



July 2022

Dear Sir/Madam,

Thank you for your interest in our matwork teacher training course. We hope this pack will help to guide you through the complex – and sometimes confusing – process of choosing the right training provider.

Body Control Pilates is recognised as a world-leading training provider since pioneering the development of Pilates matwork classes more than 25 years ago. Our course is seen as a benchmark in the industry, and it lays a unique foundation for a successful Pilates teaching career. It is the most comprehensive matwork course available, not only in terms of content and exercises covered (you study more than 100 exercises), but also in the focus we devote to building your skills and confidence as a teacher. More than with any other course available, when you gain your certification you will be absolutely ready to teach!

The course has 13 tuition days and can be undertaken in one of two formats:

- **'intensive'**, usually comprising two tuition blocks of six days and seven days.
- **'extended'**, comprising two-day blocks held typically every other weekend over a three-month period. There is one three-day block during the course, incorporating a Monday.

You cover the same content in both course formats, so you can decide which works best for you – please just give us a call if you have any questions on this. These 13 days have, until now, been face to face contact days but, in the light of the ongoing covid restrictions, they are now delivered online via live Zoom tutorials with four face to face 'Contact Days' following – you will find more details in this pack. **We will continue to work this way through 2022.** We have also extended our 25th Anniversary Promotion until further notice with **total fees reduced to £2,500**, saving £600.

The tuition days are followed by some self-study work submissions; two 90-minute written examinations (online), and a period of 'supervised teaching' culminating in a final teaching assessment. Body Control Pilates is unique in having a national network of well over 100 'supervising teachers' enabling students to do much of their teaching practice closer to home. Our course fees cover your 'work' with those teachers, so there is nothing extra to pay. We also offer a range of student 'supervised teaching workshops' in London and online.

You should assume that it will take you between 6-12 months to qualify, mainly determined by your availability in the supervised teaching period (many of our students work full-time) and by the progress you make. Our education team will always be on hand to support you every step of the way.

Upon qualifying, you receive a Body Control Pilates matwork certificate (to teach group classes and '1:1' private sessions) and you also gain accreditation against the new industry standard for Pilates. Importantly, you will become part of our membership body, which has over 1,500 members and is Europe's largest and most active Pilates community.

If you wish to join a course, please return a completed **Enrolment Form** (also downloadable from our website). We ask that you have been taking regular Pilates classes before applying and starting the course. If this has been with a Body Control Pilates teacher, we will contact that teacher so that they can 'endorse' your application. If your teacher is *not* Body Control Pilates-certified, that's not a problem at all - we will help to familiarise you with our exercises and approach before you start your course.

