

# Package up your Pilates!

Announcing six new packages to help you develop your knowledge and skills – **and save money on your professional development!**

Co-Founded by Lynne Robinson almost 30 years ago, Body Control Pilates has been at the forefront of the growth of the Pilates Method in the UK. It has become one of the world's most recognised Pilates training providers and now has teachers based in over 50 countries.

We offer more than 50 professional development and certification courses to qualified teachers, spanning studio equipment, sports and performance, special populations, medical conditions, mental wellbeing, and small equipment. While some courses are

delivered through live Zoom sessions, many others are partly or wholly delivered on a face to face basis to ensure maximum benefit for students. You will find more details in each of the packages below.

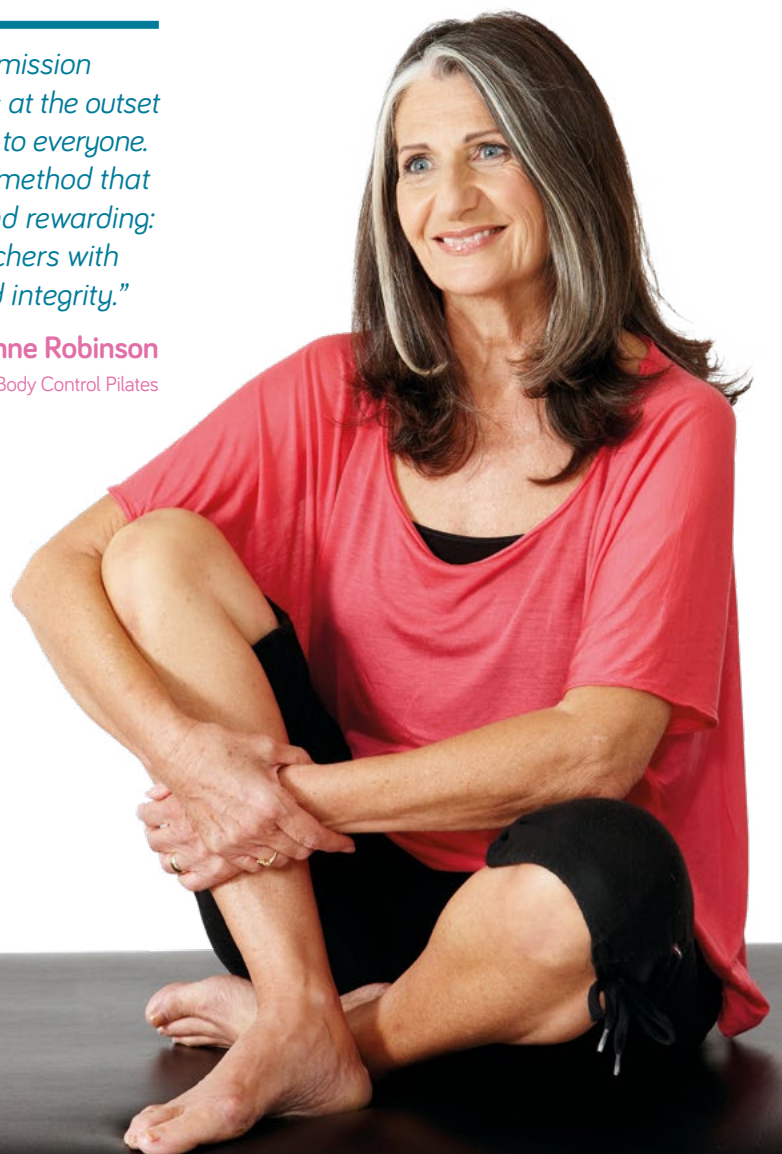
These packages have been specially developed for the increasing number of Pilates teachers who initially trained elsewhere, but who are now looking to continue their professional development with Body Control Pilates – and, in many cases, who are looking to become part of our teacher community.

