

**Body Control Pilates Teachers  
Bone Health Specialists (Level 3)**

Name	Location	Email	Telephone
<b>Greater London</b>			
Charlene Carpenter	Upminster	<a href="mailto:upminstersportsmassage@gmail.com">upminstersportsmassage@gmail.com</a>	07411 826 721
Chloe Paterson	North London	<a href="mailto:chloe.pats@hotmail.co.uk">chloe.pats@hotmail.co.uk</a>	07771 848 553
Jennifer Brown	Croydon	<a href="mailto:jenny@pilatesmovement.co.uk">jenny@pilatesmovement.co.uk</a>	07855 408 973
Lynn Edmonstone	Central London & West London (Notting Hill)	<a href="mailto:lynnedmonstone@hotmail.com">lynnedmonstone@hotmail.com</a>	07703 175 257
Tallulah Sheffield	South West London	<a href="mailto:tallulahpilates@gmail.com">tallulahpilates@gmail.com</a>	
Diane Mulholland	South West London	<a href="mailto:reachpilates.uk@googlemail.com">reachpilates.uk@googlemail.com</a>	07794 601 686
Gillian Greenwood	South West London	<a href="mailto:pilates@gilliangreenwood.com">pilates@gilliangreenwood.com</a>	0207 385 3577
Diane Parrilla	South West London	<a href="mailto:pilates-twickenham@hotmail.com">pilates-twickenham@hotmail.com</a>	07762 824 201
Catherine Crompton	North London	<a href="mailto:cath@ccpilates.co.uk">cath@ccpilates.co.uk</a>	07949 304 016
Marie Failenet	South West London	<a href="mailto:mariepinson@yahoo.com">mariepinson@yahoo.com</a>	07825 743 113
Caroline Harjette	South East London	<a href="mailto:charjette@btinternet.com">charjette@btinternet.com</a>	07760 888 001
Agnes Moser	Greenwich	<a href="mailto:agnes@thepilatesbase.com">agnes@thepilatesbase.com</a>	07572 442 228
Alex Mavrocordatos	North London	<a href="mailto:alex@orthopilates.com">alex@orthopilates.com</a>	07717 463 665
Helena Belither	West London	<a href="mailto:info@pilatesbyhelena.co.uk">info@pilatesbyhelena.co.uk</a>	07900 890 439
Jo Hatherley	Pinner	<a href="mailto:jo@totalprecisionpilates.com">jo@totalprecisionpilates.com</a>	07900 247 352
Ellen Leishman	East London	<a href="mailto:ellenleishman@hotmail.com">ellenleishman@hotmail.com</a>	07708 546 756
Sarah-Louise Warden	West London	<a href="mailto:swarden@hotmail.com">swarden@hotmail.com</a>	07971 661 156
Nadia Dahlawi	North London	<a href="mailto:nadia.dahlawi@gmail.com">nadia.dahlawi@gmail.com</a>	07966 405 085
Alice Nebel	North London	<a href="mailto:alice@islingtonpilates.com">alice@islingtonpilates.com</a>	07763 369 870
Joanna Nuttall	East London	<a href="mailto:jo@propilateslondon.co.uk">jo@propilateslondon.co.uk</a>	07810 393 915
Carmela Trappa	Central London	<a href="mailto:ct_pilates@yahoo.co.uk">ct_pilates@yahoo.co.uk</a>	07837 514 719
Teresa McCarthy	South West London	<a href="mailto:tessfm@hotmail.com">tessfm@hotmail.com</a>	07956 117 424
Simon Lindsay	Northwood	<a href="mailto:simonpilates@gmail.com">simonpilates@gmail.com</a>	07725 608 865
Tina Moran	North London	<a href="mailto:tina@yolopilates.uk">tina@yolopilates.uk</a>	07910 541 701
Carole Leblond	West London	<a href="mailto:leblondcarole@yahoo.fr">leblondcarole@yahoo.fr</a>	07468 587 371
Alicia Cabrera Pombo	South East and South West London	<a href="mailto:alicia_cabrerap@yahoo.com">alicia_cabrerap@yahoo.com</a>	07738 660 512
Flo Morris	Walthamstow	<a href="mailto:info@pendragonpilates.co.uk">info@pendragonpilates.co.uk</a>	07804 071 880
Ros Innes	Central London	<a href="mailto:ros.innes09@gmail.com">ros.innes09@gmail.com</a>	07710 169 558
<b>Kent</b>			
Julie Herpe	Orpington	<a href="mailto:pilateswithjulie@rocketmail.com">pilateswithjulie@rocketmail.com</a>	07757 317 646
Melanie Tillman	Folkestone	<a href="mailto:mtillmanphysio@hotmail.co.uk">mtillmanphysio@hotmail.co.uk</a>	07511 084 840
Pauline Holmes	Gillingham	<a href="mailto:bowenforlife@tiscali.co.uk">bowenforlife@tiscali.co.uk</a>	01634 234 566
Liz Sims	Biddenden	<a href="mailto:lizsims.pilates@gmail.com">lizsims.pilates@gmail.com</a>	07958 708 874
Alex Ford	Ashford	<a href="mailto:alexford.pilates@gmail.com">alexford.pilates@gmail.com</a>	07977 579 708
Susan Cluney	West Wickham	<a href="mailto:suecluney@yahoo.co.uk">suecluney@yahoo.co.uk</a>	07910 520 125
Nancy Hespe	Ashford	<a href="mailto:nancy.elliott64@gmail.com">nancy.elliott64@gmail.com</a>	07833 580 414
Jacqueline Whitley	Orford	<a href="mailto:jwpilates@btinternet.com">jwpilates@btinternet.com</a>	07794 271 816
Nicola Kaiser	Sevenoaks	<a href="mailto:nicola.kaiser@hotmail.com">nicola.kaiser@hotmail.com</a>	07786 573 687
Catherine Amos	Ashford	<a href="mailto:thepartnershipcentre@googlemail.com">thepartnershipcentre@googlemail.com</a>	01233 611 775
