

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

Name	Location	Email	Telephone
Greater London			
Charlene Carpenter	Upminster	upminstersportsmassage@gmail.com	07411 826 721
Chloe Paterson	North London	chloe.pats@hotmail.co.uk	07771 848 553
Jennifer Brown	Croydon	jenny@pilatesmovement.co.uk	07855 408 973
Lynn Edmonstone	Central London & West London (Notting Hill)	lynnedmonstone@hotmail.com	07703 175 257
Gillian Greenwood	South West London	pilates@giliangreenwood.com	0207 385 3577
Diane Parrilla	South West London	pilates-twickenham@hotmail.com	07762 824 201
Catherine Crompton	North London	cath@ccpilates.co.uk	07949 304 016
Marie Faillenot	South West London	mariepinson@yahoo.com	07825 743 113
Caroline Harjette	South East London	charjette@btinternet.com	07760 888 001
Agnes Moser	Greenwich	agnes@thepilatesbase.com	07572 442 228
Alex Mavrocordatos	North London	alex@orthopilates.com	07717 463 665
Helena Belither	West London	info@pilatesbyhelena.co.uk	0900 890 439
Jo Hatherley	Pinner	jo@totalprecisionpilates.com	07900 247 352
Ellen Leishman	East London	ellenleishman@hotmail.com	07708 546 756
Sarah-Louise Warden	West London	slwarden@hotmail.com	07971 661 156
Nadia Dahlawi	North London	nadia.dahlawi@gmail.com	07966 405 085
Alice Nebel	North London	alice@islingtonpilates.com	07763 369 870
Carmela Trappa	Central London	ct_pilates@yahoo.co.uk	07837 514 719
Teresa McCarthy	South West London	tessfm@hotmail.com	07956 117 424
Simon Lindsay	Northwood	simonpilates@gmail.com	07725 608 865
Tina Moran	North London	tina@yolopilates.uk	07910 541 701
Carole Leblond	West London	leblondcarole@yahoo.fr	07468 587 371
Alicia Cabrera Pombo	South East and South West London	alicia_cabrerap@yahoo.com	07738 660 512
Flo Morris	Walthamstow	info@pendragonpilates.co.uk	07804 071 880
Ros Innes	Central London	ros.innes09@gmail.com	07710 169 558
Nicole Arend	South London	nicolearendpilates@gmail.com	07973 395 010
Shanie Richardson	Hackbridge	info@pilates2you.co.uk	07899 990 733
Victoria Baillie	North London	victoria_baillie@btinternet.com	07711 255 613
Kent			
Julie Herpe	Orpington	pilateswithjulie@rocketmail.com	07757 317 646
Melanie Tillman	Folkestone	mtillmanphysio@hotmail.co.uk	07511 084 840
Pauline Holmes	Gillingham	bowenforlife@tiscali.co.uk	01634 234 566
Liz Sims	Biddenden	lizsims.pilates@gmail.com	07958 708 874
Alex Ford	Ashford	alexford.pilates@gmail.com	07977 579 708
Susan Cluney	West Wickham	suecluney@yahoo.co.uk	07910 520 125
Nancy Hespe	Ashford	nancy.elliott64@gmail.com	07833 580 414
Jacqueline Whitley	Otford	jwpilates@btinternet.com	07794 271 816
Nicola Kaiser	Sevenoaks	nicola.kaiser@hotmail.com	07786 573 687
Catherine Amos	Ashford	thepartnershipcentre@goolemail.com	01233 611 775
Joy Weavers	Rochester	joy@pilateswithjoy.co.uk	07967 493 351
Eden Summers	Sevenoaks	edenpilates@aol.com	07984 782 122
Charlette Illing	Tonbridge	pommepy@gmail.com	07753 302 252
Anne-Marie Smith	Ashford	annemariesmithpilates@gmail.com	07983 443 480
Alison Coble	Whitstable	alisonpilates@aol.com	07903 010 816
