

Development Weekend 2022 Programme

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



WELCOME TO DEVELOPMENT WEEKEND 30

We've finally made it to our 30th Development Weekend after far too long a wait. I have a feeling that everything we've all been through over the last two years is going to make DW30 even more memorable than usual – we've a lot to catch up on!

The experiences of the last two years have reinforced how unique Body Control Pilates is in the Pilates world in terms of our teacher and student community. While our very special team of tutors, class teachers and, of course, the office staff, have done everything they can to support our members and students, it's been a two-way process and we have to thank each and every one of you for the way in which you have embraced all the changes in terms of how we deliver our courses and made everything generally work so well and run so smoothly.

Development Weekends have always been the cornerstone of our year, when everyone comes together to learn, to renew acquaintances, to enjoy being together, and to recharge their teaching batteries. I'm so pleased that we can now get back into that 'routine' again!

The Body Control Pilates community now spans almost 60 countries and we look forward to welcoming to DW30 a large number of our international members who already have their flights and hotels booked.

We have a great line-up of presenters and topics this year, with over 65 workshops, lectures, and classes on offer over the weekend. As ever, a huge 'thank you' to each and every one of them. I would like to give a special welcome to Maria Earle, who is joining us for the first time, and to Body Control Pilates teachers Brenda Nassali-Liston and Jacquie Biggs who are making their DW debuts.

A very warm 'Welcome Back' to many familiar and much-loved international faces, (Cara Reeser, Michael Fritzke, Ton Voogt, Tom McCook – and Ken Endelman, CEO of Balanced Body). Ken has played a pivotal role in the development of Pilates for over four decades and it's a pleasure to have him with us. A welcome also to our guest presenters from the UK (Ian Sadler, James Earls, Jane Simmonds, Tom Hewetson and Cameron Angus). And a huge 'thank you' as always to our talented team of Body Control Pilates presenters. We appreciate the amount of preparation and knowledge that goes into each and every session delivered.

I can't close without giving a very special mention to our 'DW Team' who do such an amazing job before, during, and after the event to ensure a smooth passage. It's always a real privilege and a pleasure to work with them. Please feel free to give them a hug (virtual or otherwise) when you see them at the Weekend!

Lynne and I very much hope that you can join us for all or part of this very special event.



Leigh Robinson
Group Managing Director

DW30 HEADLINES

- Please check in upon arrival to collect your complimentary DW30 Delegate Pack, worth over £60
- Saturday kicks off at 9.15am with Welcome Classes
- The opening Plenary Session takes place at 10.30am on Saturday in the Wolfson Theatre
- 1-hour lunch break on Saturday at 12.45pm. We recommend you bring your lunch, but you can pop along the road to Pret or other cafes around Great Portland Street tube station. You can also find a Tesco Express there. The Royal College will also offer a limited service of sandwiches and soft drinks to purchase.
- Early morning classes start at 9am on Sunday. Don't worry, if you arrive late you can still join in!
- Join us for lunch (hopefully on the lawn as usual) at 1.30pm on Sunday
- Please take time to visit our Partner Stands during the breaks.
- CPD for DW30 is 60 List A Points for the weekend, 30 List A for Saturday or Sunday.

KEEPING YOU COVID-SECURE

Whilst we are currently seeing an increase in Covid cases in the UK – as predicted after the Platinum Jubilee celebrations – numbers are expected to fall again through summer and autumn. We will remain vigilant and will be offering a late cancellation 'education credit' for anyone who cannot attend due to contracting Covid. Protocols in place over the weekend to minimise risk include:

- Every attendee will receive their own DW30 Delegate Pack, including a roll-up mat, head cushion, Sissel band, and Pilates overball. This means that there will be less sharing of equipment over the weekend. Each Pack will also include a small bottle of Carex sanitising hand gel.
- The Royal College will have a number of staff on hand to ensure the regular sanitisation of surfaces in the common areas. Being essentially a medical college, we are in the safest of hands!
- Whilst the Royal College is a very large and very airy venue, we will be setting lower maximum numbers per session compared to previous DWs.
- Our DW30 Team will be keeping an eye on the wiping down of large equipment (Reformers, Chairs) after sessions, as well as of any general accessories used.

CONFERENCE SCHEDULE

Saturday 24th September 2022

9.15 - 10.15 **Block 1 Classes**
10.30 - 11.00 **Opening Session**
11.00 - 11.15 Break
11.15 - 12.45 **Block 2**
12.45 - 1.45 Lunch Break
1.45 - 3.15 **Block 3**
3.15 - 3.45 Break
3.45 - 5.15 **Block 4**

Complimentary tea/coffee will be served as follows:

- Ongoing service through to 10.30am
- During the 12.45-1.45pm break
- During the 3.15-3.45pm break

Sunday 25th September 2022

9.00 - 10.00 **Block 5 Classes**
10.15 - 11.45 **Block 6**
11.45 - 12.00 Break
12.00 - 1.30 **Block 7**
1.30 - 2.45 **Buffet Lunch**
2.45 - 4.15 **Block 8**

END

Complimentary tea/coffee will be served as follows:

- Between 9.30-10.15am
- During the lunch break

FEES

Book and pay by Monday 25th July 2022 and get 2019 prices!

	EARLY BIRD RATE (BOOK AND PAY BY MONDAY 25TH JULY 2022!)	STANDARD RATE (AFTER 26TH JULY 2022!)
Full weekend (incl. Sunday lunch)	£350.00	£390.00
Saturday only	£235.00	£270.00
Sunday only (incl. lunch)	£245.00	£270.00

Please note

- Our preferred method of payment is bank transfer, Paypal or Transferwise.
- Just transfer the relevant fee to us at the account below making sure that you include your name and 'DW30' as reference.
- We MUST receive your transfer before we can process your application.
- Normal cancellation charges apply – no charge if you cancel your booking before August 19th.
- Sorry, there are no Academy discounts or use of credits for Development Weekend payments.

Payment details

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**

CREDIT CARD/AMEX

Please call the office on
+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.

TRANSFERWISE

If you're paying from outside the UK, why not have a look at www.transferwise.com as this is a quick and low-cost way of transferring money. You just need to register and you can set up a transfer to the above UK bank account.

WHEN BOOKING

- Please return your Booking Form by **email**, giving alternative choices.
- Bookings are processed strictly on a date received and payment confirmed basis
- If you do not give alternative session choices, you will be allocated a session according to availability. If you do not return your Booking Form in the first few days, it is highly unlikely that you will get all of your first-choice sessions.
- Whilst we will do our best to give you your first choices, this cannot be guaranteed for practical sessions in particular.
- Unless indicated, sessions are open to all levels of experience and ability. You must be Reformer-qualified or Chair-qualified to attend Reformer/Chair workshops or have Reformer/Chair

experience to join the Reformer/Chair morning classes. Please take this into account when selecting your sessions as it is your responsibility to book into the session that is right for you.

- When in sessions, it is for you to decide if you need to adapt or sit an exercise out to avoid the risk of injury. You are not expected to do anything outside your comfort zone.
- Remember that some of the content you learn at DW may be more suitable for you than for all of your clients. It is your call as to whether and how you apply what you have learnt to your future classes and sessions.
- By booking, you are deemed to have accepted the Cancellation Policy below.

CANCELLATION POLICY

The following charges will apply without exception for cancellations:

- On or before Friday 19th August 2022 **no charge**
- Between 20th and 31st August 2022 **£50.00**
- On or after 1st September 2022 **£125.00**
- 'No show' **100% of fees paid**

We reserve the right to change the schedule in the event of presenter illness or cancellation. Should this happen, Body Control Pilates will not be liable for any refunds. When booking, you are deemed to have accepted this clause.

Should you have to cancel at very short notice due to you testing positive for Covid, we will give you an education credit of 75% of the fees paid. This must be used within six months on courses or classes organised by Body Control Pilates. You must provide evidence of a positive PCR test to be eligible for this credit.



ON THE DAY

- You will find a location map for the Royal College of Physicians below.
- Nearest tube stations are [Great Portland Street](#) and [Regent's Park](#) – but, as ever, please check engineering! We try to send a travel update out in the week ahead of the DW.
- Parking is available at the College for £25 per day payable directly to the College (pre-booking not necessary).
- Metered on-street parking is available by the College – [Sunday on-street parking is not free](#) unless you are on a single yellow line. Do not park in any Resident Parking bays as you will get towed!
- Upon arrival:
 - please leave any large bags or suitcases downstairs in the Cloakroom. You will be given a numbered ticket. The cloakroom is manned by College staff through the weekend.
 - go straight to the Registration Desk to pick up your Delegate Bag and name badge.
- More detailed information will be given near the time.

HOTELS

There are a number of hotels within striking distance of the Royal College, with prices ranging from reasonable to expensive! We have

always suggested having a look at the following (in ascending order of price):



A: Hub by Premier Inn

10 minutes' walk
0333 321 3104

B: Travelodge London Euston

10 minutes' walk
0871 984 6332

C: Holiday Inn Regent's Park

5 minutes' walk
0371 942 9111

D: Melia White House

2 minutes' walk
0808 234 1953

Or have a look at this link on TripAdvisor: The 10 Closest Hotels to Royal College of Physicians, London <https://bit.ly/3xteAFT>

THANKS!

MAIN EQUIPMENT PARTNERS



A special 'thank you' once again to our main equipment sponsor Balanced Body for the provision of Allegro Reformers, Exo Chairs, and other accessories for this year's conference.

For more information on the Balanced Body range of products and to purchase some of the items used in workshops during

the weekend, please visit their stand during the conference. More product information can be found at www.pilates.com and you can also pre-order conference equipment by contacting Jayson O'Donahue at jayson.odonahue@pilates.com

Balanced Body are also offering some exclusive DW30 packages to our members – please see the advertisement in this brochure.



We'd also like to say a big thank you to Sissel for providing balls, bands, loops and more for this year's workshop sessions! You can find the lovely team from Sissel at their stand where they will be selling workshop equipment at discounted prices.

DELEGATE BAGS

A special thank you to the following for generously supplying the exercise items for your DW30 Delegate Bag.