Joy Weavers	Rochester	<a href="mailto:joy@pilateswithjoy.co.uk">joy@pilateswithjoy.co.uk</a>	07967 493 351
Eden Summers	Sevenoaks	<a href="mailto:Edenpilates@aol.com">Edenpilates@aol.com</a>	07984 782 122
Charlette Illing	Tonbridge	<a href="mailto:pommepey@gmail.com">pommepey@gmail.com</a>	07753 302 252
<b>Surrey</b>			
Alison Joyce	Banstead	<a href="mailto:alison@bansteadpilates.co.uk">alison@bansteadpilates.co.uk</a>	07702 523 043
Jenny Hawke	Worcester Park	<a href="mailto:jenny@passionforchange.biz">jenny@passionforchange.biz</a>	07809 149 245
Sharon Newman	Epsom	<a href="mailto:snpilates@gmail.com">snpilates@gmail.com</a>	0208 393 3970
Sarah Reeves	Dorking	<a href="mailto:sreeves.pilates@gmail.com">sreeves.pilates@gmail.com</a>	07716 401 349
Carol Aikin	Richmond	<a href="mailto:carol@pilateswithcarol.co.uk">carol@pilateswithcarol.co.uk</a>	07866 480 206
Rachel McDonnell	Newdigate	<a href="mailto:rachelmcdonnell1@hotmail.co.uk">rachelmcdonnell1@hotmail.co.uk</a>	07764 273 125
Linda Ward	Worcester Park	<a href="mailto:info@newstartpilates.co.uk">info@newstartpilates.co.uk</a>	07720 598 228
Emma Martin	Epsom	<a href="mailto:emmabmartin@gmail.com">emmabmartin@gmail.com</a>	07968 875 156
Charlotte Carvalho	Ashted	<a href="mailto:charlotte.carvalho19@gmail.com">charlotte.carvalho19@gmail.com</a>	07920 090 368
Kate Collister	Twickenham	<a href="mailto:katecollister@gmail.com">katecollister@gmail.com</a>	07778 875 314
Margareth Ainley	Kingston Upon Thames	<a href="mailto:info@mapilates.com">info@mapilates.com</a>	07565 889 779
Annabel Holley	Windlesham	<a href="mailto:annabelholley@gmail.com">annabelholley@gmail.com</a>	07799 416 005
Michelle Curtis	Cobham	<a href="mailto:michellecurtis01@gmail.com">michellecurtis01@gmail.com</a>	07702 559 974
Sam Bailey	Coulsdon, Surrey	<a href="mailto:sam@ashcroftpilates.co.uk">sam@ashcroftpilates.co.uk</a>	07790 715 249
<b>Sussex</b>			
Andrea Lawson	Chichester	<a href="mailto:andrea@thinkpilates.co.uk">andrea@thinkpilates.co.uk</a>	07971 445 020
Candy Kay	Haywards Heath	<a href="mailto:candykaypilates@icloud.com">candykaypilates@icloud.com</a>	07721 036 295
Caroline Berry	Lindfield	<a href="mailto:cmb@corestrength.co.uk">cmb@corestrength.co.uk</a>	07801 599 578
Carole Barker	Arundel	<a href="mailto:carole@arundelpilates.co.uk">carole@arundelpilates.co.uk</a>	01903 882 734
Karen Clark	Crawley	<a href="mailto:karen@worthpilates.co.uk">karen@worthpilates.co.uk</a>	07903 651 356
Cheryl Bromley	Chichester	<a href="mailto:pilates.south@gmail.com">pilates.south@gmail.com</a>	07896 557 770
Charis Holdsworth	Lewes, East Sussex	<a href="mailto:charispilates@gmail.com">charispilates@gmail.com</a>	07881 825 007
Rachael Plowman	Bognor Regis	<a href="mailto:lengthen-pilates@outlook.com">lengthen-pilates@outlook.com</a>	
<b>Home Countries (Beds, Berks, Bucks, Herts)</b>			
Kate Byrne	Shefford, Beds	<a href="mailto:katebyrnepilates@hotmail.co.uk">katebyrnepilates@hotmail.co.uk</a>	07967 156 932
Jane Boulton	Bedford, Beds	<a href="mailto:janeboulton@me.com">janeboulton@me.com</a>	07966 502 155
Shelley Smith	Dunstable, Beds	<a href="mailto:classes@thepilatesworkshop.co.uk">classes@thepilatesworkshop.co.uk</a>	07989 589 502
Gabriela Vinas-Costantino	Leighton Buzzard, Beds	<a href="mailto:gabalates@gmail.com">gabalates@gmail.com</a>	07732 844 358
Lina Lennie	Newbury, Berks	<a href="mailto:lina@lmetreepilates.com">lina@lmetreepilates.com</a>	07834 152 922
Raj Athwal	Maidenhead, Berks	<a href="mailto:info@pilateswithraj.co.uk">info@pilateswithraj.co.uk</a>	07963 834 297
Alessandra Wilcox	Newbury, Berks	<a href="mailto:Pilates@alessandrawilcox.orangehome.co.uk">Pilates@alessandrawilcox.orangehome.co.uk</a>	07980 448 119
Mel Doran	Thatcham, Berks	<a href="mailto:meriel58@yahoo.com">meriel58@yahoo.com</a>	07788 586 302
Jenna Reece	Ascot, Berks	<a href="mailto:jennarecepilates@outlook.com">jennarecepilates@outlook.com</a>	07730 599 275
Dawn Wilton	High Wycombe, Bucks	<a href="mailto:totalpilates.uk@googlemail.com">totalpilates.uk@googlemail.com</a>	07711 838 947
Angie Row	Newport Pagnell, Bucks	<a href="mailto:angie@profilepilates.co.uk">angie@profilepilates.co.uk</a>	07808 164 727
Georgia Brown	Chesham, Bucks	<a href="mailto:georgiabrownpilates@gmail.com">georgiabrownpilates@gmail.com</a>	07818 098 858
Louisa Harris	Milton Keynes, Bucks	<a href="mailto:louisa.pilates@googlemail.com">louisa.pilates@googlemail.com</a>	07910 655 405

