control Pilates: List A 120 points
This course builds on the skills and exercise repertoire learned on the Body Control Pilates Reformer 1 course. It delivers advanced-level exercises, along with the enhanced teaching and delivery techniques needed to teach the material effectively and appropriately. Completing this course enables teachers to fulfil the needs of their more advanced and athletic clients with the introduction of new, challenging exercises. The complete classical Reformer repertoire orders are also clarified and consolidated with the introduction of transitions giving teachers the skills needed to present effective group Reformer classes as well as enhancing their studio and one-to-one sessions.

Entry Requirements
Body Control Pilates
Reformer 1 Certification

Duration
4 days

Outcome
Participants receive a Body Control Pilates Certificate of Attendance for the Reformer 2 course. There is no formal examination for this course. However, a detailed knowledge of the material covered in this course does form a key part of ‘The Studio Master Teacher Certification’ examination.

Continued Professional Development (CPD) Points
Body Control Pilates: List A
100 points
The Cadillac is an extremely versatile piece of studio equipment, offering an extensive repertoire of exercises and the capability to suit the individual needs of any client. This versatility makes the Cadillac an invaluable addition to any Pilates studio. Much of the Cadillac repertoire can also be performed with the Total Workout System, which means that many of the benefits of exercising on the Cadillac can also be enjoyed with a smaller more compact studio set-up.

The Cadillac 1 Course focuses on perfecting the performance of a selection of basic but highly usable Cadillac exercises, along with the skills required to teach them effectively to clients. The physical and technical skills acquired equip teachers with a substantial base on which to progress to the Cadillac 2 Course.

Course Overview

Tuition Days
Introduction to over 30 exercises and variations - the exercises have been carefully selected to suit all levels of clients. All of the Cadillac repertoire covered on this course can also be performed on the Total Workout System, making it the perfect follow-on course to our Reformer 1 course.

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 Cadillac teacher. We have a network of Supervising Teachers around the UK who work with students, allowing them to assist and teach in their sessions under supervision. The duration for this period is a minimum of 10 hours.

Self Practice
As well as their supervised teaching, students must also complete 20 hours of self practice.

Entry Requirements
Body Control Pilates Reformer 1 attendance

Duration
2 days

Certification
Once students have completed their 10 hours supervised teaching and 20 hours of self-practice they are able to book their final exam with one of our Equipment Course Examiners. Please note that the cost of the final examination is not included in the course fees and must be paid in full when it is booked. The one-hour practical examination assesses a candidate’s ability to teach a client in a one-to-one environment safely and effectively. Successful candidates will be awarded a Body Control Pilates Cadillac Teacher Certificate.

Continued Professional Development (CPD) Points
Body Control Pilates:
List A 60 points
Cadillac 2 (Intermediate)

This course builds on the Cadillac 1 course and introduces teachers to exercises that really start to explore the potential of the Cadillac. The exercises covered offer greater technical challenge and are also designed to increase the physical demands on the client.

Whilst most of the exercises covered in this course can be carried out on the Total Workout System, some will require the canopy of the traditional Cadillac to be used.

Entry Requirements
Body Control Pilates
Cadillac 1 Certification

Duration
2 days

Outcome
Participants receive a Body Control Pilates Certificate of Attendance for the Cadillac 2 course. There is no formal examination for this course. However, a detailed knowledge of the material covered in this course does form a key part of ‘The Comprehensive Studio Certification’ examination.

Continued Professional Development (CPD) Points
Body Control Pilates: List A 60 points

Cadillac 3 (Advanced)

The Cadillac 3 course completes the series of Body Control Pilates Cadillac courses, offering an advanced exercise repertoire that exploits the full potential of the Cadillac and all of its features. The exercises and techniques covered are suited mainly to experienced and athletic clients, giving teachers the opportunity to offer continuous progression options to these clients.

Entry Requirements
Body Control Pilates
Cadillac 1 Certification
Body Control Pilates
Cadillac 2 attendance

Duration
2 days

Outcome
Participants receive a Body Control Pilates Certificate of Attendance for the Cadillac 3 course. There is no formal examination for this course. However, a detailed knowledge of the material covered in this course does form a key part of ‘The Studio Master Teacher Certification’ examination.