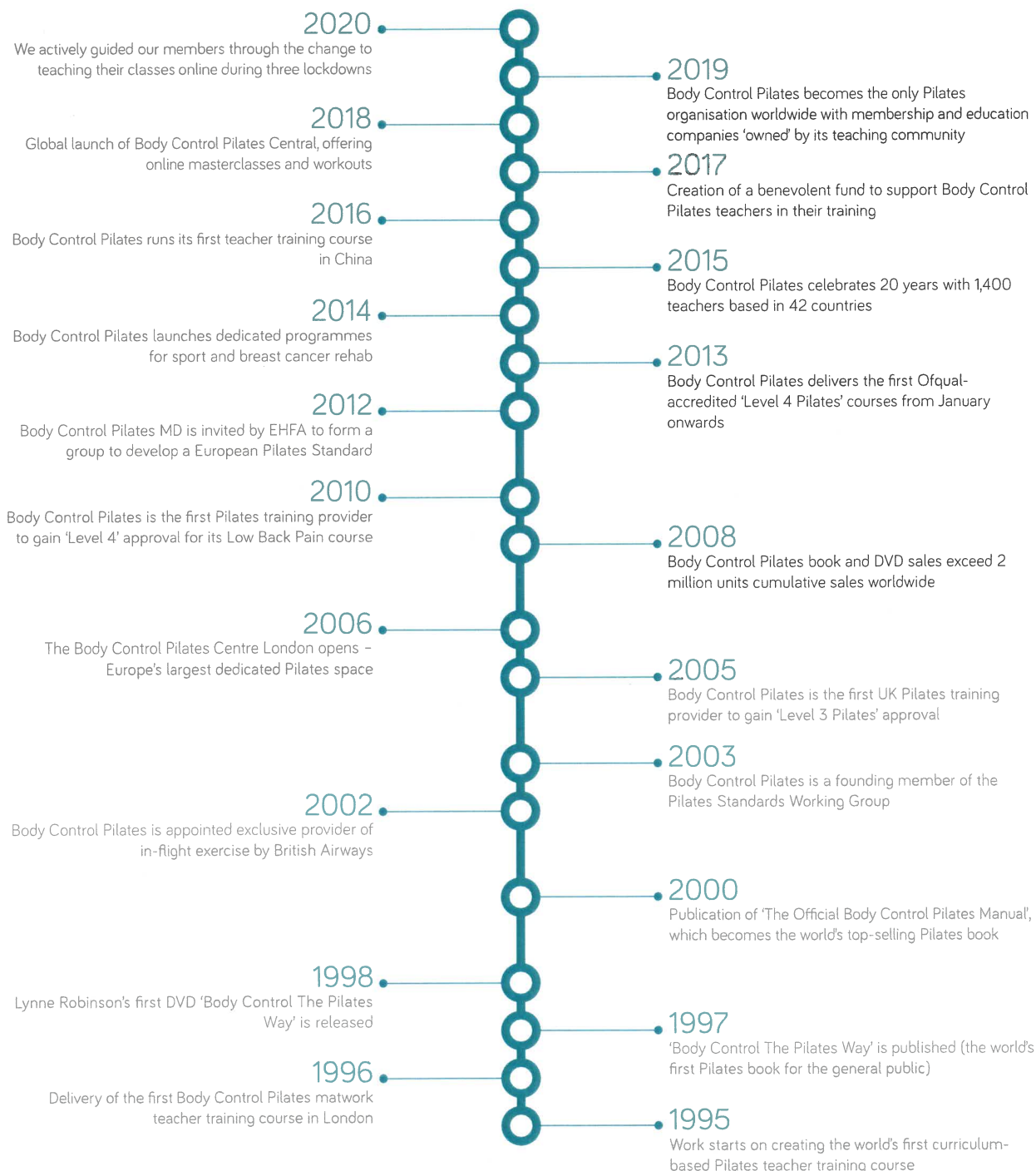
Any questions? Please give us a call on **020 7636 8900** or email Ella, our Education Manager, at ella.porter@bodycontrol.co.uk. If you prefer, we are very happy to set up a Zoom chat with you.

Yours faithfully,

Leigh Robinson
Director

25 Years of Innovation + Leadership

Since our formation in 1995, Body Control Pilates has been at the forefront in the growth of Pilates in the UK and beyond and, most importantly, in the development of standards for Pilates education. Our approach to teacher training was the first of its kind in the world and represented a total change from the previous 'apprenticeship' method of becoming a teacher. Our international community of teachers now numbers 1,500 across more than 50 countries.



Pilates Standards in the UK, the EU, and beyond

For many years (since 2005 in fact), the UK had a national standard for Pilates, known colloquially within the industry as 'Level 3 Pilates'. It sets the minimum requirements in terms of skills and knowledge that a teacher should have to teach Pilates matwork. Increasingly, however, concern has grown that the Level 3 standard does not place enough emphasis on students becoming familiar with the exercise repertoire, whether through teaching or in their own body; and that not enough emphasis is placed on contact hours and teaching practice. These are vital for ensuring that someone is absolutely ready to teach when they qualify.

In response to this, and also in recognition that the UK Pilates industry needs its own voice when lobbying the government or key public organisations, leading training providers in the UK formed a new not-for-profit body in early 2021. This is called the **Society for the Pilates Method**. Body Control Pilates is proud to be one of the three Founders of the SPM.

Its overriding mission to uphold the quality of Pilates education and teaching in the UK and, to this end, it has adopted new standards for matwork and studio apparatus, leading to a Comprehensive qualification. These standards were developed with, and are overseen by, PD:Approval, a leading international agency in the development of occupational standards and quality assurance.

The Body Control Pilates matwork teacher training course meets this new standard, which means that upon qualification you will receive two certificates: one from Body Control Pilates and one from PD:Approval, signifying that your qualification will have a wide international recognition.

If you want to work in fitness clubs in the UK, you may also be asked to hold a 'Level 3 Pilates' qualification. More than 95% of our teachers work outside the traditional fitness industry, running their own classes, or teaching in studios or physio centres, for example. We can offer you a Level 3 certification as an additional element when you come to take your assessments for the course – this will involve you taking some additional, separate assessments. 'Level 3 Pilates' certificates are awarded by Active IQ, our Awarding Organisation for this purpose. **We are currently the only 'one stop' training provider** who can offer you accreditation against both current matwork standards.

