



February 2023

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. The initial 13 tuition days are delivered online via live Zoom tutorials with a number of face to face 'Contact Days' following. The unique combination of online and face to face work that we offer has been delivering excellent results.

In more detail, 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 the only training provider that has 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.

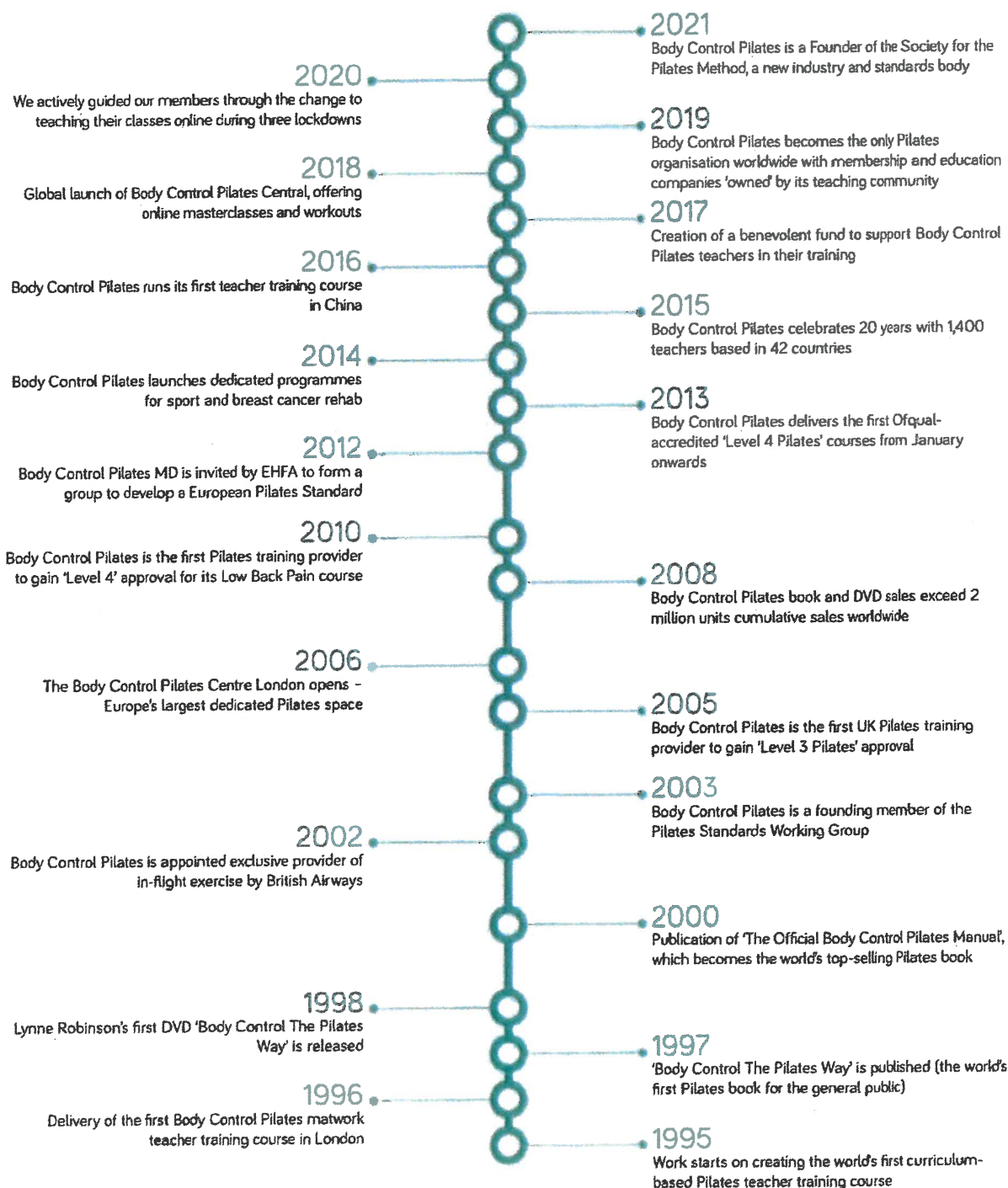
Any questions? Please give us a call on **020 7636 8900** or email Ella, our Education Manager, at ella.porter@bodycontrolpilates.com If you prefer, we are very happy to set up a Zoom chat with you.

