

# Development Weekend 31 Programme

BODY CONTROL  
PILATES®

Saturday 23rd & Sunday 24th September 2023

**AT OUR NEW VENUE!**

No. 11 Cavendish Square,  
London, W1G 0AN

*Development Weekend*  
**31**



# WELCOME TO DEVELOPMENT WEEKEND 31

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We celebrated our 30th Development Weekend last year and, over that time, have used an interesting variety of venues. Our first 'Development Day' (as it was then) was in the studio in Queensberry Mews, South Kensington with less than 20 teachers present. We then held Development Weekends in the David Lloyd clubs in Croydon and South Kensington, and at City University, before we settled on the Royal College of Physicians. A very special venue but, after more than 15 years at the College, it's now time for a move.... to a venue that we know that our members will love. Welcome to Number 11 Cavendish Square!

Owned by the King's Trust charity, it is located right in the heart of London and is dangerously close to the main stores on Oxford Street. It has everything we need for a successful Development Weekend, including space in the Orangery and the Green House for the all-important opportunity to catch up and share experiences with fellow Body Control Pilates teachers and students.

If you're a 'DW Veteran', you'll see some changes this year in terms of how we structure the days. We'll be kicking off Saturday with the main opening session and running some classes as the final session on Saturday. There will be a couple more sessions in each block as we plan in more lectures and practicals to allow smaller, more interactive sessions. As usual on Sunday, we'll still kick off with the early classes and we have a great menu lined up for Sunday lunchtime, when you'll also have time to visit our Partner Stands – and hopefully join me for the 'Sunday Catch-Up' if you missed my opening on Saturday!

Development Weekends have always been the cornerstone of our year, when everyone comes together to learn, to renew acquaintances, to enjoy being together, and to recharge their teaching batteries. We already know that many of our international members have their flights and hotels booked – it will be great to see them there. In short, I am confident that DW31 will live up to those expectations and more, with the extra edge of being in a marvellous new venue.

We have a great line-up of presenters and topics this year, with close to 70 workshops, lectures, and classes on offer over the weekend. As ever, a huge 'thank you' to each and every one of our DW31 faculty. We have 31 presenters this year, a DW record!

I would like to give a special welcome to guest presenters Abby Lord and Joanne Elphinston who are joining us for the first time. A huge 'welcome back' also to Maria Earle, Suzanne Martin, and Tom McCook who are all flying in to present for us. A welcome also to our returning guest presenters from the UK (Suzanne Scott, Ian Sadler, Tom Hewetson, Cameron Angus and Kyle Blackburn) and a special 'thank you' to Alan Herdman for joining us.

And definitely last but not least, a huge 'thank you' as always to our talented team of Body Control Pilates presenters. We appreciate the amount of preparation and knowledge that goes into each and every session delivered.

I can't close without giving a very special mention to our 'DW Team' who do such an amazing job before, during, and after the event to ensure a smooth passage. We've thrown them a big challenge this year by running DW in a new venue, but I know that they will more than rise to the occasion! It's always a real privilege and a pleasure to work with them.

Lynne and I very much hope that you can join us for all or part of this very special event