Body Control Pilates has an established history of leading the industry in the development of standards, whether that was by being the first specialist Pilates training provider to receive formal approval against the UK national standard for Pilates when it was introduced; by being the first in the industry to develop and launch a 'Level 4 Pilates' qualification; or by being invited to chair a group tasked with developing a European Union standard for Pilates.

Whilst there is no formal worldwide standard for Pilates, what we offer is, as mentioned, one of the most internationally accepted qualifications in the industry. This is underlined by Body Control Pilates having teachers working in over 50 countries around the world. Please contact us if you need more information.



Teacher Training Course Dates to January 2023

The tuition modules for all courses below will take place **online** via 'live' tutorials on Zoom) with four 'contact days' per course taking place later on to review module content. We will continue this way until further notice.

There will typically be four hours of live tuition each day (10am-12pm & 1.30pm-3.30pm), though this will vary for some of the later modules.

The First Day of each course runs from 10.30am-1.30pm.

'Extended' course start dates:

September	September 3rd 2022 COURSE CODE: 22.4	- good availability
October	October 8th 2022 COURSE CODE: 22.5	- good availability
January	January 7th 2023 COURSE CODE: 23.1	- good availability

'Intensive' course tuition dates:

July	July 25th 2022 Monday 25 th - Saturday 30 th July & Saturday 20 th - Friday 26 th August COURSE CODE: 22E	- three spaces left
September	September 12th 2022 Monday 12 th - Saturday 17 th September & Saturday 8 th - Friday 14 th October COURSE CODE: 22F	- good availability
November	November 7th 2022 Monday 7 th - Saturday 12 th November & Saturday 3 rd - Friday 9 th December COURSE CODE: 22G	- good availability
January	January 9th 2023 Monday 9 th - Saturday 14 th January & Saturday 4 th - Friday 10 th February COURSE CODE: 23A	- good availability

Course availability is correct at the time of printing.

You are welcome to check the latest status by calling the Body Control Pilates office on 020 7636 8900.

All courses are subject to a sufficient level of bookings being received. In the very unlikely event that a course does not run, we will endeavour to give a minimum of 15 working days' notice of cancellation.

Any fees paid will be refunded or transferred to another course.

What is covered during the tuition days?

The 13 tuition days on your course are broken down into the following modules:

- **Introductory Module, including joints and planes of movement**
- **Pelvis and Spine**
- **Breathing and Relaxation**
- **Stability (Centring)**
- **Shoulder Girdle**
- **Hip and Knee**
- **Ankles, Feet, Wrists, Hands**
- **Anatomy Review Day**
- **Classical Pilates**
- **Precision of Movement**
- **Client Enrolment and Assessment**
- **Lesson Plans and Teaching Skills**
- **Last Day Module, completing the course, teaching a class**

These will take place on Zoom with typically four hours of live tutorials each day.

There will then be four face to face Contact Days at the Body Control Pilates Centre (or Edinburgh as appropriate) focusing mainly as follows:

Day 1: Teaching Cycle & Teaching Skills. Review of Pelvis and Spine exercises
Day 2: Review of exercises from the Breathing and Relaxation and Stability modules
Day 3: Upper and Lower Limb
Day 4: Group Teaching Work

These are followed by your supervised teaching period (developing your teaching skills); working towards your written examinations; completing self-study work on Pilates theory and on related topics.

Schedule of Fees

Our 25th Anniversary Offer has been extended until further notice – save £600 when paid in advance! This brings the total fees down to £2,500.

Outside of this promotion, our normal level of fees is £3,100 when paid in advance, or £3,395 when paid in instalments. We will revert to this level for all fully 'face to face' courses when they recommence in 2022.

The stated fees include all elements of the course – pre-course materials, online tutorials, Contact Days, printed course notes, assessments, Awarding Body registration fees, work with supervising teachers, and one day of 'face to face' student 'supervised teaching workshops' in London.

Until further notice we are offering **a credit of £250** that can be used against the optional student workshops and classes that we offer online and face to face (when allowed). These are designed to help you progress in your supervised teaching period.

The first payment we ask you to make is:

Registration Fee £ 250.00

This is payable once we have offered you a place. Payment guarantees that place on your chosen course. Please see the Terms and Conditions overleaf regarding this payment.

Thereafter - and for the duration of the 25th Anniversary promotional period - a balance of **£2,250*** is payable six weeks before the course starts.

** please note that we cannot post your printed course notes to you until this payment is received.*

If you would like to discuss an **alternative Instalment Plan**, please don't hesitate to contact us by emailing Ella Porter at ella.porter@bodycontrol.co.uk

Payment

Our preferred method of payment is by **BACS bank transfer** please – details available upon request.