Angela Wagner	Aston Clinton, Bucks	<a href="mailto:angella@thepilateshouse.co.uk">angella@thepilateshouse.co.uk</a>	01296 630 029
Carolyn Burton	St.Albans, Herts	<a href="mailto:carolyn.burton@virginmedia.com">carolyn.burton@virginmedia.com</a>	07909 967 574
Christine Hastings	Waltham Cross, Herts	<a href="mailto:christine.hastings3@ntlworld.com">christine.hastings3@ntlworld.com</a>	07843 914 028
Julia Crossman	Stevenage, Herts	<a href="mailto:julia@pilateswithjulia.com">julia@pilateswithjulia.com</a>	07812 078 967
Julie Clifton	Hertford Heath, Herts	<a href="mailto:julie.clifton@me.com">julie.clifton@me.com</a>	07703 041 225
Shashin Gajjar	Stevenage, Herts	<a href="mailto:info@bodytonepilates.co.uk">info@bodytonepilates.co.uk</a>	07963 232 666
Maria Demetre	Bishop Stortford, Herts	<a href="mailto:mariademetre@hotmail.co.uk">mariademetre@hotmail.co.uk</a>	01279 654 647
Jennifer Elms	Berkhamsted, Herts	<a href="mailto:jennvelmpilates@gmail.com">jennvelmpilates@gmail.com</a>	07413 777 308
Hilary Tucker	Hitchin, Herts	<a href="mailto:hilarytucker@virginmedia.com">hilarytucker@virginmedia.com</a>	07714 095 266
Arabelle Jones	Ware, Herts	<a href="mailto:hertspilatesstothecore@gmail.com">hertspilatesstothecore@gmail.com</a>	07908 417 174
Rita Lampen	Welwyn Garden City, Herts	<a href="mailto:rita@pilatespace.co.uk">rita@pilatespace.co.uk</a>	07748 141 911
Nikki Harlow	Rickmansworth, Herts	<a href="mailto:nikkiharlowpilates@gmail.com">nikkiharlowpilates@gmail.com</a>	07889 618 868
Guro Eide	Hertford, Herts	<a href="mailto:guroeide@hotmail.com">guroeide@hotmail.com</a>	07985 950 402
Julie Clement	Harpندن, Herts	<a href="mailto:julieclementpilates@gmail.com">julieclementpilates@gmail.com</a>	07801 967 369
Jen Day	St.Albans, Herts	<a href="mailto:jen@i-pilates.co.uk">jen@i-pilates.co.uk</a>	07766 004 489
Jenny Wesley	St.Albans, Herts	<a href="mailto:jenien.wesley@googlemail.com">jenien.wesley@googlemail.com</a>	07534 914 366
Clara Chandler	Princes Risborough, Bucks	<a href="mailto:clara@claraspilates.co.uk">clara@claraspilates.co.uk</a>	07803 610 365
Sarah Miller	Flitwick, Beds	<a href="mailto:sarah.miller@sarahmillerpilates.co.uk">sarah.miller@sarahmillerpilates.co.uk</a>	07885 682 768
Michaela Doran	Newbury & Bucklebury, West Berkshire	<a href="mailto:mcdoran09@gmail.com">mcdoran09@gmail.com</a>	07717 836 345
Emma Mackenzie	Ambleside, Aylesbury	<a href="mailto:elharris07@aol.com">elharris07@aol.com</a>	07739 552 314
Georgia Proudfoot	Woburn Sands, Olney, Buckinghamshire	<a href="mailto:kgmindandbody@gmail.com">kgmindandbody@gmail.com</a>	07764 149 728