Perry Ives	Hartley & Eynsford	perryives@aol.com	07860 66 55 31 / 01474 708 179
Joanna Fassum	Canterbury	joannafassumpilates@gmail.com	07887 736 134
Surrey			
Alison Joyce	Banstead	alison@bansteadpilates.co.uk	07702 523 043
Jenny Hawke	Worcester Park	jenny@passionforchange.biz	07809 149 245
Sharon Newman	Epsom	snpilates@gmail.com	0208 393 3970
Sarah Reeves	Dorking	sreeves.pilates@gmail.com	07716 401 349
Linda Ward	Worcester Park	info@newstartpilates.co.uk	07720 598 228
Emma Martin	Epsom	emmabmartin@gmail.com	07968 875 156
Charlotte Carvalho	Ashted	charlotte.carvalho19@gmail.com	07920 090 368
Kate Collister	Twickenham	katecollister@gmail.com	07778 875 314
Margareth Ainley	Kingston Upon Thames	info@mapilates.com	07565 889 779
Annabel Holley	Windlesham	annabelholley@gmail.com	07799 416 005
Michelle Curtis	Cobham	michellecurtis01@gmail.com	07702 559 974
Sam Bailey	Coulsdon, Surrey	sam@ashcroftpilates.co.uk	07790 715 249
Shirley Berryman	Wanborough, Guildford	s_berryman@btinternet.com	07900 212 279
Lyane Junor	Leatherhead	lyane@thejunors.co.uk	01483 285 713 / 07905 715 236
Sussex			
Andrea Lawson	Chichester	andrea@thinkpilates.co.uk	07971 445 020
Candy Kay	Haywards Heath	candykaypilates@icloud.com	07721 036 295
Caroline Berry	Lindfield	cmb@corestrength.co.uk	07801 599 578
Carole Barker	Arundel	carole@arundelpilates.co.uk	01903 882 734
Karen Clark	Crawley	karen@worthpilates.co.uk	07903 651 356
Cheryl Bromley	Chichester	pilates.south@gmail.com	07896 557 770
Charis Holdsworth	Lewes, East Sussex	charispilates@gmail.com	07881 825 007
Rachael Plowman	Bognor Regis	lengthen-pilates@outlook.com	
Home Countries (Beds, Berks, Bucks, Herts)			
Kate Byrne	Shefford, Beds	katebyrnepilates@hotmail.co.uk	07967 156 932
Shelley Smith	Dunstable, Beds	classes@thepilatesworkshop.co.uk	07989 589 502
Gabriela Vinas-Costantino	Leighton Buzzard, Beds	gabalates@gmail.com	07732 844 358
Lina Lennie	Newbury, Berks	lina@limetreepilates.com	07834 152 922
Raj Athwal	Maidenhead, Berks	info@pilateswithraj.co.uk	07963 834 297
Alessandra Wilcox	Newbury, Berks	pilates@alessandrailcox.orangehome.co.uk	07980 448 119
Mel Doran	Thattham, Berks	meriel58@yahoo.com	07788 586 302
Jenna Reece	Ascot, Berks	jennarecepilates@outlook.com	07730 599 275
Dawn Wilton	High Wycombe, Bucks	totalpilates.uk@goolemail.com	07711 838 947

Angie Row	Newport Pagnell, Bucks	angie@profilepilates.co.uk	07808 164 727
Georgia Brown	Chesham, Bucks	georgiabrownpilates@gmail.com	07818 098 858
Louisa Harris	Milton Keynes, Bucks	louisa.pilates@googlemail.com	07910 655 405
Angela Wagner	Aston Clinton, Bucks	angella@thepilateshouse.co.uk	01296 630 029
Carolyn Burton	St.Albans, Herts	carolyn.burton@virginmedia.com	07909 967 574
Christine Hastings	Waltham Cross, Herts	christine.hastings3@ntlworld.com	07843 914 028
Julia Crossman	Stevenage, Herts	julia@pilateswithjulia.com	07812 078 967
Julie Clifton	Hertford Heath, Herts	julie.clifton@me.com	07703 041 225
Shashin Gajjar	Stevenage, Herts	info@bodytonepilates.co.uk	07963 232 666