CONFERENCE PARTNERS WITH STANDS

Thank you also to our various conference partners for their support, including:

ASQUITH

Asquith

For the past 20 years, Asquith has been putting people and the planet at the forefront of everything they do. Their amazingly soft, ethical collections are made from fabrics powered by plants, breathable bamboo, planet-friendly organic cotton and their unique trademarked performance fabric, Bambor®.

www.asquithlondon.com



ClassSwap

ClassSwap™ is an on-line class swap system designed for Pilates studios and is bundled with unique safeguards and features. A perfect solution for you and your clients as clients easily manage their own swaps releasing more time for you.

www.classswap.co.uk

CORREXIKO

Correxiko

Correxiko is a sustainably sourced collagen range created by a British medical doctor.

www.correxiko.com



Handspring

Handspring Publishing is the leading professional publisher of evidence-based educational and reference books in the manual therapy, bodywork and movement therapy fields.

www.handspringpublishing.com



ILU Fitwear

Beautiful activewear for real life. Feminine, flattering and functional slow fashion, responsibly sourced and ethically produced in Europe. Now adaptive and beyond.

www.ilufitwear.com



Pulseroll

Pulseroll specialise in percussion muscle therapy devices, and we believe that preparation and recovery is a part of everyday life, irrespective of the ability of the individual, we can all *Keep Moving!* Pulseroll's wide range of scientifically proven products are used by elite athletes across many sporting disciplines, including over 50 team GB Olympians and Premier League footballers.

www.pulseroll.com



Sissel

Healthy sitting, sleeping, moving and well-being. Welcome to our SISSEL® health world. The natural way to improve your well-being. SISSEL® - The natural way of Sweden - is a trend-setter in this regard. This claim stands for our philosophy to develop natural, simple but effective products for your well-being and your health. But it also represents a clear commitment to the Swedish roots of the SISSEL® GmbH and its founders.

www.sisseluk.com



Tavi Apparel

Prepare to enter a new world of design-meets-function, and luxury-meets-performance. TAVI Apparel exist in a realm where ordinary has no place, because only the highest performing pieces make the cut.

www.mad-hq.com



TeamUp

TeamUp is the leading booking software to take the complexity out of managing your Pilates studio. TeamUp's software is designed and built to empower you and your community with flexible tools, a rich feature-set of business management, and everything you need to run the best version of your studio.

www.goteamup.com



ToeSox

Its unique five-toe design allows the entire foot to perform naturally, encouraging the toes to separate and activate the muscles in the feet.

www.mad-hq.com



Tropic

Tropic Skincare is an award winning, vegan, cruelty free, British skincare brand ... leading the way in natural, healthy, eco friendly and empowering beauty products.

www.tropicskincare.com/sarahcrook

OTHER PARTNERS



Physique

Physique Management are a leading sports healthcare product supplier and proud partner of Body Control Pilates. Visit their website to view their extensive range including a large selection of Pilates essentials and use code BCPilates for 10% off non-promotional items.

www.physique.co.uk



land&water

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www.land-and-water.co.uk

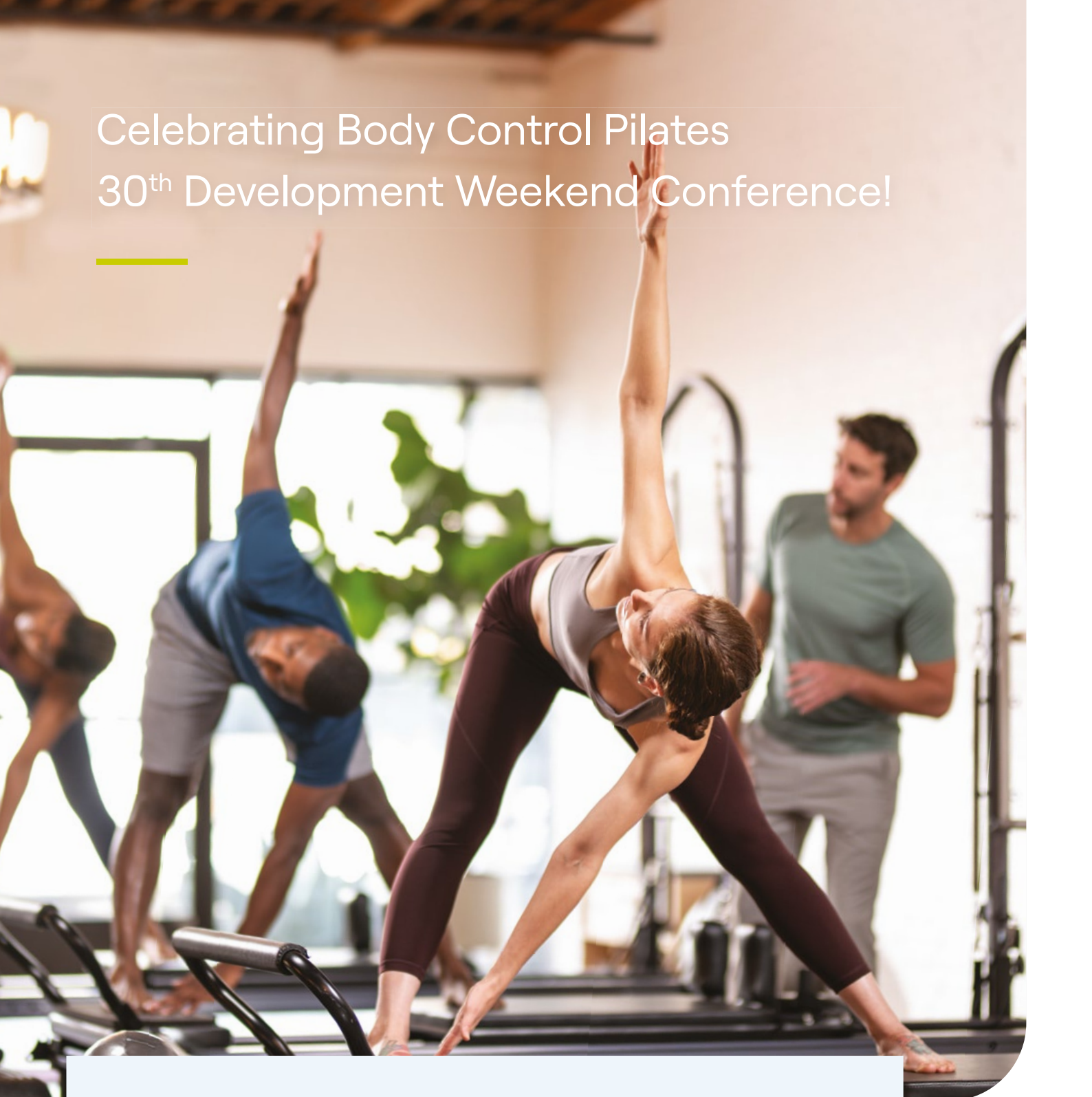


Pentire

Born from a love of surfing at dawn, exploring the local headlands and foraging for hidden coastal treasures, Pentire has been made for active individuals who seek to make the most of tomorrow. Its non-alcoholic spirits use distilled local botanicals which thrive in the unique microclimate of the eponymous headlands, providing a delicious, refreshing serve to enjoy with friends.

www.pentiredrinks.com





Celebrating Body Control Pilates 30th Development Weekend Conference!

In Honour of your 30th Development Weekend,
Body Control Pilates Members can purchase:

- Exclusive Allegro® Reformer bundle including Sitting Box Lite
- Exclusive EXO® Chair bundle including Pole and Mat
- Studio Reformer® and Pilates Arc™ with Special Savings

For more information and pricing, please contact:
jayson.odonahue@pilates.com | +1 916-388-2838



PROGRAMME

Saturday / Welcome Classes – Block 1 9.15am – 10.15am

Matwork unless stated

1.1 Pilates meets the Franklin Method

Tom McCook

Tom will combine Franklin Method warm-ups with traditional and contemporary Pilates mat exercises for dynamic stability, muscular balance, movement efficiency, enhanced mental focus and improved conditioning. You will use standing gait-related mobility and active loading to improve function and a balanced movement experience.

1.2 Let's get this party started

Maria Earle

Maria's various online workshops for Body Control Pilates teachers over the last two years have been very popular and very well-received. Join her now for her inaugural DW mat class!

1.3 Exploration through Movement

Nathan Gardner

Kick off DW30 with a movement class designed to invigorate your body and prepare your mind for the learning experience ahead. A blend of light to intermediate exercises, the focus of this class is YOU and your preparation for the weekend. Exercises will be delivered in a permissive and open manner, allowing individual experiences and outcomes to be explored through a process of introspection. Bring an open mind, leave expectation at the door, and follow the instructions that come from within, guided by suggestions that come from within the room.

1.4 Full Body Focus

Brenda Nassali-Liston

A full body warm-up to set you up for the day with a focus on balanced joint movement leading to full body integration. Suitable for all levels.

1.5 Dynamic Accessories Class

Kate Hodder

Join Kate for a dynamic and challenging class using bands and Pilates overballs.

1.6 Move to your Max

Sarah-Louise Warden

As Pilates teachers, we sometimes get a little fearful of achieving our full potential, for fear of uncontrolled movement. With the use of the small ball and band this class will gradually warm you up then look at how to move to the best of your potential.

REFORMER

1.7 Be Reformer Ready!

Bridget Montague

A dynamic and energising warm up class on the Reformer to get you ready for the Weekend!



YOU MUST BE REFORMER-QUALIFIED TO JOIN THIS INTERMEDIATE LEVEL CLASS.

PROGRAMME

Saturday / Opening Session 10.30am – 11.00am

Introductory Remarks from Leigh Robinson

A very warm welcome to our long-overdue 30th Development Weekend! Leigh will give an overview of the Weekend's events and update you on the latest Body Control Pilates news and developments.

Saturday / Block 2 11.15am – 12.45pm

2.1 Understanding the Foot – The Lecture James Earls

LECTURE (FOLLOWED BY OPTIONAL PRACTICAL SESSION 3.6)

The human foot has got a lot of attention in the last few years - and rightly so!! As Leonardo Da Vinci pointed out, the foot is a wonderful piece of engineering. But this presentation is as much about the rest of the body as it is about the foot.