Please call **020 7636 8900** to pay by card (debit/credit/Amex)

Please have a look at our **Terms and Conditions** on the following page.

Terms and Conditions

- If you wish to take advantage of the Advance Payment option, please tick the box on your Enrolment Form.
- Please see the Enrolment Form for specific refund conditions relating to the Registration Fee.
- The Supervised Teaching element of your course cannot be commenced until all fees are paid in full.
- Course fees include one Practical Assessment, one written examination and one 'Sign-Off Class' at the Body Control Pilates Centre in London. Should you need to retake any of these elements, a 'resit fee' may be charged. Please contact the Body Control Pilates office for details.
- If it is agreed that a student takes their Practical Assessment or written examination at another location, or for medical reasons needs to take an oral examination in place of the written examination, a fee may be charged. Any requests in this respect must be submitted to, and approved by, Body Control Pilates Academy course management.
- If you cancel your place within 6 weeks of the course start date, we will apply a charge of £1000. However, if you cancel 28 calendar days or less before the course start date, fees paid are wholly non-refundable.
- Please note that if you leave the course after commencing (by attending all or part of the first tuition day), or if you fail to complete the course, all previously paid fees are non-refundable. This is also the case should you fail to attend the course once confirmation of a place has been given by Body Control Pilates Academy and accepted by the student. In the case of early retirement due to ill health or a significant change of personal circumstances during the tuition modules of the course, a pro-rata refund will be considered, such refund being solely at the discretion of Body Control Pilates Academy and subject to an administration fee.
- In the unlikely event that we ask a student to leave a course, a consultation process will be initiated. Fees paid to that point in the course are non-refundable.
- By enrolling for this course, a student agrees not to teach any Pilates classes on a paid basis or to members of the public before gaining their certification, unless they hold a prior Pilates teaching qualification. Students will be asked to leave the course if they breach this agreement. No refund shall be given in these circumstances.
- Body Control Pilates Academy operates a formal Complaints Procedure, with external redress, under which students may seek a hearing if they feel they have been unfairly treated in examinations or assessments.
- If a student has not received certification within two years of the commencement of their course, Body Control Pilates Academy reserves the right to mark the student as 'lapsed' and to remove their name from the register of current students. Body Control Pilates Academy operates a Student Mentor Scheme and makes every effort to ensure that all students are fully supported through the course.
- Fees for any future courses may be subject to amendment.
- All fee payments are receipted and are inclusive of external Awarding Body fees. Please let the Body Control Pilates office know in advance if pro-forma invoices are required.

What do your course fees include?

The fees that you pay for this course include:

- **13 tuition modules** (currently online) **and four face-to-face 'Contact Days'** (whilst the tuition modules remain online)
- **All course materials** (printed notes posted to you ahead of the first tuition day)
- **All written and practical assessments**
- **All 'Supervised Teaching' work with our designated network of teachers**
- **One day of student workshops at the Body Control Pilates Centre**
- **Registration and Certification Fees with our external Awarding Body**
- **Your pre-course pack, including 'The Pilates Bible'**
- **Unrivalled support, both during your course and after you qualify**
- **Three months' complimentary membership of Body Control Pilates Central, our online resource for masterclasses, workouts and more**
- **When qualified:**
 - **your first year's membership of the Body Control Pilates Association, one of the world's largest and most respected Pilates bodies with over 1,500 members (value £150, excludes insurance).**
 - **first-year membership of the Society for the Pilates Method Register of Teachers**

Your **credit of £250** may be used for online student classes and for any online or face to face student workshops – more details will be given to you during your course.

'Extended' Course Tuition Dates

Tuition days will be online via Zoom tutorials until further notice and will comprise up to four hours of live tutorials on each of the dates below – typically 10am-12pm and 2pm-4pm. The first tuition day runs from 10.30am-1pm.

You will be given various options for the four Contact Days that follow on – these typically run from 10am-3pm with short breaks.