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*“Well into our third decade, our mission remains the same now as it was at the outset – to bring the benefits of Pilates to everyone. To this end, we have created a method that is effective, safe, challenging and rewarding; a method that is taught by teachers with unrivalled skills, knowledge and integrity.”*

**Lynne Robinson**

co-founder of Body Control Pilates



# 1

## Matwork Conversion Course and Back4Good® Low Back Pain course — plus SPM Matwork accreditation!



### CONVERSION COURSE OUTCOMES:

- Body Control Pilates Matwork Certification
- Society for the Pilates Method (SPM) Certification
- 1-year membership of Body Control Pilates Association (BCPA)
- 1-year membership of SPM Register of Teachers

### LOW BACK PAIN OUTCOMES:

- Back4Good® Practitioner (awarded by Body Control Pilates)

### COURSES WITHIN THIS PACKAGE:

- Matwork Conversion Course (5 tuition days plus practical work)
- Back4Good® Low Back Pain course (three tuition days)

Certification requires course attendance and passing all related assessments. The Back4Good® Low Back Pain course is only open to BCPA Members and Conversion Course students. It can only be attended after completion of the five Conversion Course modules. The Back4Good® Practitioner certification can only be awarded to current members of the BCPA. The assessment can therefore only be taken - and B4G Practitioner status awarded - after graduating from the Conversion Course and taking up BCPA membership.

**Usual advance fees:** £1,650 (£1,275 plus £375)

**Package price:** **£1,450** when paid in advance, **saving 12%**.



# 2

## Body Control Pilates Comprehensive Studio Equipment

All course tuition within this package is on a face to face basis at our Centre in London.

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### COURSES WITHIN THIS PACKAGE:

- Reformer 1 (6 tuition days, plus assessment)
- Cadillac 1 (2 tuition days)
- Cadillac 2 (2 tuition days)
- Chair 1 (2 tuition days)
- Ladder Barrel (1 tuition day)

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### OUTCOMES:

- Body Control Pilates Reformer Certification
- Body Control Pilates Comprehensive Studio Certification

Certification requires course attendance and passing required assessments.

**Usual course and assessment value:** £2,850

**Package price:** **£2,250** when paid in advance, **saving over 20%** on regular fees.

**Already Reformer-qualified?** In this case, you can take our Reformer Bridging course (2 tuition days, plus assessment) instead of the Reformer 1 course. Please contact us for a revised package price.





# 3

## Body Control Pilates and SPM Comprehensive Studio Equipment

The ultimate package! Successfully completing all of the assessments within this package will mean that you become a Body Control Pilates teacher and a member of one of the world's largest and most active Pilates communities. You will also receive recognition as an SPM Comprehensive Teacher and appear on the SPM Register of Teachers — this requires you to have attended the advanced studio equipment courses.

All studio equipment course tuition within this package is on a 'face to face' basis at our Centre in London. The Conversion Course is a hybrid course that begins with five online tuition modules, live on Zoom.

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### COURSES WITHIN THIS PACKAGE:

- Matwork Conversion Course (5 tuition days plus practical work)
- Reformer 1 (6 tuition days, plus assessment)
- Reformer 2 (2 tuition days)
- Cadillac 1 (2 tuition days)
- Cadillac 2 (2 tuition days)
- Cadillac 3 (1 tuition day)
- Chair 1 (2 tuition days)
- Chair 2 (2 tuition days)
- Ladder Barrel (1 tuition day)

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### OUTCOMES:

- Body Control Pilates Matwork Certification
- Society for the Pilates Method (SPM) Mat Certification
- 1-year membership of Body Control Pilates Association (BCPA)
- Body Control Pilates Reformer Certification
- Body Control Pilates Comprehensive Studio Certification
- Society for the Pilates Method (SPM) Comprehensive Certification
- 1-year membership of SPM Register of Teachers

Certification requires course attendance and passing required assessments.

**Usual value (courses, assessments, memberships):** £6,000

**Package price:** **£4,500** when paid in advance, **saving 25%** on regular fees.

**Already Reformer-qualified?** In this case, you can take our Reformer Bridging course (2 tuition days, plus assessment) instead of the Reformer 1 course. Please contact us for a revised package price.



# 4

## Advanced Movement Strategies

This package comprises three courses that explore the biomechanical and psychosocial underpinnings of human movement and physical performance from a Pilates perspective. Each course will help develop your analytical skills and refine your ability to programme valid exercise choices, enriching your Pilates teaching experience.