The foot is the new Cinderella of the anatomy. It used to be fascia but now it's all about the foot. We're all wearing minimalist shoes, going barefoot in chilly rivers, or putting toe spacers where only the jam used to hide.

This short introduction will explore many of the principles behind functional anatomy to open our minds to understand anatomy instead of just learning it. We will explore the functions of the foot, and how the shape and alignment of bones assist the muscles and tendons to achieve each function. We will explore energy and movement efficiency and the relationship between ranges of motion in the foot and the rest of the body.

By looking at the foot, we are seeing a microcosm of the rest of the human body and we will use it as a model to appreciate our movement strategies.

2.2 The Fearless Spine: The Talk and The Walk, Twist and Rock & Roll! Cameron Angus

LECTURE (FOLLOWED BY OPTIONAL PRACTICAL SESSION 3.8)

The Fearless Spine initiative is now over ten years old. New evidence is helping us continue to learn that it is the overcoming of concerns, worries, misinformation, inappropriate movement and thinking, outdated therapy and teaching that is the biggest issue in back pain management and recovery. Overcoming the fear of moving and enjoying a joyful fearless movement and mindful life lies in a strategy that changes movement and cognitive (thinking) behaviour for all issues. As movement teachers we are at the front line of this and how we approach and project ourselves to our clients is probably the most important key to success.

We will review the current evidence and explore how we go about adopting and changing behaviour. We will consider how we listen to our clients and ourselves via words and movement to better understand a way forward. We will learn the questions and listening you need to do; become aware of bias and behaviour; and learn some strategies to both understand and make change to help the fearful spine client with their kinesiophobia.

We will also look to the deeper layers of your opportunities and skills as a movement teacher (a somatic mindbody alchemist!) to both understand and gain tools to be more effective for those with back pain and more.

PROGRAMME

2.3 Breathe Better, Move Better Tom McCook

PRACTICAL

Let's practise together improving what we do all the time to enhance our movement practice, overall health, longevity and resilience in life. Come and join Tom to better understand and embody how to breath better, thereby moving better and cultivating a centered presence. We'll combine the Franklin Method with Pilates exercises to both empower our overall wellness and assist in performing the Pilates exercises with greater awareness, skill and efficiency from the inside out!

2.4 Simple Cues for Complex Concepts Cara Reeser

PRACTICAL

In Pilates and in life, there are times when we need segmental motion (or "articulation") of our lumbar spine and times when we need stiffness (or "stabilization"). These seemingly contradictory demands can be understood as calling for two aspects of the same skill: selective motor control. Developing this control in the lumbar spine requires addressing the relationship between the pelvis and the legs at the hip joint. In this course, we will learn simple, effective strategies for coaching lumbo-pelvic control via the bony landmarks of the hip. We will see that the same simple cues can be applied to the most complex movements of the Pilates repertoire and used with all of the various populations that we see as Pilates teachers.

2.5 Advancing on the Mat Maria Earle

PRACTICAL

Maria will look closely at teaching strategies and tactile assists that safely build the clients strength and confidence so that they will meet the challenge of the advanced Mat exercises successfully and ultimately fulfil their fullest and most invigorating movement potential. Gain new understanding of the advanced Mat work as we reverse engineer a selection of exercises by breaking them down into the fundamental parts or motor skills and then build them back up with more clarity and sense of purpose. This workshop is ideal for anyone who wants to take their teaching practice to the next level.

2.6 Pilates with a Twist Jenny Tyler

PRACTICAL

Rotation is often a "forgotten" movement in our sagittal-based busy lives – and probably more so than ever with the change in our work dynamics. This practical session looks at spinal, hip and shoulder rotation movement and freedom/ease, discusses where rotation should happen (and where it often comes from as a compensation), and also looks at how some of our traditional Pilates exercises can challenge our body in countering rotation.

2.7 Bring on the Band! Paul Howse

PRACTICAL

Paul will work you hard in this session showing you how using stretch bands can add either resistance or assistance to our matwork repertoire. This easy and portable piece of Pilates equipment can be used in so many different ways to either make an exercise more challenging or to give that sometimes much-needed support and feedback. This will be a very practical workshop where you will all move together looking at different possibilities with the bands. You will also look at using sets and reps to give your sessions an extra boost!

Paul uses this piece of equipment more than any other and will give you different ideas and exercises to take straight back to your classes on Monday! Suitable for newly-qualified and experienced teachers alike.

2.8 Matwork Pilates in 3D Duncan Orrock

PRACTICAL

This workshop is all about balanced movement - if movement is dynamic then our stability needs to be dynamic too. Flexibility is passive movement whereas this session looks at mobility, which is all about active movement, holding stability within a bigger range. Rather than focusing on control in very specific planes, we will look much more at intermuscular control, bringing coordination and control to all joints involved in movements. Stability isn't about restricting ranges to stay safe - it's about being able to control the full ranges of all our movements, bringing balance to the whole system.

REFORMER

2.9 3D Movement on the Reformer Michael Fritzke & Ton Voogt



PRACTICAL (FOR REFORMER-QUALIFIED PARTICIPANTS ONLY)

The Reformer is a linear piece of equipment. All the lines are straight and the carriage moves back and forward. However, when our body moves, it moves in multiple planes and around several axis at the same time. Our body moves in 3D. In this workshop you will experience how you can create functional 3D movements that use all of our axes and planes.

PROGRAMME

Saturday / Block 3 1.45pm – 3.15pm

3.1 Connective Tissue Disease (Hypermobility Spectrum Disorder) Tom Hewetson

LECTURE

This session will give you an understanding of what connective tissue diseases and HSD are, and the role of exercise in the wellbeing of people with these conditions. Tom aims to:

- give a background of HSD and how it affects the body.
- emphasise the need for follow up with a self-directed review and research of HSD and the wider connective tissue diseases.
- recommend liaising with experts when working with people with these diseases and disorders
- discuss the role of exercise in the wellbeing of people with connective tissue disorders with emphasis on HSD

3.2 Runner's Knee – The Ground Up View Ian Sadler

LECTURE

Over the past few years, we have seen a huge increase in running. It seems at all levels, we are doing more running - from Couch to 5K, to ParkRun, to increased marathon sign-ups, to those taking up running in lockdown! Yet an increase in running often corresponds with an increase in injury, particularly in the knee.

Runner's Knee is consistently in the top two or three running injuries, but this isn't 'one injury' and it isn't caused by 'pounding the pavement' or by 'impact forces.' So, what is it caused by? And more importantly, how do we fix it?

Ian will discuss various running knee injuries, and what you can do to help your clients recover from, and prevent, knee injuries. Acquire practical insights to help your clients suffering with knee pain and get them back to doing the activities they love.

3.3 Youthful Spine: Effortless Posture with the Franklin Method and Pilates Tom McCook

PRACTICAL

Join Tom to understand how to embody a youthful spine and effortless posture for life! In this workshop you will learn fabulous tools and practices and gain a practical understanding of the design and function of the spine and how to care for it daily. You'll learn self-massage techniques with relevant imagery to release tension, align and organize the spine prior to more demanding conditioning exercises. You'll learn what's needed to have balanced, easeful posture and how to make gravity your friend. We'll combine the Franklin Method and corrective exercises with Pilates mat, targeting key areas for postural balance and spine health. Come join us for an inspiring movement and learning experience.

3.4 Pilates Plus Miranda Bass

PRACTICAL

The Pilates method has always been described by its founder as a mental and physical conditioning system which creates strength with stretch and control. The session will focus on the stretch element of the technique. Without straying from the original repertoire we will explore ways to add extra stretches pre-movement, during movement and post movement.

Tightness can often upset the symmetry of the body as can one-sided weaknesses, so beginning with a good stretch to these tight areas can aid in pain free movement and ease of execution. We will focus on how to breathe into our stretches to encourage a release and reduce pain.

Without losing the format or the flow you will learn how to give you and your students' increased flexibility, essential in achieving some of the repertoire. The extra stretches will help to loosen muscles, tendons, neural paths and, of course, the myofascial net surrounding these tissues. However, this is not a stretch class as such! You will still be working hard on the strength and control aspects of Pilates!

The session is wholly practical with basic notes for you to take home and practise with. It is designed to give you something new to take into your own teaching without making huge changes to what you have already taught. All levels welcome.

3.5 Rolling through the Spine Michael Fritzke & Ton Voogt

PRACTICAL

Joseph Pilates was very clear in his instructions; we need to roll through our spine. But what do we do when our spine does not roll? Why is it so hard for some people to roll through their spine? What can be done about this? In this workshop we will address some of the issues that might prevent your clients to roll and articulate through their spine. We will address different ways of rolling through the spine, as well as specific mobility and strengthening exercises that will have you rolling like never before.

PROGRAMME

3.6 Understanding the Foot – The Practical James Earls

PRACTICAL

Attendance of lecture 2.1 is recommended when booking this workshop. Alternatively, please review James' videos on Body Control Pilates Central prior to attending.

Problems in the feet can reflect elsewhere in the body. The body is tensegrity-like in its structure, it is a complete and interactive thing – make a move in one part and the rest of the structure changes. But, unlike a tensegrity structure, much of the change in the rest of the body is predictable and measurable.

This workshop will explore the differences between ranges of motion at individual joints and how they directly relate to ranges of motion at others. We will discuss the difference between ranges of motion and how we actually move in the real-world using ranges of movement – yes, they are different, and we will explore why that is important and useful to know. We will perform a few assessments and explore ideas for exercises to help improve strength and foot mobility. But most of all, we'll have fun looking at feet.

3.7 Approaches to teaching Pilates Melanie Christou

PRACTICAL

Attend this practical session to learn about teaching approaches and techniques to help you and your clients experience Pilates differently. The intention is for you to come away from the session with some new ideas to try out in your teaching, and to challenge your thinking around teaching Pilates effectively and efficiently. Some areas that we will cover include student-centered teaching, cueing strategies, how to keep your clients engaged and get them moving differently. The content of the session is informed by a mix of sources such as professional experience, learning and teaching and movement science research.

3.8 The Fearless Spine: The Practical Cameron Angus

PRACTICAL (FOLLOWS ON FROM LECTURE 2.2, WHICH YOU MUST HAVE ATTENDED)

Following on from the earlier lecture, now is the time to get practical!