#### Hampshire, Isle of Wight

Fredricka Brooks	Broughton, Hants	<a href="mailto:fredrickabrooks@hotmail.com">fredrickabrooks@hotmail.com</a>	01794 301 893
Karen Dwight	Havant, Hants	<a href="mailto:hampshirepilates@gmail.com">hampshirepilates@gmail.com</a>	07811 064 707
Martine Egan	Fareham, Hants	<a href="mailto:martine.egan@talktalk.net">martine.egan@talktalk.net</a>	023 9237 1855
Sally Hogg	Arlesford, Hants	<a href="mailto:sallyhogg@btinternet.com">sallyhogg@btinternet.com</a>	07771 522 665
Liz Wakelin	Winchester, Hants	<a href="mailto:liz@wakelin.me.uk">liz@wakelin.me.uk</a>	07762 058 889
Julie Nevile	Bentley, Hants	<a href="mailto:julie.nevile@googlemail.com">julie.nevile@googlemail.com</a>	07791 646 789
Sarah Ratcliffe	Romsey, Hants	<a href="mailto:sarah@corecondition.co.uk">sarah@corecondition.co.uk</a>	07747 792 615
Lois Bates	Farnborough, Hants	<a href="mailto:lois@diamondpresspilates.com">lois@diamondpresspilates.com</a>	07786 634 647
Anneli McCullagh	Stockbridge, Hants	<a href="mailto:annelimccullagh@btoopenworld.com">annelimccullagh@btoopenworld.com</a>	07729 619 662
Lea Blumlein	Petersfield, Hants	<a href="mailto:lea@petersfieldpilates.com">lea@petersfieldpilates.com</a>	07921 061 711
Hannah Plom	East Wellow, Hants	<a href="mailto:hello@pilateswithaplomb.com">hello@pilateswithaplomb.com</a>	07928 067 190

#### Essex

Kirsty Bermingham	Great Dunmow	<a href="mailto:dunmowkirst@googlemail.com">dunmowkirst@googlemail.com</a>	07971 279 476
Christine Hastings	Waltham Abbey	<a href="mailto:christine.hastings3@ntlworld.com">christine.hastings3@ntlworld.com</a>	07843 914 028
Penny Brian	Epping	<a href="mailto:pennybrianpilates@hotmail.co.uk">pennybrianpilates@hotmail.co.uk</a>	07840 389 911
Karen Kidd	Saffron Walden	<a href="mailto:kkpilates@virginmedia.com">kkpilates@virginmedia.com</a>	07582 954 582
Julie Sparling	Brentwood	<a href="mailto:pleasantlypilates@gmail.com">pleasantlypilates@gmail.com</a>	07547 433 392
Jan Crawley	Quendon	<a href="mailto:jcrawley01@me.com">jcrawley01@me.com</a>	07742 182 272
Becky Dickson	West Mersea	<a href="mailto:pilatespathway@yahoo.com">pilatespathway@yahoo.com</a>	07798 657 772
Joanne Thomas	Chelmsford	<a href="mailto:pilateswrittle@gmail.com">pilateswrittle@gmail.com</a>	07779 632 691
Catherine Pawsey Ling	Alphamstone	<a href="mailto:catherinewpawsevpilates@gmail.com">catherinewpawsevpilates@gmail.com</a>	0781 445 9683