Yours faithfully,

Leigh Robinson
Director

27 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 mid-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:

March	March 11th 2023 COURSE CODE: 23.2	- limited availability
May	May 13th 2023 COURSE CODE: 23.3	- good availability

'Intensive' course tuition dates:

March	March 27th 2023 Monday 27 th March - Saturday 1 st April & Saturday 22 nd - Friday 28 th April COURSE CODE: 23B	- limited availability
June	June 5th 2023 Monday 5 th - Saturday 10 th June & Saturday 1 st - Friday 7 th July COURSE CODE: 23C	- good availability
July	July 31st 2023 'Summer Intensive' Monday 31 st July - Saturday 5 th August & Saturday 19 th - Friday 25 th August COURSE CODE: 23D	- 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.

'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 1.30pm-3.30pm. The first tuition day runs from 10.30am-1pm.

You will be given various weekday and weekend options for the four Contact Days that follow on – these typically run from 10am-3pm or 10.30am-3.30pm with short breaks.

Planned online tuition dates for each course are as follows:

Course 23.2

Saturday March 11th 2023
Sunday March 12th 2023
Saturday March 25th 2023
Sunday March 26th 2023
Saturday April 1st 2023
Sunday April 2nd 2023
Friday April 21st 2023
Saturday April 22nd 2023
Sunday April 23rd 2023
Saturday May 6th 2023
Sunday May 7th 2023
Saturday May 20th 2023
Sunday May 21st 2023

Course 23.3

Saturday May 13th 2023
Sunday May 14th 2023
Saturday May 20th 2023
Sunday May 21st 2023
Saturday June 3rd 2023
Sunday June 4th 2023
Monday June 5th 2023
Saturday June 17th 2023
Sunday June 18th 2023
Saturday July 1st 2023
Sunday July 2nd 2023
Saturday July 15th 2023
Sunday July 16th 2023

This course runs on consecutive weekends in
May due to public holidays.

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

You will be given a range of date options for these Contact Days.

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

The total level of fees is **£2,600**.

Save £300! Total fees are reduced to **£2,300** under the **Advanced Payment Scheme**, when payment is made in full a minimum of four weeks before your course start date.

We ask initially for payment of a **£250 Registration Fee** in order for your place to be confirmed. Your place is not guaranteed until this payment is received.

We are very happy to discuss **payment by instalments**. After payment of the Registration Fee, we ask that an additional **£850** is paid at least 10 days before your course start date. The balance of **£1,500** can then be paid in instalments – see below.

Fees include the following elements of the course: online tuition modules, Contact Days, course materials, assessments, supervised teaching with our teacher network, Awarding Body registration.

They also include your first year's membership of **The Body Control Pilates Association** (normally £150) and of the **Society for the Pilates Method Register of Teachers** (normally £35).

We also have a number of optional student workshops and classes that we offer online and face to face in London. These are designed to help you progress through your supervised teaching period and complement any work you do with supervising teachers. There is a small charge for these (usually £20-30). As part of our new fees package, we are pleased to offer you a **credit of £150** that can be used towards these.

So, what do I pay when?

Once we have offered you a place, the first payment you make is the **£250 Registration Fee**. Thereafter:

Advance Payment Scheme

After having paid your Registration Fee, the balance payable is **£2,050**. This should be cleared a minimum of four weeks before your course start date – we will let you know the payment deadline for your particular course.

Instalment Plan Scheme

After having paid your Registration Fee, the balance payable is **£2,350**. At least **£850** of this should be paid 10 days before your course start date as this enables us to post your package of course notes to you in good time for your start date. The remaining balance (typically £1,500) may then be paid in four monthly instalments of £375. If you would like to extend this over a longer period, please contact Ella Porter. We'll be happy to help.