Maria Demetre	Bishop Stortford, Herts	mariaemetre@hotmail.co.uk	01279 654 647
Jennifer Elms	Berkhamsted, Herts	jennyelmpilates@gmail.com	07413 777 308
Hilary Tucker	Hitchin, Herts	hilarytucker@virginmedia.com	07714 095 266
Arabelle Jones	Ware, Herts	hertspilatestothecore@gmail.com	07908 417 174
Rita Lampen	Welwyn Garden City, Herts	rita@pilatespace.co.uk	07748 141 911
Nikki Harlow	Rickmansworth, Herts	nikkiharlowpilates@gmail.com	07889 618 868
Guro Eide	Hertford, Herts	guroeide@hotmail.com	07985 950 402
Julie Clement	Harpندن, Herts	julieclementpilates@gmail.com	07801 967 369
Jenny Wesley	St.Albans, Herts	jenjen.wesley@googlemail.com	07534 914 366
Clara Chandler	Princes Risborough, Bucks	clara@claraspilates.co.uk	07803 610 365
Sarah Miller	Flitwick, Beds	sarah.miller@sarahmillerpilates.co.uk	07885 682 768
Michaela Doran	Newbury & Bucklebury, West Berkshire	mcldoran09@gmail.com	07717 836 345
Emma Mackenzie	Ambleside, Aylesbury	elharris07@aol.com	07739 552 314
Georgia Proudfoot	Woburn Sands, Olney, Buckinghamshire	kgmindandbody@gmail.com	07764 149 728
Sue Arkle	High Wycombe & Marlow		07732 789 690
Andie Shelton	Letchworth Garden City, Knebworth & Stevenage	ajs_fitness@yahoo.co.uk	07931 581 665
Susan Reynolds	Harpندن, Herts	susanpilates12@googlemail.com	
Hampshire, Isle of Wight			
Fredricka Brooks	Broughton, Hants	fredrickabrooks@hotmail.com	01794 301 893
Karen Dwight	Havant, Hants	hampshirepilates@gmail.com	07811 064 707
Martine Egan	Fareham, Hants	martine.egan@talktalk.net	023 9237 1855
Sally Hogg	Arlesford, Hants	sallyhogg@btinternet.com	07771 522 665
Liz Wakelin	Winchester, Hants	liz@wakelin.me.uk	07762 058 889
Julie Nevile	Bentley, Hants	julie.nevile@googlemail.com	07791 646 789
Sarah Ratcliffe	Romsey, Hants	sarah@corecondition.co.uk	07747 792 615
Lois Bates	Farnborough, Hants	lois@diamondpresspilates.com	07786 634 647
Anneli McCullagh	Stockbridge, Hants	annelimccullagh@btopenworld.com	07729 619 662
Lea Blumlein	Petersfield, Hants	lea@petersfieldpilates.com	07921 061 711
Hannah Plom	East Wellow, Hants	hello@pilateswithaplomb.com	07928 067 190
Essex			
Kirsty Bermingham	Great Dunmow	dunmowkirst@googlemail.com	07971 279 476
Christine Hastings	Waltham Abbey	christine.hastings3@ntlworld.com	07843 914 028
Penny Brian	Epping	pennybrianpilates@hotmail.co.uk	07840 389 911
Karen Kidd	Saffron Walden	kkpilates@virginmedia.com	07582 954 582
Julie Sparling	Brentwood	pleasantypilates@gmail.com	07547 433 392
Jan Crawley	Quendon	jcrawley01@me.com	07742 182 272
Becky Dickson	West Mersea	pilatespathway@yahoo.com	07798 657 772
Joanne Thomas	Chelmsford	pilateswrittle@gmail.com	07779 632 691
Catherine Pawsey Ling	Alphamstone	catherinepawseypilates@gmail.com	0781 445 9683
Angela Porter	Chelmsford	angelaporter1304@gmail.com	07793 532 368
Janice Stockton	Saffron Walden	janicestockton1@aol.com	01799 520 714 / 07742 133 356
Nicola Whitehouse	Westcliff-on-Sea	nicki_whitehouse@hotmail.com	07773 230 784
East Anglia (Suffolk, Norfolk)			