Don't come if you still believe in perfect bodies, movement planes, not bending for safety, tooth fairies etc. Do come if you want to throw some positive words out there, and explore ways to a "joyful, fearless movement attitude".

REFORMER

3.9 The Advanced Pilates Reformer Cara Reeser

PRACTICAL (FOR REFORMER-QUALIFIED PARTICIPANTS ONLY)

In this session we will take a "building blocks" approach to learning a selection of the classical advanced Reformer protocols. These exercises require a high level of motor control, coordination, strength, and flexibility. Together we will learn tools to help manage our trunk whilst weightbearing on our arms, and manage our pelvis in the high-level extension protocols. You will learn valuable tools for performing and teaching the advanced work on the Reformer, and you will have an opportunity to practise in a safe and non-judgmental environment.

PROGRAMME

Saturday / Block 4 3.45pm – 5.15pm

4.1 Osteoarthritis and Rheumatoid Arthritis Tom Hewetson

LECTURE

Tom aims to give you an understanding of what osteoarthritis and rheumatoid arthritis are and of the role of exercise in the wellbeing of people with these conditions. The objectives of this session are to:

- *give a background of how these two problems affect the body*
- *explain the differences between these two conditions*
- *discuss the role of exercise in the wellbeing of people with arthritic changes*

4.2 Hypermobility-related Problems and how can Pilates help Dr. Jane Simmonds

LECTURE

This lecture will provide an overview of the latest developments in the assessment, diagnosis and management of hypermobility-related problems. Drawing on research and incorporating case studies from across the lifespan, Jane will explore the important role Pilates can play as part of the multidisciplinary team in helping people to manage to improve their quality of life.

4.3 Movements Matter – Make SMART choices! Nathan Gardner

PRACTICAL

Time to get SMART with meaningful movement choices in your classes and sessions. We are all familiar with the SMART goal mnemonic but how do we really apply this framework in practice? In this workshop we will explore achievement goal theories alongside practical real-world examples, to guide you through the process of employing this framework effectively. Psychological and physiological well-being agendas all benefit from a structured and reasoned approach. As a Pilates teacher, using movement tasks and exercises to facilitate positive experiences and lasting change for our clients requires objectivity, planning and forethought.

Applying the approaches introduced in this workshop will help you build truly impactful classes, that can make a discernible difference to the well-being and functioning of those that attend them. Whether you are simply selling a fun, feel-good movement experience or offering bespoke targeted movement solutions, specificity, achievability, and relevance are essential considerations for every session plan. Exercise and session objectives should always be considered, and the outcomes reflected upon if the efficacy of our endeavours as teachers is to be considered and validated. Let's get SMART...

4.4 Safe, Stress-Free Strategies for Spinal Extension Cara Reeser

PRACTICAL

In this session we will focus on developing safe and stress-free strategies for well-executed spinal extension in our movement practices. With an eye towards proper alignment and timing of the muscles of our back, posterior hips, neck, and shoulders, we will explore how extension exercises become more accessible for the diverse body types we coach daily. The goal is to gain confidence with spinal extension while increasing mobility and function.

4.5 Keep your hands to yourself! Michael Fritzke & Ton Voogt

PRACTICAL

One of the many challenges of the last couple of years was that we were not able to touch and guide our clients into the movements, either due to social distancing guidelines or because we were all on Zoom. In this workshop you will experience how we use specific cueing, images and props to help our clients to get the feel of the movement/exercise. We will discuss and you will experience how cues, images and props can truly be the helping hand you need.

4.6 Let's Play on the Arc! Maria Earle

PRACTICAL

Lets play on the Arc! Unlock the mat repertoire on the Pilates Arc in new and creative ways. Learn how to use the Pilates Arc to increase strength, balance and spinal flexibility as well as core-support with clients at any level. Discover why the Pilates Arc is known for its versatility and ability to give extra support to clients, especially where the Mat work may be challenging. The workshop offers progressions as well as modifications that will inform and enhance the Mat repertoire.

4.7 Gait Analysis – Are you seeing what you think you're seeing? Ian Sadler

PRACTICAL

Gait analysis is a tool used by many of us in the health and exercise professions. But most of us have never actually been trained how to do it, or what to look for. This workshop breaks down gait analysis to make it easier and more useful - exposing what you're actually seeing and what you might be missing.

PROGRAMME

WUNDA CHAIR

4.8 A Balanced Approach to the Chair Miranda Bass

PRACTICAL (EXPERIENCE OF CHAIR WORK IS HELPFUL, BUT NOT ESSENTIAL)

The Wundachair was the original piece of apparatus Pilates designed to use at home. As you might have seen, it was designed as an arm chair which then converted into the Wundachair. In the studio the chair is used, like the Cadillac, as a 'treatment' platform to target specific problems unique to that client. Later it was used to help train Chinese acrobats and some of the repertoire is the most demanding of all the studio work.

The aim of this session, however, is to teach the repertoire which is accessible to the average body. It is very useful in helping correct scoliosis and many other asymmetries in the body and particularly emphasises balance and control. There are many closed chain exercises for both the arms and hips, knees and feet, which is really the best way to correct shoulder and leg alignment.

We will be using the Balanced Body split-pedal Exo Chair, developed to work both bilaterally and unilaterally and help with imbalances. We will work in partners as the chair work requires a spotter for extra help in balance and alignment, having such a small base of support.

We will work through some of the classical repertoire and some of the new repertoire designed for the split pedal chairs, irrespective of whether you have an Exo or any other type of Chair or whether you have single or split pedal.

REFORMER

4.9 Progressions for Postural Balance & Functional Strength Tom McCook

PRACTICAL (FOR REFORMER-QUALIFIED PARTICIPANTS ONLY)

Come join Tom for this informative and effective Reformer workshop! He'll guide through a wonderful progression emphasising the key areas for postural balance and functional strength. This series is a wonderful counterbalance to modern lifestyles of excessive sitting and head forward posture. Emphasis is on the foot to hip relationship and upper back and shoulder girdle and cueing.

PROGRAMME

Sunday / Block 5 – Welcome Classes 9.00am – 10.00am

5.1 Breathe and Release Conchita del Campo

Focus on enhancing the quality of your exercises by using various breathing and visualisation techniques to integrate the mind and body simultaneously with the aim to release tension and help you connect with your internal organs for a deeper core experience and increased level of control.

5.2 Matwork Moves Sam Armstrong

Enjoy an advanced/intermediate warm-up with Sam. The class will begin at a steady pace to open up the body and will then progress to a more dynamic level.

5.3 Planes, Bands and Overballs Paul Howse

Join Paul for a movement journey using stretch bands and overballs. This will be a flowing class designed to get you warmed up and prepared for your day of learning ahead. Be ready to move your body through all planes! Suitable for new and experienced teachers alike.

5.4 Morning Movement Flow Kathy King

Think of this warm-up session as one big body yawn to prepare yourself for your day.

The emphasis of the class will be on breath-led, conscious flowing movement - combining exercises you know - and perhaps some you don't - in a variety of sequences, always moving from the inside, outwards. The intention is to leave the class feeling connected in both body and mind for your day ahead.

5.5 Stretch and Flow Jacquie Biggs

A full body, flowing, intermediate to advanced level mat class. Jacquie will incorporate some classical mat exercises and lengthening stretches - warming up and preparing the body for the day ahead.

REFORMER

5.7 Push and Pull Rachel Bish

Using the resistance of the springs around the theme of push and pull we will warm up individual joints and then finish with a lovely flow to leave you invigorated and energised both physically and mentally. We will use the Reformer in some conventional and unconventional ways so expect some familiar repertoire and some contemporary exercises. Previous Reformer experience is required.



PREVIOUS REFORMER EXPERIENCE IS REQUIRED.

WUNDA CHAIR

5.8 Rise and Shine! Michael Fritzke & Ton Voogt

This Chair is not for sitting! This energising workout on the Balanced Body Exo Chair will awaken every part of your body and get you ready for the rest of your day. Previous Chair experience is recommended.

REGENT'S PARK RUN

5.6 A Run Around the Park! Duncan Orrock

Not just a catchy title... this class does what it says on the tin! Join Duncan on a 45-minute morning run around Regent's Park after 15 minutes of Pilates as a warm-up!

PROGRAMME

Sunday / Block 6 10.15am – 11.45am

6.1 Understanding Post-Covid 19 Syndrome Lorna Nicholson

LECTURE

An estimated 1 in 10 people who have had Covid 19 will have ongoing symptoms after three months - many are still struggling a year on. Going forward, we are sadly all likely to encounter clients with Long Covid, or maybe you are experiencing this yourself. This interactive lecture is a shortened version of Lorna's very popular and well-received online Long Covid workshops. We will review what we know so far about Long Covid including:

- Who is affected?
- What may be the causes?
- Symptoms
- Management

and will also look at the benefits of Pilates to aid rehabilitation and what adaptations we should consider.

6.2 The Story of Joe and the Development of Pilates: A personal insight Ken Endelman

LECTURE

In his role as Founder and CEO of Balanced Body, based in Sacramento California, Ken has seen Pilates evolve over four decades. He has been actively involved in many key initiatives and has worked closely with First Generation teachers and with other leading teachers and organisations since. He has also taken the time to piece together key aspects of Joe Pilates' history and influences and has compiled an unrivalled archive of materials. Ken will take the time to share his unique insight with us in a session which will also include time for a Q&A session facilitated by Leigh Robinson.

6.3 Three-Dimensional Joint Mobility and Myofascial Loading for Gait Tom McCook

PRACTICAL

Based on the Anatomy in Motion model, Tom will guide you into this effective strategy to upgrade movement function through the gait cycle. We'll review the 5 BIG rules of movement when upright in gravity. We'll look at how the joints move in all 3 planes in the gait cycle and how to put movement back in where it's been lost. We'll practice loading and lengthening the myofascial system in the key phases of gait. We'll also practise theraband exercises specifically for the feet and relevant Pilates mat exercises with a new understanding of the counter rotation of the pelvis and spine to enhance tissue loading, mobility and strength. Join Tom in a great learning opportunity to explore ways to improve health and function!

