

# Development Weekend 31

## Booking & payment form

BODY CONTROL  
PILATES®

Saturday 23rd & Sunday 24th September 2023

**AT OUR NEW VENUE!**

No. 11 Cavendish Square,  
London, W1G 0AN

Development Weekend  
**31**



# PART 1 – BOOKING FORM



We recommend saving this to your computer, completing it, saving again, and then emailing it as an attachment to [dw@bodycontrolpilates.com](mailto:dw@bodycontrolpilates.com)

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

## SATURDAY

### Block 1

10.15am – 11.45am

#### WELCOME CLASSES

1.1

**LECTURE**  
The Pilates Rehab-er  
Cameron Angus

1.2

**LECTURE**  
Hypo What?  
Abby Lord

1.3

**LECTURE**  
Not all Trainers are equal  
Ian Sadler

1.4

Healthy Hips  
Tom McCook

1.5

All about the Teaser  
Maria Earle

1.6

Breathing  
Suzanne Scott & Victoria McIntyre

1.7

Move!  
Duncan Orrock

1.8

Fascial Abdominal & Pelvic Release  
Dr Suzanne Martin

1.9

Working in Locomotion  
Sarah-Louise Warden

1.10

**REFORMER**  
Reformer Footwork  
Alan Herdman

### Block 2

12.15pm – 1.45pm

2.1

**LECTURE**  
Effortless Self Carriage  
Joanne Elphinston

2.2

**LECTURE**  
Connective Tissue Disease  
Tom Hewetson

2.3

**LECTURE**  
The Ageing Spine  
Kyle Blackburn

2.4

Feet for Life  
Tom McCook

2.5

Return to Breath  
Maria Earle

2.6

Spinal Stability  
Dr Suzanne Martin

2.7

Bi-planar Pilates  
Paul Howse

2.8

Discover Hypopressives  
Abby Lord

2.9

Having Fun with the Classical Mat  
Alan Herdman

2.10

**REFORMER**  
Reformer to Mat  
Cameron Angus

### Block 3

2.35pm – 4.05pm

3.1

**LECTURE**  
Neuromuscular Disorders  
Tom Hewetson

3.2

**LECTURE**  
Pilates & Pelvic Health  
Dr Suzanne Martin

3.3

**LECTURE**  
Resistance Training in Pilates  
Kyle Blackburn

3.4

Creating a Balance  
Tom McCook

3.5

Shoe Whispering!  
Ian Sadler

3.6

Hypermobility  
Joanne Elphinston

3.7

Hips in Five  
Suzanne Scott

3.8

The Mat 2.0  
Nathan Gardner

3.9

Pilates for the Mature Client  
Alan Herdman

3.10

**REFORMER**  
Dynamic Strategies for Groups  
Maria Earle

### Block 4

4.20pm – 5.20pm

4.1

Magic Circle Mat  
Maria Earle

4.2

Happy Hypopressives  
Abby Lord

4.3

The Big Ball!  
Jacquie Biggs

4.4

Twists, Techniques & Transitions  
Charlie Savage

4.5

Get Moving on your Mat  
Sam Armstrong

4.6

Transform your Matwork  
Hanna Dalsgard

4.7

**REFORMER**  
Functional Progression  
Tom McCook

4.8

**WORKSHOP**  
Career Mgmt for Pilates Professionals  
Melanie Christou

4.9

**WORKSHOP**  
Build a Pilates Brand  
Dalia Zeinaty

4.10

**WORKSHOP**  
Pilates and the Voice  
Alexander Evans

# PART 1 – BOOKING FORM

## SUNDAY

### Block 5

9.00am – 10.00am

#### WARM UP CLASSES

**5.1**  
Self-Exploration through Movement  
Nathan Gardner

**5.2**  
The Sissel Spinefitter Session  
Duncan Orrock

**5.3**  
Pilates & Spirals  
Brenda Nassali-Liston

**5.4**  
Rollin' with the Small Ball  
Kate Hodder

**5.5**  
Planes, Bands, and Overballs  
Paul Howse

**5.6**  
Move to your Breath  
Kathy King

**5.7**  
**REFORMER**  
Morning Warm-Up  
Bridget Montague

### Block 6

10.15am – 11.45pm

**6.1**  
**LECTURE**  
Men's Health  
Dr. Karen Robb & Sara Coghlan

**6.2**  
**LECTURE**  
Hypo What?  
Abby Lord

**6.3**  
**LECTURE**  
The Ageing Spine  
Kyle Blackburn

**6.4**  
Shoulder Girdle & Spine  
Tom McCook

**6.5**  
Breathing  
Suzanne Scott & Victoria McIntyre

**6.6**  
Proprioceptive Tools for Standing  
