

Development Weekend 2022

Booking & payment form

BODY CONTROL
PILATES®

Saturday 24th & Sunday 25th September 2022

The Royal College of Physicians,
11 St. Andrew's Place, Regent's Park, London, NW1 4LE

Development Weekend



PART 1 – BOOKING FORM



We recommend saving this to your computer, completing it, saving again, and then emailing it as an attachment to dw30@bodycontrol.co.uk

Please indicate your session order of preference by putting 1-4 in the boxes, where '1' is your first choice. If you do not indicate reserve choices, we will allocate based on availability.

SATURDAY

Block 1

9.15am – 10.15am

WELCOME CLASSES

1.1

Pilates meets the Franklin Method
Tom McCook

1.2

Let's get this party started
Maria Earle

1.3

Exploration through Movement
Nathan Gardner

1.4

Full Body Focus
Brenda Nassali-Liston

1.5

Dynamic Accessories Class
Kate Hodder

1.6

Move to your Max
Sarah-Louise Warden

1.7

REFORMER
Be Reformer Ready!
Bridget Montague

Block 2

11.15am – 12.45pm

2.1

LECTURE
Understanding the Foot
James Earls

2.2

LECTURE
The Fearless Spine
Cameron Angus

2.3

Breathe Better, Move Better
Tom McCook

2.4

Simple Cues for Complex Concepts
Cara Reeser

2.5

Advancing on the Mat
Maria Earle

2.6

Pilates with a Twist
Jenny Tyler

2.7

Bring on the Band!
Paul Howse

2.8

Matwork Pilates in 3D
Duncan Orrock

2.9

REFORMER
3D Movement on the Reformer
Michael Fritzke & Ton Voogt

Block 3

1.45pm – 3.15pm

3.1

LECTURE
Connective Tissue Disease
Tom Hewetson

3.2

LECTURE
Runner's Knee
Ian Sadler

3.3

Youthful Spine
Tom McCook

3.4

Pilates Plus
Miranda Bass

3.5

Rolling through the Spine
Michael Fritzke & Ton Voogt

3.6

Understanding the Foot – the Practical
James Earls

3.7

Approaches to teaching Pilates
Melanie Christou

3.8

Fearless Spine – the Practical
Cameron Angus

3.9

REFORMER
Advanced Reformer
Cara Reeser

Block 4

3.45pm – 5.15pm

4.1

LECTURE
Osteoarthritis and Rheumatoid Arthritis
Tom Hewetson

4.2

LECTURE
Hypermobility-related Problems
Jane Simmonds

4.3

Movements Matter
Nathan Gardner

4.4

Strategies for Spinal Extension
Cara Reeser

4.5

Keep your hands to yourself!
Michael Fritzke & Ton Voogt

4.6

Let's play on the Arc
Maria Earle

4.7

Gait Analysis
Ian Sadler

4.8

WUNDA CHAIR
A Balanced Approach
Miranda Bass

4.9

REFORMER
Progressions for Postural Balance
Tom McCook

PART 1 – BOOKING FORM

SUNDAY

Block 5

9.00am – 10.00am

WELCOME CLASSES



5.1

Breathe and Release
Conchita del Campo



5.2

Matwork Moves
Sam Armstrong



5.3

Planes, Bands and Overballs
Paul Howse



5.4

Morning Movement Flow
Kathy King



5.5

Stretch and Flow
Jacquie Biggs



5.6

REGENT'S PARK RUN!
A Run Around the Park!
Duncan Orrock



5.7

REFORMER
Push and Pull
Rachel Bish



5.8

WUNDA CHAIR
Rise and Shine!
Michael Fritzke & Ton Voogt

Block 6

10.15am – 11.45pm



6.1

LECTURE
Understanding Long Covid
Lorna Nicholson



6.2

LECTURE
Story of Joe & Pilates Development
Ken Endelman



6.3

Joint Mobility and Myofascial Loading
Tom McCook



6.4

Proprioceptive Tools for Standing
Birthe Brosolat



6.5

TriadBall Techniques
Michael Fritzke & Ton Voogt



6.6

It was all Yellow (Bands)
Conchita del Campo



6.7

Stronger Neck and Freer Shoulders
Cara Reeser



6.8

WUNDA CHAIR
Progressions on the Exo Chair
Maria Earle



6.9

REFORMER
Relevant Reformer Repertoire
Nathan Gardner

Block 7

12.00pm – 1.30pm



7.1

LECTURE
Orthotic Insoles Uses and Abuses
Ian Sadler



7.2

LECTURE
Understanding Functional Anatomy
James Earls



7.3

Dynamic Fascial Stretching
Tom McCook



7.4

3D Matwork Pilates
Duncan Orrock



7.5

Arm Support
Michael Fritzke & Ton Voogt



7.6

Bi-planar Pilates
Paul Howse



7.7

That Head and Neck Session
Cameron Angus



7.8

REFORMER
Advanced Pilates Reformer
Cara Reeser

Block 8

2.45pm – 4.15pm



8.1

LECTURE
The Pilates Rehab-er
Cameron Angus



8.2

LECTURE
Understanding Long Covid
Lorna Nicholson



8.3

Advancing on the Mat
Maria Earle



8.4

Functional Anatomy – the Practical
James Earls



8.5

CSI for the SI
Michael Fritzke & Ton Voogt



8.6

The Inner Gym
Cara Reeser



8.7

Career Management for Pilates Teachers
Lynne Cavanagh-Cole
and Melanie Christou



8.8

REFORMER
Progressions for Postural Balance
Tom McCook

PART 2 – MAKING YOUR PAYMENT FOR DW30

PAYMENT DETAILS

Your name

How much are you paying?

Please let us know how you are paying:

☐

I am making a bank transfer (*BACS or IBAN*)

☐

I am paying by TransferWise

☐

I am paying via Paypal

☐

I will give the office a call to pay by card (*debit, credit, Amex*)

Date

All done?

Then please email this as an attachment to dw30@bodycontrol.co.uk

If you have technical problems, please feel free to email your choices and payment confirmation to dw30@bodycontrol.co.uk

See you there!

BANK TRANSFERS

Account: Body Control Pilates Association
Sort Code: 30-97-49
Account: 01451272

INTERNATIONAL BANK TRANSFERS

Body Control Pilates Association,
Lloyds Bank, Sevenoaks, Kent
BIC: LOYDGB21125
IBAN: GB74 LOYD 3097 4901 451272

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CREDIT CARD/AMEX

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+44 (0)20 7636 8900

PAYPAL

You can also pay by card by going to www.paypal.com and entering the email address sarahb@bodycontrol.co.uk – click on 'Goods and Services' and you can pay by debit or credit card. This will come through to our Academy account. Please give 'DW30' as the reference.

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