

Face to Face Workshops

at the

Body Control Pilates Centre, London

[This update: May 2023](#)

Refine and Develop your Teaching Skills on the Reformer

This has been developed by Bridget Montague. It runs for four hours and is a highly practical workshop for Reformer-qualified teachers.

It will:

- Explore different approaches to teaching on the Reformer.
- Look at how best to use your tactile cueing skills to assist clients.
- Discuss the skills required to teach Reformer group classes, along with what factors to consider when planning these.

Date: **Friday July 14th 2023**

Times: **10am-2pm**

Fees: **£110 (Academy £99)**

Tutor: **Bridget Montague**

Venue: **Body Control Pilates Centre, London**

CPD Points: **A30**

You must be Reformer-qualified to attend this workshop.

Please see our emails on booking details.

Body Control Pilates Academy Ltd
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