Please note that you cannot receive your certification until course fees have been paid in full.

Payments can be made by bank transfer (please request details) or by calling us to pay by card (debit/credit/Amex). We're very happy for instalments to be paid by Standing Order. We can also accept international payments via Transferwise or Paypal.

Terms and Conditions

BCPAL refers to the Body Control Pilates Academy Limited.

- 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.
- Course fees include one Practical Assessment, one set of written anatomy examinations, two essay submissions, 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.
- Practical Assessments can be taken online or face to face. If it is agreed that a student takes a face to face Practical Assessment at a location other than the Body Control Pilates Centre, a fee may be charged.
- If you have a valid reason for requesting that the anatomy examinations are taken orally, there will be no additional charge.
- If you cancel your place within four calendar weeks of the course start date, we will apply a charge of £1000 or the full amount that you have paid, if lower. However, if you cancel 21 calendar days or less before the course start date, fees paid are wholly non-refundable. BCPAL will consider, fully at their discretion, transferring your payments to a future course.
- 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 a place has been allocated and payment received by BCPAL. 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 BCPAL and subject to an administration fee.
- In the unlikely event that BCPAL course management asks 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.
- BCPAL 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, BCPAL reserves the right to mark the student as 'lapsed' and to remove their name from the register of current students. BCPAL makes every effort to ensure that all students are fully supported through the course.
- Should you not complete the course but request to do again at a future date, an additional charge may be applied by BCPAL at their discretion in consideration of the period of time that has elapsed.
- Fees for any future courses may be subject to amendment.
- All fee payments are receipted and are inclusive of Awarding Body fees. Please let the Body Control Pilates office know in advance if pro-forma invoices are required.

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Body Control Pilates Academy Limited is a company limited by guarantee.
Registered for VAT: GB 331 4701 38

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 £150** 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. Upon qualification, any remaining credit is cancelled.

Matwork Teacher Training:

The 10 most-asked questions – answered!



Thank you for considering Body Control Pilates for your Pilates teacher training course

You are thinking about a potential new career teaching Pilates, so we recognise that it's a big decision – perhaps one of the biggest that you will take as it could be life-changing in terms of creating a new way of life. That's why we have put together this very concise set of answers to the questions that we are asked the most.

Everything you need to know about the course and the qualification that we offer can be found in the **Information Pack** (bodycontrolpilates.com/become-a-pilates-teacher/matwork-teacher-training/course-information-pack), but I hope that these answers help fill in the last gaps and give you the necessary information to understand why the Body Control Pilates matwork teacher training course is widely seen as the international benchmark for teacher training.

Please don't hesitate to get in touch if we can help further. Just give us a call on **020 7636 8900** or drop an email to **Ella Porter**, our Education Manager, at ella.porter@bodycontrolpilates.com

I do my utmost to start and finish the tuition on every teacher training course, so I hope to meet you then!

Best wishes,

Lynne

Lynne Robinson
Founder and Director



Matwork Teacher Training:

The 10 most-asked questions – answered!

QUESTION 1:

How long will it take me to qualify?

You should assume that it will take you between 6-12 months, but it totally depends on your availability in the supervised teaching (practice teaching) period and on the progress you make. We work on the basis that “you’re ready when you’re ready” – some qualify in a few months, some need longer. Either way, we’re there to support you right through your journey.

QUESTION 2:

Why does it take 6-12 months when I can qualify in a couple of weeks on some other courses?

We go into much more detail in terms of knowledge and teaching than almost any other course. We are also unique in giving you an opportunity to build your skills and confidence as a teacher through our supervised teaching programme. We believe you need all of this to build a successful career as a Pilates teacher and know that you are 100% ready to teach when you qualify from our course.

QUESTION 3:

Am I the right level to join the course?

