

BODY CONTROL PILATES®

LYNNE ROBINSON - THE WORLD'S
TOP-SELLING PILATES AUTHOR
AND PRESENTER



Interested in becoming a Pilates teacher?

Then join us at our **Teacher Training 'Discovery Day'!**

We invite you to join us on **Saturday August 10th 2019** to meet our Founder, Lynne Robinson; join a class; learn more about our programme; and find out how we can uniquely prepare you for a successful teaching career.

11am-2pm

Body Control Pilates Centre,
London, WC1A 2HH

£25

(refundable when you join a
teacher training course)

To book please call us on **020 7636 8900**

For more information call us on **020 7636 8900** or email ella.porter@bodycontrol.co.uk



Programme

11.00 AM

Welcome from Lynne Robinson

11.30 AM

Matwork Class with one of our course tutors

12.30 PM

Discussion and questions (*light refreshments provided*) with:

Lynne Robinson

Leigh Robinson

(*Managing Director and Chair of European Pilates Standards Group*)

Ella Porter

(*UK Education Manager*)

1.00 PM

And once you're qualified?

- An introduction to studio equipment (*Reformer, Cadillac, Chair, Barrel*) including a short Reformer class, or
- An overview of some of our courses for qualified teachers, including Pre- & Postnatal, Older Adults, Sport and Performance, Mental Health, Low Back Pain, Classical Mat. Led by Lynne Robinson and Leigh Robinson.

1.45 PM Onwards

We're happy to answer individual questions!

Course dates

We have now released matwork teacher training course dates through to Spring 2020 please click / visit www.bodycontrolpilates.com/shop/dates.html for more information