Amanda Cooper	Diss, Norfolk	amandapilatesnorfolk@gmail.com	07557 025 513
Sonja Porter	King's Lynn, Norfolk	info@sonjaporterpilates.co.uk	07398 783 520
Audrey Boyle	Orford, Suffolk	audrey.boyle99@gmail.com	07876 633 942
Catherine McLellan	Bury St. Edmunds, Suffolk	info@thepilatespro.com	07951 019 456
Jaime Page	Woodbridge, Suffolk	jpagepilates@gmail.com	07826 191 326
Rosemary Godfrey	Thetford, Suffolk	rosemary@pilatesbody.co.uk	07791 115 421
Rosie Horsfield	Aldeburgh, Suffolk	rosiehorsfield21@gmail.com	07816 814 288
Jayne Shillabeer	Edgefield, Norfolk	jayne@fullmotionpilates.co.uk	07495 053 319
Sandra Worthington	Holt, Norfolk	sandraworthington@hotmail.com	07880 662 888
Cambridgeshire, Northamptonshire			
Jane Staggs	Cambridge, Cambridgeshire	cambetseat@msn.com	01223 312 374
Ursl Robson	Ely, Cambs	ursl.pilates@yahoo.co.uk	07914 583 263
Julie Bloom	Cambridge, Cambridgeshire	julie@pilatesinspiration.co.uk	01763 208 856
Louise Stafford	Towcester, Northants	pilates@louisestafford.co.uk	07747 774 023
Sara Isaacs	Huntingdon, Cambs	sara@pilateswithsara.co.uk	07502 280 858
Chris Thompson	Peterborough, Cambs	chris@zoetic.co.uk	07836 774 775
Rachel Cornell	Cambridge	rachel@zigzagpilates.co.uk	07905 105 081
Francesca Megicks	Fernstanton, Cambs	pilateswithfrancesca@outlook.com	07855 149 015
Lisa Reilly	Ramsey, Cambridgeshire	lisa.pilates@yahoo.co.uk	07512 932 415
Jan Blaber	Northampton	janblaber09@gmail.com	07712 182 544
Karen Grinter	Rushden, Northamptonshire	karen@northantspilates.com	01933 413 700
Worcestershire, Herefordshire, Gloucestershire			
Beverly Lockett	Kidderminster, Worcestershire	bevlockett@btinternet.com	07787 775 768
Ursula Pearson	Upton-upon-Severn, Worcs	ursula@pearsonpilates.co.uk	07804 576 236
Pavla Line	South Littleton, Broom, Abbots Morton & Alcester	pavvaline@aol.com	07747 441 148
Alexandra Lyons	Ledbury, Herefordshire	alexandra@clyons.co.uk	01531 633 447
Jan Barton	Gloucester, Gloucestershire	janbarton2010@hotmail.co.uk	07765 244 761
Karen Brown	South Woodchester & Stroud, Gloucestershire	karen_brown2@me.com	07957 539 634
Philippa Satchwell	Badminton, Glos	phil.satchwell@btinternet.com	07854 518 286
Sally Cullum	Wotton-under-Edge	sallycullum@hotmail.com	07809 759 858
Vicky Bush	Cheltenham Glos	abcpilates@btinternet.com	07934 977 171
Pam Witt	Herefordshire & Worcestershire	pampilates@icloud.com	07747 763 067

Oxfordshire, Trowbridge			
Alyth Yealand	Henley, Oxford	alyth@pilatesabc.co.uk	07521 699 265
Lindsey Kent	Goring on Thames, Oxfordshire	lindseykentpilates@gmail.com	07980 926 056
Sally Bensoussis	Wantage, Oxon	sally.bensoussis@hotmail.com	07776 137 997
Sarah Barlow	Banbury, Oxon	sarah.barlow3@btinternet.com	07860 394 284
Michele Hustler	Witney, Oxon	michele@cotswoldpilates.co.uk	07929 035 262
Claire Willett	Benson, Oxon	claire@millstreampilates.co.uk	07801 298 978
Megan Parry	Wallingford, Oxon	39highest@gmail.com	07962 666 141
Samantha Masters	Chinnor	masters_12@hotmail.com	07921 928 404
Somerset, Wiltshire, Dorset			