#### East Anglia (Suffolk, Norfolk)

Amanda Cooper	Diss, Norfolk	<a href="mailto:amandapilatesnorfolk@gmail.com">amandapilatesnorfolk@gmail.com</a>	07557 025 513
Sonja Porter	King's Lynn, Norfolk	<a href="mailto:info@sonjaporterpilates.co.uk">info@sonjaporterpilates.co.uk</a>	07398 783 520
Audrey Boyle	Orford, Suffolk	<a href="mailto:audrey.boyle99@gmail.com">audrey.boyle99@gmail.com</a>	07876 633 942
Catherine McLellan	Bury St. Edmonds, Suffolk	<a href="mailto:info@thepilatespro.com">info@thepilatespro.com</a>	07951 019 456
Jaime Page	Woodbridge, Suffolk	<a href="mailto:jpagepilates@gmail.com">jpagepilates@gmail.com</a>	07826 191 326
Rosemary Godfrey	Thetford, Suffolk	<a href="mailto:rosemary@pilatesbody.co.uk">rosemary@pilatesbody.co.uk</a>	07791 115 421
Rosie Horsfield	Aldeburgh, Suffolk	<a href="mailto:rosiehorsfield21@gmail.com">rosiehorsfield21@gmail.com</a>	07816 814 288
Jayne Shillabeer	Edgefield, Norfolk	<a href="mailto:jayne@fullmotionpilates.co.uk">jayne@fullmotionpilates.co.uk</a>	07495 053 319
Sandra Worthington	Holt, Norfolk	<a href="mailto:sandraworthington@hotmail.com">sandraworthington@hotmail.com</a>	07880 662 888

#### Cambridgeshire, Northamptonshire

Jane Staggs	Cambridge, Cambridgeshire	<a href="mailto:cambetseat@msn.com">cambetseat@msn.com</a>	01223 312 374
Alison Mount	Huntingdon, Cambs	<a href="mailto:alison@aim-pilates.co.uk">alison@aim-pilates.co.uk</a>	07952 436 252
Ursl Robson	Ely, Cambs	<a href="mailto:ursl.pilates@yahoo.co.uk">ursl.pilates@yahoo.co.uk</a>	07914 583 263
Julie Bloom	Cambridge, Cambridgeshire	<a href="mailto:julie@pilatesinspiration.co.uk">julie@pilatesinspiration.co.uk</a>	01763 208 856
Louise Stafford	Towcester, Northants	<a href="mailto:pilates@louisestafford.co.uk">pilates@louisestafford.co.uk</a>	07747 774 023
Sara Isaacs	Huntingdon, Cambs	<a href="mailto:sara@pilateswithsara.co.uk">sara@pilateswithsara.co.uk</a>	07502 280 858
Chris Thompson	Peterborough, Cambs	<a href="mailto:chris@zoetic.co.uk">chris@zoetic.co.uk</a>	07836 774 775
Rachel Cornell	Cambridge	<a href="mailto:rachel@zigzagpilates.co.uk">rachel@zigzagpilates.co.uk</a>	07905 105 081
Francesca Megicks	Fernstanton, Cambs	<a href="mailto:pilateswithfrancesca@outlook.com">pilateswithfrancesca@outlook.com</a>	07855 149 015
Lisa Reilly	Ramsey, Cambridgeshire	<a href="mailto:lisa.pilates@yahoo.co.uk">lisa.pilates@yahoo.co.uk</a>	07512 932 415
Jan Blaber	Northampton	<a href="mailto:janblaber09@gmail.com">janblaber09@gmail.com</a>	07712 182 544
Karen Grinter	Rushden, Northamptonshire	<a href="mailto:karen@northantspilates.com">karen@northantspilates.com</a>	01933 413 700

#### Worcestershire, Herefordshire, Gloucestershire

Beverly Lockett	Kidderminster, Worcestershire	<a href="mailto:bevlockett@btinternet.com">bevlockett@btinternet.com</a>	07787 775 768
Ursula Pearson	Upton-upon-Severn, Worcs	<a href="mailto:ursula@pearsonpilates.co.uk">ursula@pearsonpilates.co.uk</a>	07804 576 236
Paula Line	South Littleton, Broom, Abbots Morton & Alcester	<a href="mailto:pavla@line@aol.com">pavla@line@aol.com</a>	07747 441 148
Alexandra Lyons	Ledbury, Herefordshire	<a href="mailto:alexandra@clyons.co.uk">alexandra@clyons.co.uk</a>	01531 633 447
Jan Barton	Gloucester, Gloucestershire	<a href="mailto:janbarton2010@hotmail.co.uk">janbarton2010@hotmail.co.uk</a>	07765 244 761
Karen Brown	South Woodchester & Stroud, Gloucestershire	<a href="mailto:karen_brown2@me.com">karen_brown2@me.com</a>	07957 539 634
Philippa Satchwell	Badminton, Glos	<a href="mailto:phil.satchwell@btinternet.com">phil.satchwell@btinternet.com</a>	07854 518 286
Sally Cullum	Wotton-under-Edge	<a href="mailto:sallycullum@hotmail.com">sallycullum@hotmail.com</a>	07809 759 858
Vicky Bush	Cheltenham Glos	<a href="mailto:abcpilates@btinternet.com">abcpilates@btinternet.com</a>	07934 977 171