Continued Professional Development (CPD) Points
Body Control Pilates: List A 60 points
The Chair is a versatile piece of equipment that benefits any Pilates Studio. As with most pieces of studio equipment the Chair offers support, feedback and challenge with adjustable-spring resistance. What makes it unique is its small footprint, which of course makes it incredibly space-efficient - always an important consideration when setting up a studio space. More importantly, the Chair’s small size significantly narrows the base of support for many of the exercises performed on or around it, which considerably increases the physical and technical challenge of the exercises performed.

All clients, irrespective of their experience, can be challenged on many levels by utilising their core strength and body awareness. Basic functional exercises focus on posture, stability and alignment, while more experienced Pilates bodies can also benefit from a range of demanding exercises challenging balance, strength and coordination. All work on the Chair requires total mind-body focus, patience and concentration, all of which are vital to get the most out of this simple but highly effective piece of equipment.

Content
Introduction to over 30 exercises and variations - the exercises have been carefully selected to suit beginner- and intermediate-level clients. All of the exercises introduced are applicable to the standard Chair configuration. No split-pedal, handle or high chair exercises will be taught on this course – for these, see Body Control Pilates Chair Course 2.

Entry Requirements
Body Control Pilates Reformer 1 Attendance

Duration
2 days

Outcome
Participants receive a Body Control Pilates Certificate of Attendance for the Chair 1 course. There is no formal examination for this course. However, a detailed knowledge of the material covered in this course does form a key part of ‘The Comprehensive Studio Certification’ examination.

Continued Professional Development (CPD) Points
Body Control Pilates:
List A 60 points
The material covered on this course enables teachers to meet the needs of their more advanced and athletic clients, with the introduction of new and demanding exercises to challenge balance, strength and coordination. This course also introduces split-pedal, handle and high chair exercises and variations that add even more diversity to the teaching repertoire.

Chair 2 (Advanced)

Entry Requirements
Body Control Pilates
Reformer 1 Attendance
Body Control Pilates Chair 1

Duration
2 days

Outcome
Participants receive a Body Control Pilates Certificate of Attendance for the Chair 2 course. There is no formal examination for this course. However, a detailed knowledge of the material covered in this course does form a key part of ‘The Studio Master Teacher Certification’ examination.

Continued Professional Development (CPD) Points
Body Control Pilates:
List A 60 points
The Ladder Barrel and Spine Corrector are both practical and highly creative pieces of equipment which add another dimension to Pilates studio work. The Barrels can be used to enhance functional strength by challenging the body on all planes as well as being used to encourage release of tension with supportive stretches that are ideal for elongating the spine. Mat-work exercises can be modified or indeed advanced, increasing ranges of movement and challenging control and balance with a reduced base of support.

This two-day course introduces teachers to a selection of exercises to suit all levels of ability along with how to integrate the Barrels effectively into a Pilates session.

Barrels (Basics to Advanced)

Entry Requirements
Body Control Pilates
Reformer 1 Certification

Duration
2 days

Outcome
Participants receive a Body Control Pilates Certificate of Attendance for the Barrels course. There is no formal examination for this course. However, a detailed knowledge of the material covered in this course does form a key part of ‘The Comprehensive Studio Certification’ and ‘The Studio Master Teacher Certification’ examination.

Continued Professional Development (CPD) Points
Body Control Pilates:
List A 60 points
The Body Control Pilates
Comprehensive Studio Certification

Candidate Requirements
Candidates must have gained a Certificate in Body Control Pilates Matwork and have attended the following Body Control Pilates courses:
- Reformer 1
- Cadillac 1 & 2
- Chair 1
- Barrels Certification

All successful candidates receive the Body Control Pilates ‘Comprehensive Studio Certification’. For all teaching members of The Body Control Pilates Association, this certification will be clearly designated on all teacher listings published by The Body Control Pilates Association.

Continued Professional Development (CPD) Points
Body Control Pilates: List A 20 points

Examination Format
Firstly, candidates must submit two Basic-Level lesson plans incorporating the Reformer, Cadillac, Chair and Barrels. Secondly, candidates must teach an intermediate-level client a one-and-a-half hour one-to-one session incorporating the Reformer, Cadillac, Chair and Barrels.

The Comprehensive Studio Certification represents a formal demonstration of a teacher’s ability to teach basic- and intermediate-level exercises utilising all the key pieces of Pilates studio equipment.