Pattie Thornley	Bristol	pattie.thornley@virgin.net	01179 294 632
Andrew Watson	Bath, Somerset	aimspilates@icloud.com	07967 134 586
Caroline Hope-Hawkins	Warminster, Wiltshire	caroline@hhpilates.com	07734 904 193
Tracey Rich	Marlborough, Wilts	pilatesbynature@icloud.com	07769 580 148
Pete Whittet	Dorchester, Dorset	petewhittet@hotmail.com	01305 851 581
Yassamin Amir-Ahmadi	Poole, Dorset	yassaa@hotmail.co.uk	07801 212 233
Gail Hillier	Wimborne, Dorset	gail_hillier@aol.co.uk	07970 618 121
Tracy Summers	Broadstone, Dorset	tracysummerspilates@gmail.com	07833 625 826
Sharon Lorimer	Weymouth, Dorset	sharonlorimer@btinternet.com	07704 578 535
Alex Jephson	Ramsbury, Wiltshire	alex_jephson@hotmail.com	07920 827 694
Kathy Ashdown	Wimborne, Dorchester, Dorset	kathyashdown@peverellpilates.com	07967 655 159
Laura Lane	West Moors, Dorset	laura_s_lane@yahoo.co.uk	07539 226 514
Devon, Cornwall			
Annette Nuttall	Exeter, Devon	annette.pilates@gmail.com	07598 120 515
Lauren Bannister	Umberleigh, Devon	info@tawvalleypilates.co.uk	01769 580 618
Rebecca Hoddinott	Exeter, Devon	rhoddinott@btopenworld.com	07841 429 412
Michelle Elliott	Exeter, Devon	mail@pilateswithprecision.co.uk	07886 944 540
Abigail Ashton	Dartmouth, Devon	abbie@pilates-sessions.co.uk	07870 862 139
Ruth Harris	Yelverton, Devon	ruthharrisilates@btinternet.com	07887 644 381
Marina Huxley	St. Agnes, Cornwall	info@marinahuxleypilates.com	07852 429 555
Grace Brodie	Sidmouth, Devon	info@redbaypilates.co.uk	07500 112 646
Franny Morris	Totnes, Devon	frannymorris@nhs.net	01803 865 363 / 07590 506 027
Lynn Wise	Helston, Cornwall	lizardpilatescornwall@gmail.com	07754 891 897
Derbyshire, Nottinghamshire, Leicestershire, Northamptonshire			
Flo Batt	Burrough on the Hill, Leicestershire	flo.batt@icloud.com	07786 963 294
Louise Dare	Market Harborough, Leics	info@louisedarepilates.co.uk	07951 134 342
Emma Bradbury	Moulton, Northamptonshire	emma@emmabfit.com	07775 860 751
East Midlands			
Debbie Lynn	Lincoln	pilates4u@ntlworld.com	01522 530 194
West Midlands, Warwickshire, Staffordshire, Shropshire			
Zoe Williams	Wolverhampton, Midlands	zoe@zestforpilates.co.uk	07546 146 246
Lisa Shirley	Stoke-on-Trent, Staffs	redpilates@live.com	07816 879 095
Siobhan Gray	Brewood, Staffs	info@brewoodpilates.co.uk	07875 082 411
Louise Purkess	Tamworth, Staffs	louisepurkess@btinternet.com	07790 349 143
Ruth Corrigan	Newport, Shrops	ruthcorrigan@aol.com	07792 843 583
Alison Petitjean	Denstone, Staffs	alison0961@gmail.com	07412 271 792
Justine Rogers	Dudley, W.Midlands	justine.rogers1@btinternet.com	07970 244 638
Greater Manchester, Merseyside, Cheshire, Lancashire			
Sue Napier	Uppermill, Greater Manchester	suenapier@uwclub.net	07929 528 847
Lynne Hardy	West Kirby, Merseyside	lynnehardy@hotmail.co.uk	07795 030 156
Jules Hardman	Alderley Edge, Cheshire	juleshardman.pilates@me.com	07854 545 466
Ruth Partington	Maccelsfield, Cheshire	ruth@rppilates.co.uk	07976 621 069
Amanda Parr	Alderley Edge, Cheshire	mandy.parr@lineone.net	07771 752 816