Planned online tuition dates for each course are as follows:

Course 22.4

Saturday September 3rd 2022
Sunday September 4th 2022
Saturday September 17th 2022
Sunday September 18th 2022
Friday September 30th 2022
Saturday October 1st 2022
Sunday October 2nd 2022
Saturday October 15th 2022
Sunday October 16th 2022
Saturday October 29th 2022
Sunday October 30th 2022
Saturday November 12th 2022
Sunday November 13th 2022

Course 22.5

Saturday October 8th 2022
Sunday October 9th 2022
Saturday October 22nd 2022
Sunday October 23rd 2022
Friday November 4th 2022
Saturday November 5th 2022
Sunday November 6th 2022
Saturday November 19th 2022
Sunday November 20th 2022
Saturday December 3rd 2022
Sunday December 4th 2022
Saturday December 10th 2022
Sunday December 11th 2022

Course 23.1

Saturday January 7th 2023
Sunday January 8th 2023
Saturday January 21st 2023
Sunday January 22nd 2023
Friday February 3rd 2023
Saturday February 4th 2023
Sunday February 5th 2023
Saturday February 18th 2023
Sunday February 19th 2023
Saturday March 4th 2023
Sunday March 5th 2023
Saturday March 18th 2023
Sunday March 19th 2023

Matwork Teacher Training Course Enrolment Form

Please reserve a place for me on the Matwork Teacher Training Course, start date as specified below. I understand that a reduced total fee of £2,500 is payable as part of the 25th Anniversary Promotion offered by Body Control Pilates and that this amount must be paid and cleared at least six weeks before my course start date, unless agreed otherwise. I will pay a £250 Registration Fee immediately upon confirmation of a place and accept that my place is not secured until this is paid. In the event that I cancel my place after payment of the Registration Fee, I accept that the sum of £150 shall be deducted from the refund of the Fee to cover administration costs. If I commence a course at a later date this deduction will be credited against my tuition fees. I accept the Terms and Conditions stated in the Schedule of Fees.

☐ MR ☐ MRS ☐ MS

NAME MOBILE

ADDRESS HOME (IF DIFFERENT)

.....
.....
.....
EMAIL

..... DATE OF BIRTH

POST CODE START DATE OF COURSE

Do you currently attend classes with a Body Control Pilates teacher? If so, with whom and for how long?

.....
.....
.....

Please give details of any other Pilates experience:

.....
.....

Do you hold a Level 3 qualification as a Personal Trainer or similar? If yes, please give details:

.....

Please turn over to complete the section overleaf

BODY CONTROL PILATES®

Please give details of other qualifications or relevant experience:

Please list any injuries or health problems (particularly related to neck, back and spine) that you currently have, or have had, which may affect your physical ability to complete the course successfully:

What is your main reason for training to be a Body Control Pilates teacher?

Do you have any other comments?

How did you first hear about the Body Control Pilates training courses?

- | | | |
|--|---|--|
| ☐ Body Control Pilates website | ☐ Internet search engine | ☐ Your (Body Control) Pilates teacher |
| ☐ From a friend / word of mouth | ☐ Advertisement | ☐ Other |

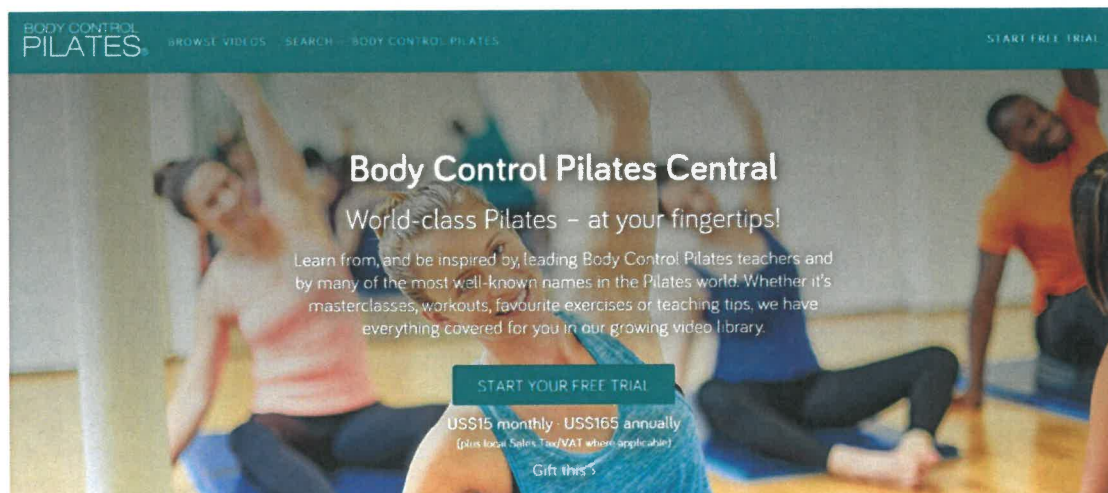
SIGNED IN AGREEMENT DATE

Please return your completed and signed form to:

Body Control Pilates Academy
35 Little Russell Street, London WC1A 2HH

or scan and email to ella.porter@bodycontrol.co.uk
All information will be treated in the strictest of confidence.

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