



## Getting Started: 4 steps to Level 4

Once you have digested all the information and decided to go for the Level 4 Pilates qualification:

1. send in your Registration Form, along with the Registration Fee of £100 (from March 2018 this will become £118 (£90 plus VAT)).  
There is no undue rush – you can book and attend courses without having yet registered, but the earlier we receive your Form, the easier it is for us to log your credits and progress towards the qualification. Please note that the Registration Fee is VAT-inclusive and may be paid by card, cheque or transfer. Sorry, you cannot use your Body Control Pilates Education Season Ticket or Level 4 Pilates Pass to pay for this as this relates to Awarding Body registration.
2. purchase a Level 4 Pilates Pass (whilst available) if you wish to save up to 25% on the cost of courses and assessments related to the qualification. Please see the 'Taking Pilates to another level' flyer for more details.
3. decide what Special Populations courses you would like to count towards your minimum target of 18 credits, remembering that you only gain credits by attending the courses and passing the relevant assessments.
4. think about when you want to do the 'Mandatory' courses, ie 'Movement', 'Adaptations', 'Intermediate Matwork' and initially, for teachers who did not train with Body Control Pilates from the outset, 'Precision of Movement'. It's recommended to plan ahead – we usually publish course dates at least six months in advance.

Our contact details for Level 4 Pilates:

**Body Control Pilates Education Limited**  
**35 Little Russell Street, London, WC1A 2HH**  
**Tel: 0207 636 8900**

Please email [claire.darlow@bodycontrol.co.uk](mailto:claire.darlow@bodycontrol.co.uk) or [amanda.f@bodycontrol.co.uk](mailto:amanda.f@bodycontrol.co.uk)