The Body Control Pilates Studio Master Teacher Certification

Candidate Requirements
Candidates must have gained a Certificate in Body Control Pilates Matwork, the Comprehensive Studio Certification and have then attended the following Body Control Studio Equipment Courses:
- Reformer 2
- Cadillac 3
- Chair 2
- Barrels Certification

All successful candidates receive the Body Control Pilates Studio Master Teacher Certification. For all teaching members of The Body Control Pilates Association, this certification will be clearly designated on all teacher listings published by The Body Control Pilates Association.

Continued Professional Development (CPD) Points
Body Control Pilates: List A 30 points

Examination Format
Firstly, candidates must submit three Advanced-Level lesson plans incorporating the Reformer, Cadillac, Chair and Barrels. Secondly, candidates must teach an advanced-level client a one-and-a-half hour one-to-one session incorporating the Reformer, Cadillac, Chair and Barrels.

The Studio Master Teacher Certification represents the summit of our education programme. It is the ultimate demonstration of a teacher’s ability to teach advanced-level exercises utilising all the key pieces of Pilates studio equipment.
Remedial & Special Populations

This category of courses is designed to equip teachers with the skills needed to teach Pilates effectively and safely to specific client groups. Each course is aimed at a particular injury/condition or special population group, and covers the background information and recommended exercises that enable Pilates exercises to be taught safely and effectively.

Pilates & Pregnancy 1: Antenatal Pilates

As Pilates teachers we have a unique and privileged opportunity to work closely with pregnant women to ensure that, during the pregnancy itself, they remain healthy and comfortable, preparing them for the birth itself and for the demands of early motherhood. It is important that any teacher wanting to work with pregnant clients attends this course.

Content
This aims of this course are to:
- Identify the major stages and characteristics of the three trimesters of pregnancy, focusing on the postural and physiological changes.
- Consider the enrolment of antenatal clients, considering regular clients and new clients and special cases, such as IVF.
- Provide enough information for teachers to devise a safe and effective Pilates matwork programme appropriate to each trimester.
- Identify the main risks, warning signs and contra-indications.
- Review main benefits of Pilates exercise for pregnancy.

This is a lecture-based course. Comprehensive course notes supplied.

Pilates & Pregnancy 2: Ante- and Postnatal Programmes

Building on the background given by the Pregnancy 1 course, this course will further explore how to work with the pregnant and postnatal client in a matwork setting.

Content
This aims of this course are to:
- Review guidelines on return to exercise and client enrolment for postnatal clients.
- Review the musculoskeletal changes which occur during pregnancy and continue into the postnatal period. Focusing in particular on postural changes, ribcage changes, upper body and abdominal integrity (diastasis recti – the ‘rec check’).
- Examine the different methods of delivery and their impact on the pelvic floor.
- Study safe stretching techniques for ante- and postnatal mothers.
- Examine common ante- and postnatal conditions, including pubic symphysis dysfunction and sacroiliac pain.
- Present guidelines on exercise strategies, including suitable exercises for each stage of pregnancy and for the postnatal period.
- Review contraindications and precautions for ante- and postnatal exercise.
- Advice on Supine Hypotensive Syndrome.
- Examine how postnatal lifestyle changes affect the body and offer general advice on how to cope with these problems.
- Guidelines on antenatal cardiovascular activities.

This is essentially a practical course. Outline course notes provided.
Low Back Pain is estimated to affect over 80% of adults at some stage in their lifetime. Back pain is currently the largest reported reason for sickness-related absence from work in the UK and its treatment is estimated to cost the NHS more than £1.5 billion per annum. Treatment approaches are changing and NICE (the National Institute for Health and Clinical Excellence) has recently recommended that the NHS should offer a course of exercise classes to certain categories of back pain sufferer.

Level 4 is the highest level of qualification available through The Register of Exercise Professionals (REPs) and SkillsActive (the Sector Skills Council for Sport and Exercise). A teacher with a REPs Level 4 Registration, as a result of gaining a Low Back Pain certification, will be well placed to work with, and receive referrals from, Primary Care Trusts, GPs and other medical specialists. In addition, only graduates from this course will be able to offer Back4Good® classes, created exclusively by Body Control Pilates for people with Low Back Pain.