#### Oxfordshire, Trowbridge

Alyth Yealand	Henley, Oxford	<a href="mailto:alyth@pilatesabc.co.uk">alyth@pilatesabc.co.uk</a>	07521 699 265
Lindsey Kent	Goring on Thames, Oxfordshire	<a href="mailto:lindseykentpilates@gmail.com">lindseykentpilates@gmail.com</a>	07980 926 056
Sally Bensoussis	Wantage, Oxon	<a href="mailto:sally.bensoussis@hotmail.com">sally.bensoussis@hotmail.com</a>	07776 137 997
Sarah Barlow	Banbury, Oxon	<a href="mailto:sarah.barlow3@btinternet.com">sarah.barlow3@btinternet.com</a>	07860 394 284
Michele Hustler	Witney, Oxon	<a href="mailto:michele@cotswoldpilates.co.uk">michele@cotswoldpilates.co.uk</a>	07929 035 262
Claire Willett	Benson, Oxon	<a href="mailto:claire@millstreampilates.co.uk">claire@millstreampilates.co.uk</a>	07801 298 978
Megan Parry	Wallingford, Oxon	<a href="mailto:39highst@gmail.com">39highst@gmail.com</a>	07962 666 141

Samantha Masters	Chinnor	<a href="mailto:masters_12@hotmail.com">masters_12@hotmail.com</a>	07921 928 404
<b>Somerset, Wiltshire, Dorset</b>			
Pattie Thornley	Bristol	<a href="mailto:pattie.thornley@virgin.net">pattie.thornley@virgin.net</a>	01179 294 632
Andrew Watson	Bath, Somerset	<a href="mailto:aimspilates@icloud.com">aimspilates@icloud.com</a>	07967 134 586
Caroline Hope-Hawkins	Warminster, Wiltshire	<a href="mailto:caroline@hhpilates.com">caroline@hhpilates.com</a>	07734 904 193
Tracey Rich	Marlborough, Wilts	<a href="mailto:pilatesbynature@icloud.com">pilatesbynature@icloud.com</a>	07769 580 148
Pete Whittet	Dorchester, Dorset	<a href="mailto:petewhittet@hotmail.com">petewhittet@hotmail.com</a>	01305 851 581
Yassamin Amir-Ahmadi	Poole, Dorset	<a href="mailto:yassaa@hotmail.co.uk">yassaa@hotmail.co.uk</a>	07801 212 233
Gail Hillier	Wimborne, Dorset	<a href="mailto:gail_hillier@aol.co.uk">gail_hillier@aol.co.uk</a>	07970 618 121
Tracy Summers	Broadstone, Dorset	<a href="mailto:tracysummerspilates@gmail.com">tracysummerspilates@gmail.com</a>	07833 625 826
Charlotte Storrie	Christchurch, Dorset	<a href="mailto:charlottestorrie@gmail.com">charlottestorrie@gmail.com</a>	07595 424 088
Sharon Lorimer	Weymouth, Dorset	<a href="mailto:sharonlorimer@btinternet.com">sharonlorimer@btinternet.com</a>	07704 578 535
Alex Jephson	Ramsbury, Wiltshire	<a href="mailto:alex_jephson@hotmail.com">alex_jephson@hotmail.com</a>	07920 827 694
Kathy Ashdown	Wimborne, Dorchester, Dorset	<a href="mailto:kathyashdown@peverellpilates.com">kathyashdown@peverellpilates.com</a>	07967 655 159
Laura Lane	West Moors, Dorset	<a href="mailto:laura_s_lane@yahoo.co.uk">laura_s_lane@yahoo.co.uk</a>	07539 226 514
<b>Devon, Cornwall</b>			
Annette Nuttall	Exeter, Devon	<a href="mailto:annette.pilates@gmail.com">annette.pilates@gmail.com</a>	07598 120 515
Kay Sharp	Plymouth, Devon	<a href="mailto:kay@totalbodypilates.co.uk">kay@totalbodypilates.co.uk</a>	07917 708 635
Lauren Bannister	Umberleigh, Devon	<a href="mailto:info@tawvalleypilates.co.uk">info@tawvalleypilates.co.uk</a>	01769 580 618
Rebecca Hoddinott	Exeter, Devon	<a href="mailto:rhoddinott@btopenworld.com">rhoddinott@btopenworld.com</a>	07841 429 412
Michelle Elliott	Exeter, Devon	<a href="mailto:mail@pilateswithprecision.co.uk">mail@pilateswithprecision.co.uk</a>	07886 944 540
Abigail Ashton	Dartmouth, Devon	<a href="mailto:abbie@pilates-sessions.co.uk">abbie@pilates-sessions.co.uk</a>	07870 862 139
Ruth Harris	Yelverton, Devon	<a href="mailto:ruthharrispilates@btinternet.com">ruthharrispilates@btinternet.com</a>	07887 644 381
Marina Huxley	St. Agnes, Cornwall	<a href="mailto:info@marinahuxleypilates.com">info@marinahuxleypilates.com</a>	07852 429 555