6.4 Proprioceptive Tools for Enhancing Your Standing Work Birthe Brosolat

PRACTICAL

We will try out ways to enhance standing exercises by using balls, long stretch bands and our hands to connect the whole body, by:

- adding ideas and concepts from the Franklin Method into a Pilates environment
- looking at ways we can prepare the body for standing exercises by using proprioceptive tools before and during an exercise
- giving extra attention to the feet since they are our immediate contact with the surface we are standing on
- discussing what keeps us upright
- discussing why using proprioceptive tools can improve balance
- focussing on feet, balance and connecting the whole body using spiky balls and long bands

6.5 TRIADBALL™ Techniques Michael Fritzke & Ton Voogt

PRACTICAL

The possibilities of working with the TRIADBALL™ are endless. Experience Michael and Ton's new workout combining the TRIADBALL™ with Pilates and the principles of Spiraldynamik® to create a new and unique movement experience. Come and experience a new and invigorating class session that integrates these movement modalities in a seamless manner.

6.6 It was all Yellow (bands!)... Conchita del Campo

PRACTICAL

Yellow bands deliver the lightest resistance and therefore minimise compression of the skeletal system while encouraging full range of movement and aiming to develop an increased awareness of proprioception and improved centering for optimum control and fluidity. They are particularly safe to use carefully with children and the more mature client.

Experience the enhanced sensitivity and sense of connection with all the fascia during each exercise, challenging your balance and coordination while simultaneously working on the front, back and side lines within closed chain movements.

Sunday / Block 7 12.00pm – 1.30pm

6.7 Pilates Protocols for a Stronger Neck and Freer Shoulders

Cara Reeser

PRACTICAL

Unnecessary tension, poor alignment and over correcting are all components that add to excessive tightness and limited range of motion in our necks and shoulders. In this course we will explore ways to create increased freedom in the movement of the neck, upper spine, shoulder girdle and arms. Using a variety of movement protocols from the Kathy Grant lineage along with other methods we will develop new techniques and visualisations for employing increased success in our movement goals for the upper quarter.

WUNDA CHAIR

6.8 Progressions on the EXO Chair

Maria Earle

PRACTICAL (FOR CHAIR-QUALIFIED PARTICIPANTS ONLY)

Discover the versatility of the EXO Chair by exploring ways to incorporate it into your clients' first sessions and beyond. A dynamic place to explore movement skills; the exercises on the EXO foster deep connections to the abdominals, increase thoracic mobility, and strengthen the shoulder and hip complex. In this workshop you will learn modifications and variations of exercises as well as strategies for building sequences that will re-enforce the fundamentals and challenge your clients at every level.

REFORMER

6.9 Relevant Reformer Repertoire!

Nathan Gardner

PRACTICAL (FOR REFORMER-QUALIFIED PARTICIPANTS ONLY)

A fun yet function-focussed practical workshop, packed with challenging and exciting repertoire ideas that will broaden yours and your clients' horizons both physically and mentally. This workshop provides Reformer applications that incorporate the principles and approaches from many of Nathan's theory workshops and the Level 4 Pilates framework. A unique take on effective Reformer training that will deepen your understanding of the Reformer, unlocking its true potential! The session will feature many repertoire favourites and new creations. Feel-good exercises will be interwoven with functional movement sequences to produce an inspiring Reformer class format to enhance human form and function across a wide range of movement applications.

7.1 The Uses and Abuses of Orthotic Insoles

Ian Sadler

LECTURE

Millions of people use orthotic insoles and rely on them to get around, but they don't have a great reputation - largely due to misuse and abuse. An Orthotic Insole is not an arch support (and never has been), so how do Orthotic Insoles actually work? What can they do? And when are they actually needed?

In his specialist lower limb clinic Ian sees hundreds of people suffering foot, ankle and leg conditions. Some are prescribed orthotic insoles, and some aren't. A proportion of those prescribed them may need orthotics forever, and some will only use them for a few weeks or months.

Learn the different use cases of orthotics, and understand why your client may use them, what that means for their wellbeing, and how you could help.

7.2 Understanding Functional Anatomy – The Lecture

James Earls

LECTURE (FOLLOWED BY OPTIONAL PRACTICAL SESSION 8.4)

Generally, we have all suffered through textbook anatomy on our way to passing exams, but does it really help us improve our appreciation of movement or does it just get in the way? This talk will present many of the reasons why textbook anatomy fails us and give you the tools to start seeing anatomy and movement more clearly.

There are many confusions about what exercise does what, which is the best for '...glutes...abs...hamstrings...whatever', or which version is the correct one, the worst one, or just the downright dangerous one.

We like absolutes – we want to know exactly what to do and when – but what would happen if you understood movement rather than know a lot of exercises? What would your practice look like then?

By using a simple vocabulary, we can start to build a picture of how the body responds to movement. We can predict reactions through the whole system and create cues and environments to activate specific responses. By building on the principles taught by the 'father of function', Gary Gray, this presentation will expand your repertoire, deepen your understanding of anatomy and movement, and give you more tools to work with clients.

PROGRAMME

7.3 Dynamic Fascial Stretching for Optimal Flexibility and Health

Tom McCook

PRACTICAL

Learn how to stretch effectively! In this workshop, you'll expand your understanding and ability to improve functional flexibility and structural balance. You'll learn the importance of alignment, joint mobility, eccentric resistance, mental focus, breathing, and awareness. The workshop will begin with the Franklin Method warm-ups to release tension and improve movement efficiency. We'll follow with active fascial stretching techniques to improve mobility, stability, structural balance and conditioning. This class will give you tools to improve conditioning, decompress the body, as well as add effective tools to your teaching and your movement practice.

7.4 Matwork Pilates in 3D

Duncan Orrock

PRACTICAL (REPEAT OF SATURDAY SESSION 2.8)

This workshop is all about balanced movement - if movement is dynamic then our stability needs to be dynamic too. Flexibility is passive movement whereas this session looks at mobility, which is all about active movement, holding stability within a bigger range. Rather than focusing on control in very specific planes, we will look much more at intermuscular control, bringing coordination and control to all joints involved in movements. Stability isn't about restricting ranges to stay safe - it's about being able to control the full ranges of all our movements, bringing balance to the whole system.

7.5 Arm Support

Michael Fritzke & Ton Voogt

PRACTICAL

In your Pilates practice, as in life, you use your arms and shoulders in a variety of ways. You reach, pull, push, hang and support, to name a few. Whatever movement pattern you do the balance between stability and mobility is crucial in order to perform these movements safely. In this workshop Michael and Ton will focus on the way we use our shoulders and arms as our base of support during our Pilates exercises, for example during the Leg pull, Pull up or Elephant. We will quickly review the basic anatomy of the shoulders and arms using the concepts of Spiraldynamik® and then delve into exercises which will help you create proper support throughout your Pilates practice. Experience how you can improve your Pilates exercises through correct alignment of the scapula, humerus, ulna, radius and the dome of your hand.

7.6 Bi-planar Pilates: Thinking outside the Box!

Paul Howse

PRACTICAL

In this very practical session you will look at the kinetic chain and how the body moves constantly through different planes. Why would we want to teach everything in individual planes when the possibilities of movement are endless? Paul will look at ways of modifying existing exercises and creating new ones taking you through bi planar movements and following the kinetic chain. You will go away with new ideas and a whole host of new exercises ready to take into your classes and teach your clients. Why stop our bodies from reaching their full potential when we should be letting them reach their maximum?

This session is suitable for new teachers looking to expand their repertoire or experienced teachers looking for something new.

7.7 That Head and Neck Session

Cameron Angus

PRACTICAL

Deep dive into the head and neck movement world with Cameron, who has a special interest in the neck, headaches, migraines, jaw function, voice and more. Movement and positional awareness are a crucial part of optimal function. This is an area often not covered very deeply, yet our clients present with both injury and issues that need appropriate movement and positioning. Importantly, this is an area rich in neural control and feedback, that requires great integration into the body's movement paradigm.

With a review of why we head nod and more, plus new moves and thoughts on establishing and maintaining fabulous head and neck function, Cameron will take you through an informative and very practical class.

REFORMER

7.8 The Advanced Pilates Reformer

Cara Reeser

PRACTICAL (FOR REFORMER-QUALIFIED PARTICIPANTS) (REPEAT OF SESSION 3.9)

We will take a "building blocks" approach to learning a selection of the classical advanced Reformer protocols. These exercises require a high level of motor control, coordination, strength, and flexibility. Together we will learn tools to help manage our trunk while weightbearing on our arms and manage our pelvis in the high-level extension protocols. As a teacher, you will learn valuable tools for performing and teaching the advanced work on the Reformer and will have an opportunity to practise in a safe and non-judgmental environment.

PROGRAMME

Sunday / Block 8 2.45pm – 4.15pm

8.1 The Pilates Rehab-er: Principles of Great Rehab Cameron Angus

LECTURE

Rehab is the art of getting the progression right. It's that easy! Using a lifetime's experience of doing what physiotherapists should do and using movement and physical means to enhance health, Cameron take you through some principles that will help you develop a framework to allow you, as a movement teacher, to successfully work with clients still needing to progress post injury or surgery. The Rehaber Matrix allows you to take any client and any problem, and find a start place, path, speed and progression. You, as a teacher of people, have a fabulous role to play in someone's journey to their full potential.

We will review:

- *Meaningful and relevant exercise*
- *Exercise prescription that has a direct effect and is relevant to the therapeutic aims.*
- *Best interpretation of available evidence.*
- *Having confidence that your approach and methods are supported by good evidence.*
- *No nonsense, reasoned exercise*
- *Choosing the right exercise, adaptations, intensity, load and progression to promote optimum healing, wellbeing and progress.*
- *Psychosocial Interventions, respecting and addressing psychological and social aspects of intervention*

Come and join the rehab party! Warning: fascia maybe mentioned in a true scientific context.

8.2 Understanding Post-COVID-19 Syndrome Lorna Nicholson

LECTURE (REPEAT OF SESSION 6.1)

An estimated 1 in 10 people who have had Covid 19 will have ongoing symptoms after three months - many are still struggling a year on. Going forward, we are sadly all likely to encounter clients with Long Covid, or maybe you are experiencing this yourself. This interactive lecture is a shortened version of Lorna's very popular and well-received online Long Covid workshops. We will review what we know so far about Long Covid including:

- *Who is affected?*
- *What may be the causes?*
- *Symptoms*
- *Management*

and will also look at the benefits of Pilates to aid rehabilitation and what adaptations we should consider.