The 'Movement' and 'Adaptations' courses are part of our Level 4 Pilates qualification. Until now, you had to register for the qualification before you could attend these courses. This has changed as you can now join these courses to benefit from the knowledge and skills that they offer, and then decide at a later point whether you want to go on register for the Level 4 Pilates qualification. 'Pilates for Performance' builds on the content and strategies covered in Movement and Adaptations. It explores performance-centred client objectives across a range of applications, settings, and levels from recreational to elite. Importantly, it shows how Pilates can enhance performance and gives you a framework that you can apply to objectively satisfy your client's needs.

All course tuition within this package is delivered via live modules on Zoom. 'Adaptations' must be taken after attending Movement.



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### COURSES WITHIN THIS PACKAGE:

- Movement (2 tuition days)
- Adaptations (2 tuition days)
- Pilates for Performance (1 tuition day)

**Usual course fees in total:** £650

**Package price:** **£500** when paid in advance, **saving over 20%.**



# 5

## Special Populations

All course tuition within this package is delivered via live modules on Zoom.

### CHOOSE ANY TWO OF THE FOLLOWING COURSES WITHIN THIS PACKAGE:

- Pregnancy 1 and Pregnancy 2 (2 tuition days)
- Pilates for Children & Adolescents (3 tuition days)
- Pilates for the Older Person (2 tuition days)
- Pilates and the Menopause (2 tuition days) **NEW!**

**Typical fees for two courses:** £600 (£700 if including Children's)

**Package price: £480\*** when paid in advance, **saving 20%**.

(\* **£560** if including Children's as one of your selections)





# 6

## Understanding Medical Conditions

All course tuition within this package is delivered via live modules on Zoom.

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### CHOOSE ANY TWO OF THE FOLLOWING COURSES WITHIN THIS PACKAGE:

- Pilates and Breast Cancer Rehabilitation (2 tuition days)
- Pilates and Hypermobility (2 tuition days)
- Pilates and Mental Wellbeing (2 tuition days) **NEW!**
- Pilates and Scoliosis (2 tuition days)

**Usual course fees for two courses:** £600

**Package price:** £480 when paid in advance, **saving 20%.**



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## COURSE DESCRIPTIONS?

Please [click here](#) to view all course descriptions.

Please [click here](#) for more information on the Matwork Conversion Course.

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## HOW DOES IT WORK?

Once you have purchased your package, keep an eye out for our regular updates on course schedules, check online at [Course Schedules for Pilates Teachers – Body Control Pilates](#), or give us a call on **020 7636 8900**. You can then just contact us to book in using the credit from your package.

You should attend courses within 18 months of purchasing your package, apart from Packages 2 and 3 where we allow three years.

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## PAYMENT PLANS?

The prices shown for each package are based on upfront payment. We are also very happy to discuss payment plans based on a different Package Price. Please drop an email to [Sarah Bargeron](#) for more information.

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## COURSE NOTES?

**We provide printed course notes for all courses.**

These are sent in advance for online courses or handed over on the day for face to face courses. Participants living outside the UK will be emailed a PDF of notes for online courses.

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## SPM RECOGNITION

The SPM is a not for profit body set up in 2020 by Body Control Pilates, MK Pilates, and the Pilates Foundation. Alan Herdman Pilates and Pilates in Motion joined as Founder Members. The SPM works to protect the integrity and quality of Pilates education and teaching through new matwork and studio equipment standards and through its emphasis on the need for professional development. It is working to gain wider recognition for the Pilates profession. The SPM also publishes a Register of member teachers.



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## NEXT STEPS

If you are interested in registering for any of the above packages — or if you have any questions that we can help you with — please contact Sarah Bargeron at [sarah.bargeron@bodycontrolpilates.com](mailto:sarah.bargeron@bodycontrolpilates.com) or by calling on **020 7636 8900**.

All courses are SPM-recognised for professional development accreditation.

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## TERMS AND CONDITIONS

- Package prices must be paid in full, or a payment plan agreed, before we can book you onto your first course.
- We are happy to offer Payment Plans for some packages, but the headline fees will vary from the Advance Payment rate shown.
- We offer courses on a regular basis. There is no time limit on attending courses covered by these packages. Packages are not transferable in whole or part.
- Fees paid are non-refundable once you have attended your first course unless there are exceptional or compassionate reasons. Should any refund be agreed, the cost of courses already attended will be calculated at the normal fee level. The total cost of these courses shall be deducted from the Package Price with the balance paid as a refund.