All we ask is that you have been attending enough Pilates sessions to have familiarity with the key exercises and to enable you to take an informed decision about becoming a teacher. You don’t need to be superfit, you don’t need to be able to do the advanced exercises, and if you have an injury or physical limitation that’s absolutely fine – remember that the Body Control Pilates method was created by Lynne Robinson because she had herniated a disc in her back and needed to adapt the challenging ‘classical’ exercises. Body Control Pilates is for everyone and we want our teachers to reflect that.

QUESTION 4:

Am I too old?

Age is not an issue. Most of our students are in their late 20’s to 50’s, and our oldest student started the course at the age of 74. If you have the right mindset and passion, your age is irrelevant.

QUESTION 5:

Are there any extra costs that I need to be aware of?

Essentially no, in that your course fees cover tuition, course materials, assessments and supervised teaching when you are working with one of our network of teachers around the country. We do encourage you to attend some additional online and face to face student workshops in London and there is a small charge for these (typically up to £30). We do, however, give you a credit of £150 to use for these. All in all, there should be no nasty surprises on the financial front!

QUESTION 6:

I can’t make some of the tuition dates for the course I want to join. Is that a problem?

Not at all. We know that ‘life gets in the way’ for many of our students and, indeed, many are fitting this training around full-time work or running a family. Just let us know if there is a tuition date that you can’t make and we’ll give you an option to catch it up by sitting in on another course.

QUESTION 7:

When are the Contact Days?

There are currently four Contact Days in London that we ask you to attend. We run these after your online tuition modules and they cover content that can only justifiably be covered face to face. There are no set dates for Contact Days for each course – we give you a range of date options and it is totally your call as to when you book in. You may want to attend four on consecutive days or spread them across weekends. Whatever works best for you is fine with us.

QUESTION 8:

When it comes to supervised teaching, do I have to find my own teachers to work with and also have to pay them?

No and no. we give you the contact details for all supervising teachers so that you can contact your nearest teachers direct. We update our contact list on a monthly basis. Should you not have an existing Supervising Teacher near you, we'll do our best to find a solution by training up a nearby teacher or by giving you some complimentary workshops online and in London. As mentioned, there is no additional charge when you work with your local supervising teachers.

QUESTION 9:

How often will I need to come to London?

At a minimum, you need to come for London for Contact Days and for your final teaching assessment (Final Sign-Off). That Final Sign-Off takes place during a full day 'Student Day' workshop, so it makes best sense that you also plan to attend one of these to understand how they work. You should also ideally plan to attend a couple of Supervised Teaching Workshops along the way as these are invaluable to see how you are progressing. So, all in all, you should be thinking of at least six or seven visits. If you are coming long-distance, Ella and her team will help you plan your visit to get maximum benefit. If you are based outside the UK, it may be that we can offer you a more local option for taking the Contact Days if we have an experienced Body Control Pilates teacher near you. We'll always do our best to find the optimum solution. Many of our teacher training students come from outside the UK and with the initial 13 tuition modules being online the course is now more accessible than ever, wherever you are based in the world.

QUESTION 10:

I may be moving abroad. Will the qualification allow me to teach internationally?

Essentially, yes. We are one of the most-internationally recognised Pilates training providers and have teachers working in more than 50 countries. There is no global standard for Pilates teacher training but, where standards do exist (such as in the UK and the EU) we meet them – we, in fact, were asked to help create the European Union standard! If you're thinking of joining our course and have a specific country or region in mind as to where you may move, just give us a call and we can go into more detail with you.



You can find latest course dates and availability on our website at:

bodycontrolpilates.com/become-a-pilates-teacher/uk-course-dates-availability

More information?

Please contact:

Ella Porter – Education Manager
ella.porter@bodycontrolpilates.com

Leigh Robinson – Director
leigh@bodycontrolpilates.com

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35 Little Russell Street, London WC1A 2HH, England

T: +44 (0)207 636 8900
www.bodycontrolpilates.com

Matwork Teacher Training Course Enrolment Form

Please reserve a place for me on the course specified below. I understand that total fees are £2,600 and that, should I opt for the discounted Advance Payment fee of £2,300, 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 but before the balance of fees is paid, 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?