8.3 Advancing on The Mat Maria Earle

PRACTICAL (REPEAT OF SESSION 2.5)

Maria will look closely at teaching strategies and tactile assists that safely build the client's strength and confidence so that they will meet the challenge of the Advanced Mat exercises successfully and ultimately fulfil their fullest and most invigorating movement potential. Gain new understanding of the advanced mat work as we reverse engineer a selection of exercises by breaking them down into the fundamental parts or motor skills and then build them back up with more clarity and sense of purpose. This workshop is ideal for anyone who wants to take their teaching practice to the next level.

8.4 Understanding Functional Anatomy – The Practical James Earls

PRACTICAL (ATTENDANCE OF LECTURE 7.2 IS RECOMMENDED IF ATTENDING THIS WORKSHOP)

This workshop breaks all the rules. Except one, that being "There are no rules".

But there is a vocabulary and a language that we can use to control the effects of movement. After exploring the language tools, we will dive into the movement tools and uncover the effects of positioning, and movement drivers on the rest of the body. This workshop will not teach you one set of exercises - it will teach you how to create an endless repertoire.

8.5 CSI for the SI Michael Fritzke & Ton Voogt

PRACTICAL

The Sacroiliac joint and the muscles around it can create serious discomfort. Since the pelvis is a transmission unit and transmits the force from the legs up the spine, when this junction is compromised, SI and lower back pain are often the result. In this workshop we will quickly cover the anatomy using the concepts of Spiraldynamik®. Next you will experience specific exercises that will help your clients not only during their Pilates practice but during their daily lives and activities as well.

PROGRAMME

8.6 The Inner Gym: Breathing Exercises for Core Control Cara Reeser

PRACTICAL

Among movement teachers and rehabilitation professionals alike, it is considered important to strengthen the body's trunk musculature, or "core". To do so in a functional and healthy way, we must include in our concept of "core" not only the abdominal and low back muscles but also the thoracic diaphragm and the pelvic floor. Because these muscles are also intimately involved in breathing, good core training requires breath training - what Cara calls the "Inner Gym." In this session we will learn a repertoire of breathing exercises, techniques, and cues to improve the use of the breathing mechanism as a strong foundation for movement.

8.7 Career Management for Pilates Professionals Lynne Cavanagh-Cole & Melanie Christou

A FACILITATED DISCUSSION WITH LYNNE AND MELANIE

The session aims to explore strategies that will help you have a sustainable and fulfilling career as a Pilates professional. You'll have the opportunity to:

- *Reflect on the various roles that you assume daily*
- *Gain insight into your decision-making process*
- *Explore the values that drive your work*
- *Identify skills you can develop in order to self-manage your career.*

REFORMER

8.8 Progressions for Postural Balance and Functional Strength Tom McCook

PRACTICAL (FOR REFORMER-QUALIFIED PARTICIPANTS ONLY) (REPEAT OF SESSION 4.9)

Come join Tom for this informative and effective Reformer workshop! He'll guide you through a wonderful progression, emphasising the key areas for postural balance and functional strength. This series is a wonderful counterbalance to modern lifestyles of excessive sitting and head-forward posture. Emphasis will be given to the foot-to-hip relationship and to upper back and shoulder girdle and cueing.

DW30: YOUR PRESENTERS

Birthe Brosolat (Denmark)

Birthe Brosolat has been teaching movement for more than 35 years. Working as a full-time freelance movement educator and based in Copenhagen, Denmark, Birthe qualified with Body Control Pilates in 2008 and has since become a Matwork Master Teacher and Studio Master Teacher. She is also a member of the Body Control Tutor Team in Scandinavia. Birthe is also certified as a Franklin Method Movement Educator. Birthe finds the body and the mind endlessly fascinating. She thrives in learning new insights and getting 'nerdy' about how the body and the mind work and how they communicate with each other to create good and efficient movement. She believes that movement should be fun and make you feel good - and that is what she likes to bring across in her teaching. Birthe focuses on creating awareness of how we move and, if necessary, creating a change in our movement patterns to make movement more enjoyable, allowing us to maintain a healthy body and mind. Exploring the tools to bring about awareness and create change is the driver of combining her knowledge of Pilates and The Franklin Method with other disciplines, such as fascia-related training, Feldenkrais and neurodynamics.

Brenda Nassali-Liston

Brenda is a passionate movement teacher with a keen interest in the foot. After initially training as a Pilates Teacher with the renowned Body Control Pilates, her journey as a teacher has taken her down many paths which has shaped her teaching style and toolkit.

The most significant of which have been Katy Bowman's work, Karin Gurtner & Tom Myers' work, Jill Miller's work, Madeline Black's work and the work of Gary Ward & James Earls all of whom have helped to refine her knowledge and love of the masterpiece that is the human foot and the fascinating biomechanics and fascial connections of the entire body. She enjoys teaching beginners right through to advanced movers & movement teachers.

Bridget Montague

Bridget has been teaching Pilates since 2001. Her career in movement began at an early age with dance training in her home countries, Ireland and Sweden. This led to Dance College in London at the Rambert School. While working as a professional dancer she developed a keen interest in injury prevention and the workings of the human body, leading to her studying Anatomy & Physiology and Massage and creating and leading workshops on Relaxation and Awareness. The next progression was Pilates. Bridget is a senior member of the Body Control Pilates tutor team and coordinates the content and delivery of the full range of studio equipment courses and workshops. She also teaches 1:1s at the Body Control Pilates Centre. Bridget more recently undertook a Therapeutic Bodywork BSc course at the University of Westminster and studied myofascial release, neuromuscular techniques and the Therapeutic Relationship. This continues to inform her practice both as a Pilates teacher and as a Bodywork Therapist.

Cameron Angus MSc MCSP MMACP

With a nearly forty year physiotherapy career encompassing military service from clinics in tents in Afghanistan to running

multi-disciplinary rehab centres, being part of research and policy for advance practice, helping high performance athletes as a physio to the Olympics and professional teams, to mentoring the next generation of medical professionals, it has been a varied journey for Cameron. Best of all is that he still love seeing someone get delight in feeling better with movement, the hip replacement client to someone who has struggled to find "a way" that suits them.

Now based in Scotland, Cameron has been in the Pilates world since he was a client in the 80s to being on one of the first Body Control Pilates matwork courses. He gained his full studio certification 20 years ago and has worked and been a student of many of the leading lights of Pilates and other movement disciplines in his quest. A graduate of the movement philosophy club of the 80s, developed and started his training in psychology and mindfulness. You will find this deeply woven in his work. It is this ability to move from classical to contemporary in Pilates and more, along with his clinical background of getting people moving and healthy, that has brought him to where he is now, as a passionate teacher and student of movement and current best evidence thinking. He has been presenting and teaching for twenty years now internationally. A mission to spread the "movement cure" to all for a better quality of life, is the mantra.

Cara Reeser

Cara Reeser has been teaching Pilates for close to 30 years. As a former dancer and dance movement educator you could say that she has been inspired by the moving body her entire life, and still is. Cara earned a BA from Sarah Lawrence College and an MFA in Dance, from New York University's Tisch School of the Arts. It was at NYU that Cara began her initial studies in the Pilates Method with first generation Master Teacher, Kathleen Stanford Grant.

In 1993, Cara moved to Boulder, Colorado where she continued her Pilates training at The Pilates Center. After completing her training, Cara taught there for six years. In 1999 Cara opened her own studio, Pilates Aligned in Denver, Colorado, which she directed for 20 years.

Cara is a Continuing Education provider for Pilates instructors offering a variety of workshops and mentoring programs for professionals worldwide and online with Pilates Anytime. As a second-generation Pilates instructor and a lineage carrier of the Kathy Grant work. Cara is the lead teacher and director of a post-graduate training program called The Heritage Training.

Cara was a member of the Department of Dance faculty at Naropa University for 15 years. She also danced and choreographed professionally for over 20 years. For the past 15 years she has been a dedicated student of the Yoga tradition, which has further inspired her interest in the science of movement and the body-mind connection. Cara currently lives in Brooklyn, NY where she teaches classes, sessions and workshops live and online.

Conchita del Campo

Conchita started training in Pilates in 1972 with Dreas Reyneke and Alan Herdman. She used the Pilates Method to complement her professional dancing career with Ballet Rambert, Scottish Ballet, London City Ballet, Ballet International, Royal Opera Ballet and other companies in England and abroad. She has performed with Margot Fonteyn and Rudolf Nureyev and partnered Wayne

DW30: YOUR PRESENTERS

Sleep. She has also danced and choreographed for trade shows, pop videos, films, TV commercials and a West End Musical. She taught ballet and Pilates to the dance students at the London Studio Centre for 29 years. She is now directing her own Body Control Studio in Swiss Cottage, London and is involved in teaching workshops and masterclasses internationally. Conchita has been a member of the Body Control Pilates education team, presenting workshops around the UK and at BCPA Development Weekends. She is also an examiner and a member of the Pilates Foundation. Alongside her Pilates teaching she is a fully qualified Craniosacral therapist and ballet teacher for the Royal Academy of Dance. She still occasionally performs and teaches Classical, Regional and Flamenco Spanish dancing, and is the Organiser, a Director, and an international examiner for the Spanish Dance Society.

Duncan Orrock

Duncan made a total career change in 2006 when he qualified as a Body Control Pilates teacher. He was previously a successful Fixed Income Broker in the City, having worked in the financial markets for over 20 years in London, Madrid and Luxembourg. After suffering years of back pain as a result of his office-based work, he felt the benefits of Pilates as soon as he started going to classes. As his interest grew, he became keen to progress further and learning to teach with Body Control Pilates became a natural, logical progression. Duncan is a member of the Body Control Pilates matwork and small equipment teacher training team and has also become a 'Level 4 Low Back Pain' specialist through the Body Control Pilates Back4Good® programme. More recently, Duncan developed our very well-received 'Pilates for Runners' course. Duncan brings a very special mix of knowledge, experience and practicality to this course, having run in more than 30 marathons and half-marathons, qualifying each year for a GFA place in London marathon. He has also worked with GB duathletes (running/cycling) and England Half-Marathon athletes.