Course Structure
There are four tuition days delivered in either an ‘Extended’ format (two separate weekends) or an ‘Intensive’ format (one four-day block).
Module content includes:
- Epidemiology, causes, consequences and classification of low back pain
- Risk factors
- Illness and pain behaviour
- The Bio- psycho- social model
- Red, Yellow, Orange, Blue and Black Flags
- Review of spinal anatomy, spinal movement, planes of movement
- Common structural spinal conditions
- Movement assessments: Key exercises
- The Back4Good® Programme: Exercises and The Get Active Programme
- Client management skills and the ‘enrolment to release’ process

In addition to the required pre-course reading, students must undertake Guided Learning during their course. The Guided Learning element covers Modules 5 and 6 and includes familiarisation with, and study of:
- the REPs ‘Professional Practice Standards and Processes in Exercise Referral and Special Populations Interventions’ paper.
- required Course Reading
- accepted best practice for Health and Safety, CPR
- designated websites and research papers

Expected time investment from enrolment to certification for a Level 4 course is typically up to 150 hours.

Certification
Students may undertake this element when they wish. To receive certification, all tuition modules must have been attended and students must have:
- submitted, and received approval for, a Case Study outlining information gathering, considerations, exercise objectives and programme design for a low back pain sufferer.
- passed a written multiple choice exam
- completed and passed the REPs online ‘Professional Practice’ test.

Assessment of client enrolment and of movement assessment skills will take place during the course.
Entry Requirements
This course is open to all Pilates teachers who have a Level 3 qualification and who have been teaching for a minimum of one year and who hold a current CPR Certificate.

Duration
4 tuition days plus extensive self-study and assessments and examinations

Outcome
Upon completing the course and receiving pass marks in the certification elements, students will:

• receive a Certification in Low Back Pain Exercise
• gain Level 4 Specialist Exercise Instructor registration on the Register of Exercise Professionals in the category of Low Back Pain (note: only if you have current Level 3 Pilates membership with REPs).
• become a registered Back4Good® Practitioner
• receive a Starter Pack of Back4Good® enrolment forms, leaflets and other support materials
• be eligible for professional membership of BackCare

Continued Professional Development (CPD) Points
Body Control Pilates: List A 120 points
One in three women and one in 12 men over the age of 50 are affected by low bone density. With many Pilates clients falling into the 50 years-plus age bracket, this is a condition that we need to consider when designing Pilates programmes for this sector.

Low bone mass (osteopenia) is indicated by a Bone Mineral Density with a Standard Deviation of 1-2.5 below the young adult mean (known as the Target 1 group). Osteoporosis is indicated by a Bone Mineral Density with a Standard Deviation of 2.5 or more below the young adult mean (Target 2 group). Severe osteoporosis is indicated by not only a Bone Mineral Density with a Standard Deviation of more than 2.5 below the mean, but also with one or more osteoporosis-related fractures (Target 3 group).

Content
This course (part theory, part practical) will update participants on the latest medical research on the above and will discuss how the latest findings affect the way that we, as Pilates teachers, teach clients from within the Target 1 and 2 groups.

The aims of the course are:

- To briefly examine osteoporosis and osteopenia; fracture sites, risk factors, BMD testing.
- To consider the effectiveness of exercise
- To review the main objectives of Pilates training for these conditions
- To assess the latest US and UK guidelines on contraindicated movements
- To create a programme of recommended matwork exercises for clients in Target 1 and 2 groups, introducing a variety of new exercises, some utilising smaller lighter apparatus such as foam rollers, physioballs, and weights.

Entry Requirements
Level 3 Pilates Teacher or recognised equivalent qualification.

Duration
6 hours including breaks

Outcome
Participants receive a Body Control Pilates Certificate of Attendance.

Continued Professional Development (CPD) Points
Body Control Pilates: List A 30 points
The proportion of older adults in the population is currently at an all-time high. Over the last 25 years, the number of people in the UK aged 65 years and over has increased by 1.5 million. Approximately one person in every six is now aged 65 or over. This trend will only continue as health care improves and life expectancy grows with the result that, within the next 25 years, the ratio will become almost 1 in 4.

At the same time, this age group is also far more active than their predecessors. Recent research has demonstrated that there are clear benefits if older people can begin to undertake even a small amount of light exercise two or three times a week as it quickly helps to rebuild muscle strength, enabling them to cope more easily with regular household chores and routines.