- | | | |
|--|---|--|
| <input type="checkbox"/> Body Control Pilates website | <input type="checkbox"/> Internet search engine | <input type="checkbox"/> Your (Body Control) Pilates teacher |
| <input type="checkbox"/> From a friend / word of mouth | <input type="checkbox"/> Advertisement | <input type="checkbox"/> Other |

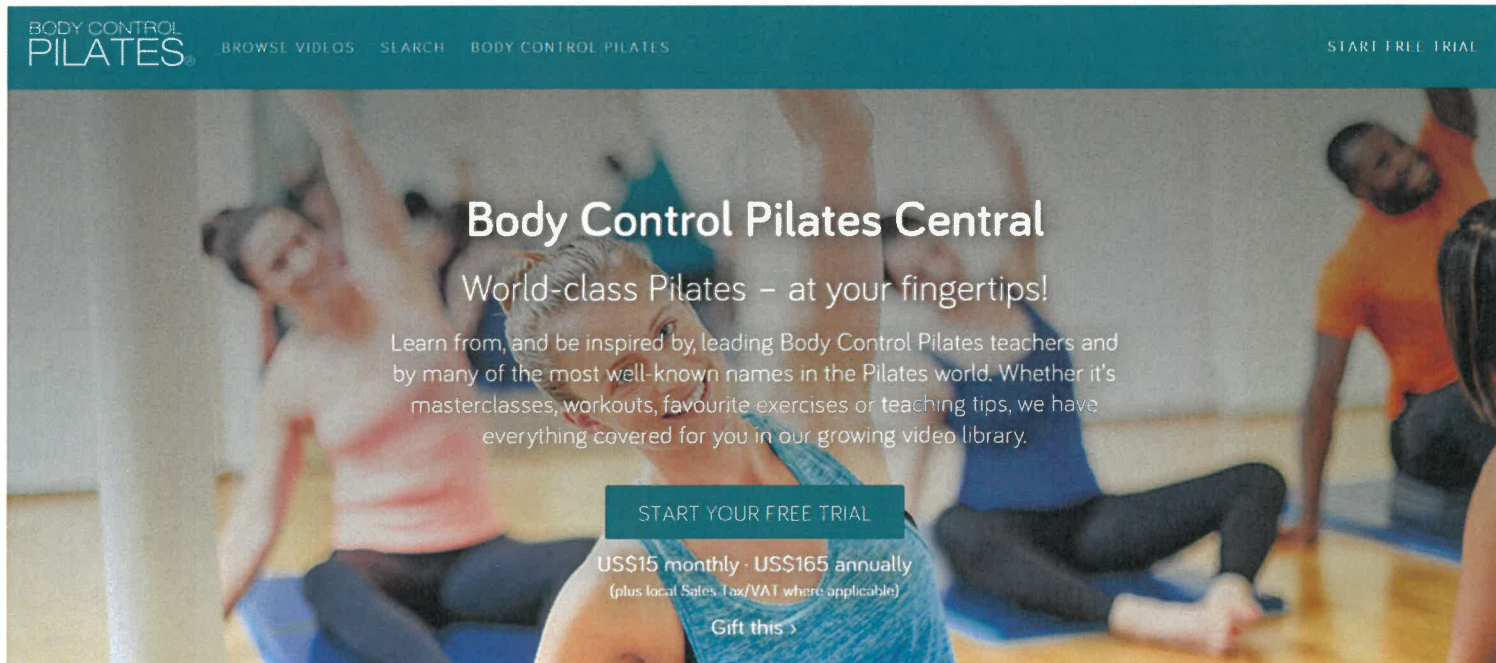
SIGNED IN AGREEMENT DATE

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.

Body Control Pilates Central - over 300 hours of content from 50 international presenters!



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