Ian Sadler BSc (Hons) Ch (DPodM) MSCP

Ian is a specialist podiatrist. He spent five years as a battlefield medic in the British Army working in Elite and Special Forces, where he became experienced in treating lower limb injuries in many fields of operation. After completing a degree in medicine for the lower limb (Podiatry), Ian worked in the NHS and subsequently with the UK's leading biomechanics technologies company as its principal clinician and orthotics consultant. Here he helped pioneer the use of gait analysis technologies, and specifically the interpretation of foot pressure and video imaging. Ian now runs a private biomechanics and gait analysis clinic in Norwich, Norfolk. He lectures on biomechanics and gait analysis, both in local academic institutions and worldwide. As a consultant to several orthotic and international training footwear manufacturers, he helps to ensure that trainers and orthotics 'do what they say on the tin'. His real passion, however, is helping to improve the quality of life for those 80% of the population suffering as a result of poor lower limb biomechanics.

Jacque Biggs

Jacque had a successful career as a professional dancer and choreographer in London's West End and in numerous productions

around the world. She was introduced to Pilates during her dance career and immediately felt the benefits to her strength, flexibility, control and posture.

Jacque trained with Body Control Pilates in 2009 and has taught Matwork, Reformer and Tower classes in numerous studios around London. She now teaches group classes and private sessions (Matwork and equipment) at the Body Control Pilates Centre, is a supervising teacher for Matwork students and is part of the Body Control Pilates Education team. Jacque encourages her clients to move. Helping them to build strength, control and fluidity whilst guiding them to find an ease and joy of movement.

James Earls

James Earls is a writer, lecturer and bodyworker specialising in Myofascial Release and Structural Integration. Increasing the understanding and practice of manual therapy has been a passion of James' since he first started practising bodywork over 20 years ago. Throughout his career James has travelled widely to learn from the best educators in his field, including Thomas Myers, developer of the Anatomy Trains concept. James and Tom founded Kinesis UK, which co-ordinates Anatomy Trains and Kinesis Myofascial Integration training throughout Europe, and together they authored 'Fascial Release for Structural Balance,' the definitive guide to the assessment and manipulation of fascial patterns. James teaches a range of courses across the UK and Europe as the Founder of 'Born to Walk'. He is a regular lecturer at conferences and workshops around the world. Renowned for his relaxed and humorous style, James is a popular presenter whose subject is applicable for a wide-ranging audience that includes osteopaths, physiotherapists, massage therapists and movement therapists. James recently published his synthesis of myofascial theory, movement and Anatomy Trains in the well-received text 'Born to Walk'.

Dr. Jane Simmonds MCSP MMACP (PD, MA, PGDip, BAppSc, BPE)

Jane is a specialist musculoskeletal and exercise rehabilitation physiotherapist with over 20 years of clinical experience. Originally from Western Australia where she completed her undergraduate and postgraduate physiotherapy education at Curtin University, Jane combines clinical work in the Hypermobility Unit with teaching and research at University College London. As a committed educator and active researcher, she regularly publishes research and clinical papers. Additionally, Jane often presents at national and international conferences and contributes to CPD education and training on hypermobility-related topics. Jane developed the 'Pilates for Hypermobility' course for Body Control Pilates and is the course tutor on all courses.

Jane is medical advisor to Ehlers Danlos Support UK and the Hypermobility Syndrome Patient Association (HMSA) and a board member of the International Ehlers Danlos Society.

Jenny Tyler MCSP

Jenny qualified as a physiotherapist in 1990 and trained with Body Control Pilates in 2003. After 7 years working in the NHS she moved to FASIC in Edinburgh, one of Scotland's leading multi-disciplinary sports injury clinics and she is still there to this day! One of her

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work objectives is to integrate Pilates (mat and equipment) into the performance sport programme within Edinburgh University and the wider sporting population. She has worked with many sports, including swimming, hockey, golf, rugby, rowing, running, football. Her work in elite sport includes five years with Scottish Cricket and a season at Hibernian football club (quite challenging for a diehard Heart of Midlothian fan!!). She also works extensively with clients with spinal/pelvic pain and enjoys seeing the relief they get from quality movement. She continues to teach 5 mat classes and 2 golf-specific classes each week. Jenny created and delivers the Body Control Pilates for Golfers course looking at the movement demands of golf and helping address any issues with Pilates-based exercises. Rotation movement and control is of particular interest to her and she is delighted to offer an updated Pilates with a Twist session at DW.

Kate Hodder

Kate has been teaching Pilates for over 10 years. She is a Matwork course tutor for Body Control Pilates and teaches both private and group classes at the Body Control Centre.

Kate first discovered Pilates whilst at Ballet West, a professional dance school in Scotland. Even after being taught only a handful of exercises, she knew straight away that there was something extremely beneficial about it. After moving to London, Kate trained at the Rambert School of Ballet and Contemporary Dance but, once injuries started to become more persistent, she knew she had to seek out a Pilates class to see if it could help. It did!

Kate found Pilates gave her an inner strength and started to rebalance her muscles, even helping with her mild scoliosis. Even after graduating from Rambert and continuing with her dance career, she stuck with Pilates and decided to train to teach it so that she could share the magic of Pilates with other people.

Kathy King

Kathy is a London-based Body Control Pilates teacher. She is a member of the Body Control Pilates teacher training team on both the Matwork Certification Course and further development courses. Kathy has taught mat-based classes privately and to small groups for the past 15 years and has had a dedicated Yoga practice for nearly as long. A New Yorker by birth, Kathy is fortunate to travel regularly to both east and west coasts in the USA where she delights in attending workshops and courses in both Pilates and Yoga. The integration of these movement forms finds its expression in her classes, which focus on increasing body awareness, strength and flexibility through mindful flow of movement. Yoga and Pilates do not fuse together as one, but rather affect and inform one another to enable the sheer pleasure of moving freely, easily and well, both in and out of class.

Ken Endelman

Way back in 1976 Ken began his career as a designer and craftsman of fine custom furniture in Hollywood's fashionable Melrose Avenue district. That background is still evident in every piece of hand-finished equipment that Balanced Body, of which Ken is Founder and CEO, makes. One day a potential customer came into the store. She taught an exercise called Pilates and wanted Ken to build her a better version of something called a Reformer. Ken

had never heard of this exercise or equipment, but he was intrigued. He studied the equipment and Joseph Pilates' original designs, then consulted with other instructors to design new features with new materials that would facilitate execution of the movements. The result? A modern Reformer that was smoother, quieter, safer and more user-friendly. And a new career for Ken!

Throughout the 1980s, Ken continued to refine Pilates equipment, consulting with the most influential people in the industry including some of the original students of Joseph Pilates himself: Ron Fletcher, Eve Gentry, Carola Trier and Kathy Grant. That refinement continues today and keeps Balanced Body at the forefront of Pilates equipment design.

The more Ken continued his work the more fascinated he was by the Pilates Method and what he saw it doing in people's lives. He became deeply connected with the Pilates community and his vision for Balanced Body was that it became not just a manufacturer of equipment, but an advocate of this special community. This commitment became dramatically evident when Ken took the lead in the Pilates trademark dispute, winning the lawsuit that made the Pilates name freely available to everyone.

Lorna Nicholson

Lorna has been working as a registered nurse since 1994, spending many years in Accident and Emergency, eventually becoming an Emergency Nurse Practitioner, specialising in muscular skeletal injuries. Lorna now works part-time as an Advanced Nurse Practitioner in a GP surgery. In 2006 she developed PoTS (Postural Tachycardia Syndrome) – and, as a result of the lack of information and patient support, she started the charity 'PoTS UK' offering evidence-based information, patient support, raising awareness, and promoting research (www.potsuk.org). Lorna has also presented at medical/nursing conferences to raise awareness of PoTS and has authored a number of journal articles on PoTS in the medical literature.

During this time, she started doing Pilates for herself, and soon realised the benefit of Pilates for those with PoTS as a form of activity they can participate in. As a result, she trained as a Body Control Pilates teacher, qualifying in 2016. Lorna recently gained her Level 4 Pilates certification.

She is now actively involved in promoting the benefits of Pilates for a wide range of conditions, including PoTS, Hypermobility Spectrum Disorder (HSD), Hypermobility Ehlers-Danlos Syndrome (hEDS), Chronic Fatigue Syndrome/Myalgic Encephalomyelitis (CFS/ME), and Fibromyalgia. She currently has a number of clients with these conditions.

Lynne Cavanagh-Cole

Lynne currently works as a coach at Northumbria University supporting Leadership and Management degree apprenticeship students, and in her spare time researches and presents on Somatics.

After over 20 years as a Pilates teacher and many years teacher training for Body Control Pilates, Lynne retrained as a coach via a Masters in Coaching at Northumbria University, but is still interested in all things movement-related. The combination of her movement background and current coaching knowledge enables her to help others with their own personal and professional development within the Pilates industry.

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Maria Earle

Maria has been involved in the world of Pilates for over 25 years. She is a sought-after educator and has presented her work at Pilates studios and conferences internationally. As a lineage holder of the Kathy Grant work, Maria brings creativity, humour, and a commitment to passing her knowledge on to others in her teaching. Maria completed the comprehensive Advanced Teacher Training Program at The Pilates Center (Colorado, USA) in 1997. She owned a successful boutique Pilates studio in New York City for eight years before moving to Barcelona, Spain where she currently leads continuing education programs for Pilates professionals both on-line and in her studio.

Melanie Christou

Melanie's career over the years spanned the Performing Arts, Higher Education and Pilates industries. She always chose roles that were all about supporting others with their education and personal, or career, development. Her back injuries due to dance training were what drew her into Pilates. Becoming a teacher and owning a business was a transformational experience, but that's when she realised that she needed to do a lot of work on her anxieties and confidence if she was to avoid falling out of love with Pilates. After a life-changing experience with her own coach, she felt motivated to qualify as a Holistic Coach and share the benefits of coaching with other Pilates trainees and teachers. Melanie qualified as a Body Control Pilates teacher in 2015 and has since gained her Comprehensive Studio Certification.