Content
This course will examine how teachers may need to adapt their teaching strategy when working with older clients. It will examine the needs of the older client, the teaching environment, adapting the enrolment and screening process, common medical conditions within the target group, considerations and contraindications to exercise for each condition, and then develop a balanced Pilates matwork programme using accessories where appropriate. This will include stretch bands and small balls. We will also use chairs for a range of seated exercises.

The day will be part lecture, part practical.
Pilates World University is a division of the Body Control Pilates Group. Its aim is to create and publish a wide-ranging bank of knowledge geared to the needs of Pilates teachers, students and clients or of anyone wishing to learn more about the key Pilates principles and techniques.

Whilst the core of Pilates World University’s content will be based on the Body Control Pilates approach, our contributors will comprise leading figures from across the spectrum of Pilates, medicine, research and bodywork.

Products such as the well-received ‘Anatomy for Pilates’ DVD-ROM for PC and Mac (a collaboration between Primal Pictures and Pilates World University) are already available and Pilates World University workouts, exercise analyses, tutorials, audio classes will appear regularly in a special section of the Body Control Pilates master website at www.bodycontrol.co.uk
Body Control Pilates co-founder Lynne Robinson is the world’s top-selling Pilates expert. More than 4 million of her Body Control Pilates books and DVDs have been sold since the publication of Body Control The Pilates Way in 1997 (with co-author Gordon Thomson). This was the first Pilates book ever written for the general public and is acknowledged as playing a key role in creating the massive demand that Pilates has enjoyed in recent years.

Lynne’s books and videos have provided an important platform upon which the awareness and uptake of the Body Control Pilates method could grow internationally. The flagship book ‘The Official Body Control Pilates Manual’ has consistently retained its position as the leading Pilates book in terms of sales across all language versions.

The latest Body Control Pilates book ‘The Pilates Bible’ (Lynne Robinson, Lisa Bradshaw, Nathan Gardner) was published in the UK by Kyle Cathie in January 2010. International editions will become available during the year. ‘The Pilates Bible’ has already been hailed as the most comprehensive book on Pilates yet written – “an excellent reference”.

Body Control Pilates Books and DVDs

Body Control Pilates Books and DVDs
Body Control Pilates offers a wide range of products and accessories for studio, group class or home use. All products can be supplied on a ‘one-off’ or wholesale basis.

In addition to our own ‘branded’ range of Pilates mats, mat bags, Toning Circles, Toning Balls and stretch bands, we supply essential items, such as covered head cushions and knee squeezers – we even offer a one-stop ‘Starter Pack’ for teachers who are starting to teach classes for the first time.

For teachers or Pilates enthusiasts who want to add more variety to their sessions, we also supply a range of balls (Triadballs™, overballs) and various stability products.

All products, including the full range of Lynne Robinson’s books and DVDs, can be ordered through our secure online store at www.bodycontrol.co.uk or by contacting the Body Control Pilates office.
Body Control Pilates is the UK distributor for the comprehensive range of Peak Pilates professional equipment. Designed and manufactured in the USA, Peak has become synonymous with quality and durability, and is one of the world's leading suppliers in the rapidly expanding market for home and studio equipment.

Peak Pilates has a range of equipment options to suit all needs, whether it be the stackable MVe Reformers which are especially suitable for the club environment; the foldable PeakPilateSystem® Reformers that are ideal where flexible usage of space is an issue but where there is no compromise on performance, or the classic wood-framed Reformers and Cadillacs.

We have included a selection from the Peak Pilates equipment range in this section and will be pleased to offer you advice on product suitability and price quotations that include delivery to your home or business address. Once you have confirmed your order to us, we will do the rest by co-ordinating international shipment (if the product is not in local stock), handling all shipping and import and duty arrangements and then arranging for kerbside delivery of your order at a time convenient for you.

If you would like to receive a no obligation quote for any Peak Pilates equipment, please contact us. You can find full specifications of the entire Peak Pilates range by visiting www.peakpilates.com
Since running our first teacher training course in 1996, Body Control Pilates has played a leading role in building general awareness of the Pilates Method and in making Pilates accessible to the wider public.

Although our initial focus was on the United Kingdom, demand quickly grew from other parts of the world so that, within the space of five years, our books and videos were being sold throughout the world. The development of our education followed suit to the extent that Body Control Pilates teachers are now based in almost 40 countries and we are in the process of opening partnerships in key Pilates markets such as Japan.

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