Birthe Brosolat

**6.7**  
Training Healthy Spinal Extension  
Maria Earle

**6.8**  
Holistic Conditioning  
Conchita del Campo

**6.9**  
Helping Hip Replacements  
Dr Suzanne Martin

**6.10**  
**REFORMER**  
Thinking around the Box  
Alan Herdman

### Block 7

12.15pm – 1.45pm

**7.1**  
**LECTURE**  
Communication: Explain and Listen  
Cameron Angus

**7.2**  
**LECTURE**  
The Midlife MOT  
Dr Pauline Lockhart

**7.3**  
**LECTURE**  
Effortless Self Carriage  
Joanne Elphinston

**7.4**  
Hips in Five  
Suzanne Scott

**7.5**  
Discover Hypopressives  
Abby Lord

**7.6**  
Fascial Integration for Hypermobility  
Dr Suzanne Martin

**7.7**  
Creating a Home Programme  
Alan Herdman

**7.8**  
Return to Life on the Mat  
Maria Earle

**7.9**  
Eyes Wide Shut  
Nathan Gardner

**7.10**  
**REFORMER**  
Shoulder Girdle & Spine  
Tom McCook

### Block 8

3.00pm – 4.30pm

**8.1**  
**LECTURE**  
Rehab in Cancer Care  
Dr Karen Robb

**8.2**  
**LECTURE**  
Resistance Training in Pilates  
Kyle Blackburn

**8.3**  
**LECTURE**  
Ageing with Asymmetry  
Dr Suzanne Martin

**8.4**  
Creating a Balance  
Tom McCook

**8.5**  
Pilates for the Lower Back  
Alan Herdman

**8.6**  
Hypermobility  
Joanne Elphinston

**8.7**  
Distal Dexterity & Connection  
Brenda Nassali-Liston

**8.8**  
Spirals  
Cameron Angus

**8.9**  
Dynamic Midlife Pilates  
Dr Pauline Lockhart

**8.10**  
**REFORMER**  
Dynamic Strategies for Groups  
Maria Earle

## PART 2 – LETTING US KNOW ABOUT YOUR PAYMENT FOR DW31

---

### PAYMENT DETAILS

---

Your name

How much are you paying?

Please tick this box if you already made a Priority Booking payment

Please let us know how you are paying:

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

I am paying by TransferWise

I am paying via Paypal

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

I understand that my booking cannot be processed until payment is received or, in the case of international payments, has been notified.

Sorry, we cannot accept credits of any kind or give Academy discounts for DW31 bookings.

Date

---

## All done?

Then please email this as an attachment to [dw@bodycontrolpilates.com](mailto:dw@bodycontrolpilates.com)

If you have technical problems, please feel free to email your choices and payment confirmation in the body of an email to [dw@bodycontrolpilates.com](mailto:dw@bodycontrolpilates.com)

See you there!

---

#### BANK TRANSFERS

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

#### INTERNATIONAL BANK TRANSFERS

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

#### TRANSFERWISE

If you're paying from outside the UK, why not have a look at [www.transferwise.com](http://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.

#### 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](http://www.paypal.com) and entering the email address [sarahb@bodycontrol.co.uk](mailto: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 'DW31' as the reference.

---



# BODY CONTROL PILATES®

FOLLOW US ON



[www.twitter.com/bodycontrol](https://www.twitter.com/bodycontrol)



[www.facebook.com/BodyControlPilates](https://www.facebook.com/BodyControlPilates)



[www.instagram.com/BodyControlPilates](https://www.instagram.com/BodyControlPilates)

Body Control Pilates Association  
35 Little Russell Street  
London WC1A 2HH

[www.bodycontrolpilates.com](http://www.bodycontrolpilates.com)