Michael Fritzke & Ton Voogt

Michael and Ton are internationally recognised Pilates Master Teachers, presenters, educators, consultants, and innovators. They both worked with Romana Kryzanowska, one of Joseph Pilates protégés, for over ten years in New York City, where they were Teacher Trainers for her original international Pilates certification program, and were the Supervising Instructors for the Pilates Studio in New York City. Since 1996, Ton and Michael have collaborated, specialising in the Pilates method. Together they co-founded ZENIRGY, and developed and created the revolutionary TRIADBALL™, Pilates TRIADBALL™ Manual, numerous DVDs (commercial and educational) and set up several independently owned and operated Pilates certification programs in Norway, Austria, The Netherlands, Portugal, England and Costa Rica. Together they serve on a task force for Inner IDEA, the advisory board of AFPA and were consultants for the National Pilates Program at Equinox. In their private practice, they have worked with numerous A-list celebrities. They have also collaborated with a wide range of Physical Therapists to integrate the Pilates method into patient-based therapy programs. Ton and Michael have appeared on ABC, NBC, FOX, Oxygen, and Lifetime and their work has been featured in numerous magazines and newspapers, including Pilates Style, Self, More, Time Out New York, New York Post, and others. Ton has a Bachelor of Science degree in Physical Education and is a certified Pilates Instructor, Pilates Teacher Trainer, Personal Trainer, ACE Group Fitness Instructor, gravitypilates® trainer and gravitygroup:strength trainer. He is a former member of the Dutch National Gymnastics team, and former performer with international stage, film, and

television credits. Michael is a certified Pilates Instructor, Pilates Teacher Trainer, Personal Trainer, gravitypilates® trainer and gravitygroup:strength trainer and Reiki Practitioner. He is a former performer, with Broadway, national and international credits as a performer, dance-captain, stage manager, and resident director.

Miranda Bass

Miranda comes from a dance background and trained to be a Pilates teacher in 1988. She began by teaching classes at Lewisham College and, latterly, students at Middlesex University as part of their Performing Arts BA. Miranda has led the Body Control Pilates teacher training team in the past and has written several courses for Body Control Pilates. Alongside her private work, Miranda teaches weekly classes for teachers at the Body Control Pilates Centre in London. Her first book "The Complete Classic Pilates Method" was published by Pan Macmillan.

Nathan Gardner

Nathan has been teaching Pilates for more than 15 years and has over 30 years' experience in physical and mental conditioning. Much of his knowledge has been drawn from his time as an international athlete, representing Great Britain as a freestyle skier at world class level for many years. This involvement in high-level sport and performance training, as well as injury rehabilitation, sparked Nathan's interest in Pilates – hence his decision to train with Body Control Pilates in 2000. Nathan is Programme Director for Level 4 Pilates. He writes and presents courses for Body Control Pilates, particularly with regard to the Level 4 Pilates qualification and to performance-based courses. Nathan co-wrote the best-selling 'The Pilates Bible' which was published in 2010.

Paul Howse

Paul began practising Pilates in 1999 after sustaining a sports-related injury to his spine. He had previously spent 15 years as an engineer, but, following his injury, he decided to retrain as a Pilates teacher. Paul has been teaching Body Control Pilates since 2003 and is now a member of the Body Control Pilates Education tutor team for matwork and small equipment courses. Paul teaches classes and 1:1s at the Body Control Pilates Centre and at his studio in Esher, Surrey. He has a wealth of experience in dealing with injuries and still has a keen interest in sport, having completed numerous marathons, half marathons and a full Ironman. He spends much of his time working with athletes helping them attain their full potential. Paul studies biomechanics and believes good movement is the key to a healthy body.

Rachel Bish

In 2002, Rachel was a frustrated People Change Manager working for Royal Mail and struggling with chronic lower back pain. A lunch-time Pilates class inspired her to accept voluntary redundancy and embark on a career change that meant that by the end of 2003 she was a qualified Body Control Pilates teacher and massage therapist. With over 10 years teaching experience, Rachel is a valued member of the Body Control Pilates Education matwork and studio

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equipment tutor teams. She continues to develop as both a teacher and practitioner of Pilates and loves the breadth and depth of the method and how it will support and challenge everyone from injured to athlete. On a personal note, Rachel was impressed how Pilates supported her through two pregnancies with no recurrence of her back pain. She is now the time-poor but proud mum of two young children who loves how Pilates can offer a complete distraction from a hectic home life.

Sam Armstrong

Sam trained from the age of 10 at the Royal Ballet School and was a Professional Dancer with Sadler's Wells Royal Ballet and the Birmingham Royal Ballet for 17 years. He was first introduced to the Pilates Method in 1991 and trained formally with Body Control Pilates in 2001. He holds Matwork Master and Comprehensive Studio Certifications and is a senior member of the Body Control Pilates Teacher Training Team, delivering both matwork and studio equipment courses, as well as professional development workshops, for Body Control Pilates teachers. Sam has travelled extensively in his role as a tutor for Body Control Pilates, having taught in Qatar, South Africa, Japan, Poland and Lithuania. He regularly teaches privates in the Body Control Pilates Centre.

Sarah-Louise Warden

Sarah was a dancer in West End shows with credits as a performer, dance captain, resident director and associate director. She trained as a Body Control Pilates teacher in 2005 and has since gone on to gain her Master Studio and Master Mat Certifications and join the Body Control Pilates Education tutor team. She teaches on the matwork courses and is also a tutor on the Children's, Pregnancy and Equipment programmes. She also teaches Matwork, Reformer, Pregnancy and Teacher Classes at the Body Control Pilates Centre.

Tom Hewetson BSc. (Hons) Ost. Med. DO. Msc. F.O.S.C.A.

Tom graduated from the British College Osteopathic Medicine in 1995 and is a registered Osteopath with the General Osteopathic Council (No. 2601). He owns and runs a general osteopathy and specialist sports injury clinic in Northwood, Middlesex (www.osteopathruislip.co.uk). Since graduation, Tom has worked extensively with athletes. He worked for London Wasps Rugby Club from 1995 to 2001 as club osteopath and attended over 250 matches pitch-side. He was the consultant osteopath to London Wasps until 2009. Tom also worked for England / London Divisional U/18 Rugby for the RFU from 1998 to 2006 and has carried out work for: England RFU, England Select 7's, London Broncos RLFC (as consultant), UK athletics and The British Triathlon Association. Tom attended the Commonwealth Games in Manchester 2002 as part of the central medical team. He was a member of the central medical team (manual therapies) at the Olympic Village polyclinic at the London Olympic Games in 2012 and a member of the central medical team at the IAAF World Championships at London 2017. He is a 'preferred osteopathic' practitioner for the English Institute of Sport (EIS). Tom is one of the founding committee members of the Osteopathic Sports Care Association (OSCA), for which he has been education officer, CPD officer, and Secretary of OSCA (1995-2012). He is a Fellow of the Association (F.O.S.C.A)

He has a Masters Degree in Sports Injury and Therapy from Manchester Metropolitan University and helped set up and lecture for four years on the MSc. in Osteopathic Sports Care at Leeds Metropolitan University. Tom is a senior lecturer and techniques and clinic tutor at the British College of Osteopathic Medicine (BCOM), teaching musculo-skeletal disorders, osteopathic techniques and clinic. He lectured for five years on the sports care module at Oxford Brookes University where he also taught neuro-anatomy and osteopathic techniques. He teaches osteopathic sports care and osteopathy in Italy, Canada, Portugal, Scotland and Israel and has given talks and lectures at numerous conferences and seminars. Tom has written a book and presented a DVD entitled 'An Illustrated Guide to Taping Techniques', published by Elsevier.

Tom McCook (USA)

Tom McCook, Founder and Director of Center of Balance in Mountain View, CA, is an internationally-recognised Pilates Master Teacher and movement specialist. Beginning his full-time career in personal training in 1984, Tom designs programs for health and life performance for a range of clients, from Silicon Valley executives and Olympic athletes, to active seniors and people looking for solutions to their imbalances and injuries.

Tom's unique approach synthesises over 30 years of fitness training, Pilates, body therapy, Somatics, the Franklin Method of experiential anatomy and imagery, Yoga, meditation and Life Coaching. His fascination with movement began at an early age playing sports and growing up in a large athletic family with 11 siblings. Tom's teaching focus is to inspire and empower people to access their mind/body intelligence with a practical understanding of their own anatomy through movement, self-touch and concentration. These skills go beyond exercise to cultivate presence, dignity and being responsive and resilient in life. His long and successful history working with athletes include the Stanford women's swim team and four Olympic Gold medal swimmers. Tom has been leading teacher trainings in the Pilates Method since 2001 at Center of Balance, recognised as a premier movement, body therapy and education center. Tom is also a sought-after international presenter at conferences, retreats and studios worldwide. He is on the teaching staff for the Franklin Method Institute, a groundbreaking education system for improving movement potential, health and mind/body mastery.

Tom lives on the coast outside of San Francisco with his wife and business partner, Karen deMoor.

WHAT NEXT?

With over 60 sessions and 28 presenters to choose from, it's going to be a very special weekend!

We hope that you will join us there and, as ever, we strongly recommend that you book your place as soon as possible. While the booking window will remain open until **midday on Monday September 19th 2022**, the earlier you book the greater the chance of you getting in to your preferred sessions.

Here's what you need to do...

The Booking Form and Payment Form are in a separate document to this DW30 brochure. This has been emailed to you.

Save this to your computer, fill in the required information, save again, and email it as an attachment to **dw30@bodycontrol.co.uk**

BOOKING FORM:

For each of the blocks on the day(s) you will attend, please give your preference by putting 1-4 in your four preferred sessions, where '1' is your first choice. If you choose a lecture as your first choice, you don't need to give other preferences as the lecture halls at the College are capacious!

We will always do our utmost to give you your first or second preference.

If you prefer, you are of course welcome to print this off, complete it, and post it to us at the DW30, Body Control Pilates Centre, 35 Little Russell Street, London, WC1A 2HH.

MAKING YOUR PAYMENT:

Due to expected demand for places, we must receive your payment (or notification of payment if you live outside the UK) before we can book you in. Payment details can be found on **page 3** of this brochure.



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