Grace Brodie	Sidmouth, Devon	<a href="mailto:info@redbaypilates.co.uk">info@redbaypilates.co.uk</a>	07500 112 646
Franny Morris	Totnes, Devon	<a href="mailto:frannymorris@nhs.net">frannymorris@nhs.net</a>	01803 865 363 / 07590 506 027
<b>Derbyshire, Nottinghamshire, Leicestershire, Northamptonshire</b>			
Flo Batt	Burrough on the Hill, Leicestershire	<a href="mailto:flo.batt@icloud.com">flo.batt@icloud.com</a>	07786 963 294
Louise Dare	Market Harborough, Leics	<a href="mailto:info@louisedarepilates.co.uk">info@louisedarepilates.co.uk</a>	07951 134 342
Emma Bradbury	Moulton, Northamptonshire	<a href="http://emma@emmbfit.com">emma@emmbfit.com</a>	07775 860 751
<b>West Midlands, Warwickshire, Staffordshire, Shropshire</b>			
Zoe Williams	Wolverhampton, Midlands	<a href="mailto:zoe@zestforpilates.co.uk">zoe@zestforpilates.co.uk</a>	07546 146 246
Lisa Shirley	Stoke-on-Trent, Staffs	<a href="mailto:redpilates@live.com">redpilates@live.com</a>	07816 879 095
Siobhan Gray	Brewood, Staffs	<a href="mailto:info@brewoodpilates.co.uk">info@brewoodpilates.co.uk</a>	07875 082 411
Louise Purkess	Tamworth, Staffs	<a href="mailto:louisepurkess@btinternet.com">louisepurkess@btinternet.com</a>	07790 349 143
Ruth Corrigan	Newport, Shrops	<a href="mailto:ruthcorrigan@aol.com">ruthcorrigan@aol.com</a>	07792 843 583
Alison Petitjean	Denstone, Staffs	<a href="mailto:alison0961@gmail.com">alison0961@gmail.com</a>	07412 271 792
Justine Rogers	Dudley, W.Midlands	<a href="mailto:justine.rogers1@btinternet.com">justine.rogers1@btinternet.com</a>	07970 244 638
<b>Greater Manchester, Merseyside, Cheshire, Lancashire</b>			
Sue Napier	Uppermill, Greater Manchester	<a href="mailto:suenapier@uwclub.net">suenapier@uwclub.net</a>	07929 528 847
Lynne Hardy	West Kirby, Merseyside	<a href="mailto:lynnehardy@hotmail.co.uk">lynnehardy@hotmail.co.uk</a>	07795 030 156
Jules Hardman	Alderley Edge, Cheshire	<a href="mailto:juleshardman.pilates@me.com">juleshardman.pilates@me.com</a>	07854 545 466
Ruth Partington	Maccelsfield, Cheshire	<a href="mailto:ruth@rppilates.co.uk">ruth@rppilates.co.uk</a>	07976 621 069
Amanda Parr	Alderley Edge, Cheshire	<a href="mailto:mandy.parr@lineone.net">mandy.parr@lineone.net</a>	07771 752 816
Julie Revell	Wilmslow, Cheshire	<a href="mailto:julie.revell@btinternet.com">julie.revell@btinternet.com</a>	07841 878 096
Helen Carter	Blackburn, Lancs	<a href="mailto:helencarterpilates@yahoo.co.uk">helencarterpilates@yahoo.co.uk</a>	07954 363 106
Madge Slater	Maccelsfield, Cheshire	<a href="mailto:pilatesmaccelsfield@live.com">pilatesmaccelsfield@live.com</a>	07789 710 273
Claire Maulkin	Bispham, Lancs	<a href="mailto:info@the-balance.co.uk">info@the-balance.co.uk</a>	07599 659 154
Juliette Watkins	Springhead, Uppermill & Delph/Dobcross	<a href="mailto:juliette@highperformancestudio.co.uk">juliette@highperformancestudio.co.uk</a>	07973 383 103
<b>Yorkshire</b>			
Helen Smith	Northallerton, North Yorkshire	<a href="mailto:helen@thepilatesstudioyarm.co.uk">helen@thepilatesstudioyarm.co.uk</a>	07702 300 960
Rebecca Lord	York, North Yorkshire	<a href="mailto:rbmlord@gmail.com">rbmlord@gmail.com</a>	07760 248 111
Sarah West	Otley, North Yorkshire	<a href="mailto:sarahahwest@gmail.com">sarahahwest@gmail.com</a>	07963 003 853
Andrea Chambers	York, North Yorkshire	<a href="mailto:andrea.c.pilates@gmail.com">andrea.c.pilates@gmail.com</a>	07522 709 665
Eva Taylor	Scotten, North Yorkshire	<a href="mailto:evataylorpt@hotmail.co.uk">evataylorpt@hotmail.co.uk</a>	07895 042 786
Ian Stephenson	York, North Yorkshire	<a href="mailto:ijstephenson@btinternet.com">ijstephenson@btinternet.com</a>	07973 755 717
Sarah Sykes	Haxby, North Yorkshire	<a href="mailto:ssykes@wvsm.co.uk">ssykes@wvsm.co.uk</a>	07540 061 349
