



# BODY CONTROL PILATES®

Setting standards  
in Pilates

The Pilates Method offers both mind and body conditioning. By helping to rebalance your body, you will achieve the perfect balance of strength and flexibility. Pilates will help you to find, understand and maintain better posture, you will learn how to breathe more efficiently and improve your core stability. By targeting the deep postural muscles of your body, you are literally building strength from the inside out, creating a natural girdle of strength around your torso. Every movement is performed mindfully, with precision and control making it a very safe and effective way to exercise. This mindful approach can also help your mental wellbeing and can help you better cope with unwanted stress and tension.

Perfect for athletes looking to enhance their performance and minimise the risk of injury, Pilates is also ideal for first-time exercisers of all ages. Its slow, controlled approach means that it gives much longer-term results. It is often recommended by medical specialists for those with chronic back problems.

## The Body Control Pilates Method

Body Control Pilates is based on the work of Joseph Pilates (1880-1967), who created a series of exercises that built strength without adding bulk, and balanced that strength with flexibility.

The 'classical' Pilates exercises that he developed may take many years to perfect and may be beyond the capability of the average person. We break those exercises down so that our clients can enjoy the benefits of Pilates whilst working safely and effectively as they move towards the more advanced exercises. In this way, Body Control Pilates teachers are able to work with those new to Pilates or needing rehabilitation after an injury or operation, as well as challenge the skills and stamina of elite athletes. Our exercises are part of the training regime of many professional athletes and international teams, including Olympic gold medal winners and Premier League footballers. Whether you want to work on a one-to-one basis or in a group class, using matwork exercises or studio equipment, your Body Control Pilates teacher can help you achieve your goals.

## Why Body Control Pilates?

We have been training teachers since 1996 with the mission to bring the benefits of Pilates to all through our international network of more than 1,500 teachers. The Body Control Pilates teacher training course that all of our teachers have successfully completed is the most comprehensive of its kind in the world and is widely seen as an international benchmark. Once qualified, Body Control Pilates teachers then have access to more than thirty other courses to ensure that they have the right skills and knowledge to work with clients of all levels. More than 25 years on, Body Control Pilates continues to enjoy an excellent reputation for the effectiveness and quality of its teaching.

What sets us apart?

### A PROGRESSIVE APPROACH

We teach good movement skills step-by-step, which will ultimately give you the strength and flexibility you need to perform the more advanced classical Pilates exercises.

### QUALITY OF TEACHING

Our training courses focus not only on teaching the range of exercises to our teachers, but also on how to teach them well and to adapt them to suit each client.

### SAFELY ACHIEVING YOUR GOALS

Before your first session, your Body Control Pilates teacher will ask you to complete an enrolment form. They will ask for details of any injuries or conditions and discuss what you want to achieve from your Pilates sessions. They will then plan a programme to help you progress safely towards achieving those goals.

### SMALL CLASS SIZES

All Body Control Pilates teachers work to a maximum group class size of 12. This ensures close supervision and support from your teacher, whether classes are taking place on a face-to-face basis or online.

### OUR CODE OF PRACTICE

Body Control Pilates teachers adhere to a Code of Practice that governs teaching standards and professional ethics. All teachers hold valid insurance and CPR Basic Life Support certification.

## Pilates Standards

Body Control Pilates has played a key role in the development of standards governing Pilates education in the UK and the European Union. All our teachers are accredited against the new matwork standard introduced by the Society for the Pilates Method in 2021 and the previous 'Level 3 Pilates' standard. Many hold additional qualifications in areas including studio equipment, pregnancy, bone health, low back pain, and Pilates for older adults.



*"In ten sessions you'll feel the difference, in twenty you'll see the difference, and in thirty you'll have a new body."*

JOSEPH PILATES

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## Body Control Pilates

### A Symbol of Excellence in Pilates

For more than 25 years, Body Control Pilates has been widely seen as a benchmark for safe and effective teaching of the highest quality. One of the world's largest professional Pilates organisations, a list of all certified Body Control Pilates teachers, along with their qualifications, location, and contact details, can be found in our 'Find a Teacher' section at [www.bodycontrolpilates.com](http://www.bodycontrolpilates.com)

All have, at a minimum, completed a comprehensive training course in Body Control Pilates matwork and work to the mentioned Code of Practice. This ensures that teachers continue to build their own skills and knowledge on a regular basis.

Look for the Body Control Pilates kitemark as a symbol of teaching excellence.



*"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  
Founder and Director