

Development Weekend 31

Booking & payment form

BODY CONTROL
PILATES®

Development Weekend

Sunday 24th September 2023

AT OUR NEW VENUE!

No. 11 Cavendish Square,
London, W1G 0AN



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

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.

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 Coglan

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 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.

Date

All done?

Then please email this as an attachment to 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

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 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 and entering the email address 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.

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