Julie Revell	Wilmslow, Cheshire	julie.revell@btinternet.com	07841 878 096
Helen Carter	Blackburn, Lancs	helenrcarterpilates@yahoo.co.uk	07954 363 106
Madge Slater	Maccelsfield, Cheshire	pilatesmaccelsfield@live.com	07789 710 273
Claire Maulkin	Bispham, Lancs	info@the-balance.co.uk	07599 659 154
Juliette Watkins	Springhead, Uppermill & Delph/Dobcross	juliette@highperformancestudio.co.uk	07973 383 103
Martine Cale	Bolton & Horwich	martine@pilatesperfect.co.uk	07970 213 830
Yorkshire			
Helen Smith	Northallerton, North Yorkshire	helen@thepilatesstudiodyarm.co.uk	07702 300 960
Rebecca Lord	York, North Yorkshire	rbmlord@gmail.com	07760 248 111
Sarah West	Otley, North Yorkshire	sarahahwest@gmail.com	07963 003 853
Andrea Chambers	York, North Yorkshire	andrea.c.pilates@gmail.com	07522 709 665
Ian Stephenson	York, North Yorkshire	ijastephenon@btinternet.com	07973 755 717
Sarah Sykes	Haxby, North Yorkshire	ssykes@wvsm.co.uk	07540 061 349
Karen Gillett	Middlesbrough, North Yorkshire	k.gillett22@gmail.com	07884 201 234
Kate Sellars	Wetherby, West Yorkshire	k_sellars@hotmail.com	07944 517 450
Ann Chester	Sheffield, South Yorkshire	annchesterpilates@gmail.com	07900 003 915
Lorna Nicholson	Sheffield, South Yorkshire	lornanpilates@gmail.com	07780 685 367
Charlotte Cirell	Wetherby, West Yorkshire	charlotte.cirell@ntlworld.com	07973 197 367
Sarah Thacker	Doncaster, South Yorkshire	sarah.thacker@whiterosepilates.co.uk	07483 861 163
Rachel Luxon-Robinson	Skipton	rachel.luxon@gmail.com	07989 333 620 / 01282 85 11 08
Cumbria, Northumberland, County Durham			
Janet Arnold	Bishop Auckland, Co Durham	janetpilates@aol.com	07967 620 670
Sarah Wilkinson	Darlington, Co Durham	sarah@swpilates.co.uk	07818 858 351
Scotland			
Anne-Marie Hulme	Inverness	annemarie.hulme@googlemail.com	07834 827 876
Iona Cowderoy	Stirling	icowderoy@me.com	07801 290 486
Jane Meek	Glasgow	janemfr@tiscali.co.uk	07759 182 236
Jennifer Burgess	Aberdeen	jenburgess73@gmail.com	07989 582 889

Sarah Hunt	Morey	sh-pilates-schotland@phoncoop.coop	01309 690 410
Katherine Connolly	Edinburgh	kathb_connolly@yahoo.co.uk	0131 669 3145
Jenny Tyler	Edinburgh	jennytylerpilates@yahoo.co.uk	07584 091 306
Carol West	Banff	carolw.osteo@hotmail.co.uk	01261 839 139
Leone Shaw Tulloch	Campbeltown	leone@lstsolutions.co.uk	07525 487 206
Rhona Gemmell	Glasgow	rhona123@me.com	07836 615 439
Mariana Da Silva Parreira	Glasgow	marianadsp@yahoo.com.ar	07500 618 228
Northern Ireland			
Lucille Cassidy	Co. Antrim	cassidylucille@gmail.com	07793 014 970
Susie Rea	Bangor, C. Down	info@susiereapilates.co.uk	07789 721 822
Sue Small	Craigavon	suesmall@me.com	07817 934 727
Joanne Coleman	Coleraine	info@causewayphysio.com	028 703 59592
Kathryn Drake	Belfast	kathryndrake10@outlook.com	07738 094452
Wales			
Hannah Modget	Monmouth	info@hannahmodget.com	07789 237 853
Becki Stevenson	Carmarthenshire	cothivalleypilates@aol.com	07502 215 827
Singapore			
Tracey Honeyball	Singapore	traceyhoneyball7@aol.com	+65 967 37 825