Karen Gillett	Middlesbrough, North Yorkshire	<a href="mailto:k.gillett22@gmail.com">k.gillett22@gmail.com</a>	07884 201 234
Kate Sellars	Wetherby, West Yorkshire	<a href="mailto:k_sellars@hotmail.com">k_sellars@hotmail.com</a>	07944 517 450
Caroline North	Sheffield, South Yorkshire	<a href="mailto:carolinenorth1@me.com">carolinenorth1@me.com</a>	07817 220 324
Ann Chester	Sheffield, South Yorkshire	<a href="mailto:annchesterpilates@gmail.com">annchesterpilates@gmail.com</a>	07900 003 915
Lorna Nicholson	Sheffield, South Yorkshire	<a href="mailto:lornanpilates@gmail.com">lornanpilates@gmail.com</a>	07780 685 367
Charlotte Cirell	Wetherby, West Yorkshire	<a href="mailto:charlotte.cirell@ntlworld.com">charlotte.cirell@ntlworld.com</a>	07973 197 367
Sarah Thacker	Doncaster, South Yorkshire	<a href="mailto:sarah.thacker@whiterosepilates.co.uk">sarah.thacker@whiterosepilates.co.uk</a>	07483 861 163
<b>Cumbria, Northumberland, County Durham</b>			
Janet Arnold	Bishop Auckland, Co Durham	<a href="mailto:janetpilates@aol.com">janetpilates@aol.com</a>	07967 620 670
Sarah Wilkinson	Darlington, Co Durham	<a href="mailto:sarah@swpilates.co.uk">sarah@swpilates.co.uk</a>	07818 858 351
<b>Scotland</b>			
Anne-Marie Hulme	Inverness	<a href="mailto:annemarie.hulme@googlegmail.com">annemarie.hulme@googlegmail.com</a>	07834 827 876
Iona Cowderoy	Stirling	<a href="mailto:icowderoy@me.com">icowderoy@me.com</a>	07801 290 486
Jane Meek	Glasgow	<a href="mailto:janemfr@tiscali.co.uk">janemfr@tiscali.co.uk</a>	07759 182 236
Jennifer Burgess	Aberdeen	<a href="mailto:jenburgess73@gmail.com">jenburgess73@gmail.com</a>	07989 582 889
Margaret Thomas	St. Andrews	<a href="mailto:moleymags13@btinternet.com">moleymags13@btinternet.com</a>	07979 650 358
Sarah Hunt	Morey	<a href="mailto:sh-pilates-schotland@phonecoop.coop">sh-pilates-schotland@phonecoop.coop</a>	01309 690 410
Katherine Connolly	Edinburgh	<a href="mailto:kathb_connolly@yahoo.co.uk">kathb_connolly@yahoo.co.uk</a>	0131 669 3145
Jane Tracy	Glasgow	<a href="mailto:pilateswithjane@hotmail.com">pilateswithjane@hotmail.com</a>	07594 293 772
Jenny Tyler	Edinburgh	<a href="mailto:jennytylerpilates@yahoo.co.uk">jennytylerpilates@yahoo.co.uk</a>	07584 091 306
Carol West	Banff	<a href="mailto:carolw.osteo@hotmail.co.uk">carolw.osteo@hotmail.co.uk</a>	01261 839 139
Leone Shaw Tulloch	Campbeltown	<a href="mailto:leone@lstsolutions.co.uk">leone@lstsolutions.co.uk</a>	07525 487 206
Rhona Gemmell	Glasgow	<a href="mailto:rhona123@me.com">rhona123@me.com</a>	07836 615 439
Mariana Da Silva Parreira	Glasgow	<a href="mailto:marianadsp@yahoo.com.ar">marianadsp@yahoo.com.ar</a>	07500 618 228

**Northern Ireland**

Anne Bell	Craigavon	<a href="mailto:annebellpilates@btconnect.com">annebellpilates@btconnect.com</a>	07740 427 466
Lucille Cassidy	Co. Antrim	<a href="mailto:cassidylucille@gmail.com">cassidylucille@gmail.com</a>	07793 014 970
Susie Rea	Bangor, C. Down	<a href="mailto:info@susiereapilates.co.uk">info@susiereapilates.co.uk</a>	07789 721 822
Sue Small	Craigavon	<a href="mailto:suesmall@me.com">suesmall@me.com</a>	07817 934 727
Joanne Coleman	Coleraine	<a href="mailto:info@causewayphysio.com">info@causewayphysio.com</a>	028 703 59592

**Wales**

Hannah Modget	Monmouth	<a href="mailto:info@hannahmodget.com">info@hannahmodget.com</a>	07789 237 853
Becki Stevenson	Carmarthenshire	<a href="mailto:cothivalleypilates@aol.com">cothivalleypilates@aol.com</a>	07502 215 827

**Singapore**

Tracey Honeyball	Singapore	<a href="mailto:traceyhoneyball7@aol.com">traceyhoneyball7@aol.com</a>	+65 967 37 825
------------------	-----------	--	----------------