Leigh Robinson  
Group Managing Director

## DW31 HEADLINES

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- Please check in upon arrival to collect your name badge and Welcome Pack. We'll be giving you your complimentary DW31 Delegate Pack (with goodies worth over £60) when you come to the Opening Session in the Burdett Suite.
- Upon arrival, please leave any large bags etc in the cloakroom. This will be staffed throughout the weekend.
- We are breaking with tradition and kicking off Saturday with the Opening Session at 9.25am prompt.
- There is a 30-minute break on Saturday at 11.45pm and a 45-minute break at 1.45pm. Whilst you may want to bring food with you for these, numerous cafes and coffee shops (including Pret, Starbucks) can be found in Cavendish Square. If the sun is shining, take the opportunity to sit in the well-manicured gardens in the centre of the square!
- Early morning classes start at 9am on Sunday. Don't worry, if you arrive late you can still join in!
- Join us for an appetising lunch in The Orangery and The Green House at 1.45pm on Sunday.
- If you are a 'Sunday-only delegate', please join Leigh for the 'Sunday Catch-Up' at 2.30pm where he will recap on his Opening Session presentation.
- Please take time to visit our Partner Stands during the breaks.
- CPD for DW31 is 60 List A Points for the weekend, 30 List A for Saturday or Sunday.
- The layout of 11 Cavendish Square means that space for practical sessions is more at a premium than was the case previously as some of the rooms are smaller. We've done our best to counter this by adding more sessions in each block. We have also repeated a few of the Saturday sessions on Sunday to help meet demand. We'll do our best to meet everyone's wishes, but please be understanding if we can't put you in every practical session that you may have asked for.
- As we are in a new venue:
  - We will have extra staff on hand to point you in the right direction if you are lost or confused!
  - Please bear with us if there are a few organisational hiccups during the weekend. It's as new for us as it is for you! Thanks.



# CONFERENCE SCHEDULE

## Saturday 23rd September 2023

9.00 - 9.20	Registration
9.25 - 9.55	DW31 Welcome and Opening
9.55 - 10.15	Break
10.15 - 11.45	Block 1
11.45 - 12.15	Break
12.15 - 1.45	Block 2
1.45 - 2.35	Lunch Break
2.35 - 4.05	Block 3
4.05 - 4.20	Break
4.20 - 5.20	Block 4

**Note: Some sessions may run to 5.35pm**

**Complimentary tea/coffee will be served as follows:**

- Ongoing service through to 10.15am
- During the lunch break
- During the afternoon break

## Sunday 24th September 2023

9.00 - 10.00	Block 5 Classes
10.00 - 10.15	Break
10.15 - 11.45	Block 6
11.45 - 12.15	Break
12.15 - 1.45	Block 7
1.45 - 3.00	Lunch (fork buffet lunch provided)
Inc 2.30 - 2.50	Sunday Catch-up with Leigh
3.00 - 4.30	Block 8
END	

**Complimentary tea/coffee will be served as follows:**

- Between 9.30-10.15am
- During the lunch break

## FEES

**Please note that we cannot process your booking until we have received your fee payment.**  
**Coming from outside the UK? Please contact us to discuss DW31 fees.**

### STANDARD RATE

Full weekend (incl. Sunday lunch)	£400.00
Saturday only	£280.00
Sunday only (incl. lunch)	£280.00

## Please note

- Our preferred method of payment is bank transfer, Paypal or Transferwise.
- Just transfer the relevant fee to us at the account below making sure that you include your name and 'DW31' as reference.
- We MUST receive your transfer before we can process your application.
- Normal cancellation charges apply – no charge if you cancel your booking before August 18th.
- Sorry, there are no Academy discounts or use of credits for Development Weekend payments.

## Payment details

### 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

### 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 'DW' as the reference.

### 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.

## WHEN BOOKING

- We have emailed an interactive Booking Form to you. Please complete this and return it by email to [dw@bodycontrolpilates.com](mailto:dw@bodycontrolpilates.com). Remember to give alternative choices.
- Bookings are processed strictly on a date received and payment confirmed basis
- If you do not give alternative session choices, you will be allocated a session according to availability. If you do not return your Booking Form in the first few days, it is highly unlikely that you will get all of your first-choice sessions.
- Whilst we will do our best to give you your first choices, this cannot be guaranteed for practical sessions in particular.
- Unless indicated, sessions are open to all levels of experience and ability. You must be Reformer-qualified to attend Reformer workshops or have Reformer experience to join the Reformer classes. Please take this into account when selecting your sessions as it is your responsibility to book into the session that is right for you.
- When in sessions, it is for you to decide if you need to adapt or sit an exercise out to avoid the risk of injury. You are not expected to do anything outside your comfort zone.
- Remember that some of the content you learn at DW may be more suitable for you than for all of your clients. It is your call as to whether and how you apply what you have learnt to your future classes and sessions.
- By booking, you are deemed to have accepted the Cancellation Policy below.

## CANCELLATION POLICY

The following charges will apply without exception for cancellations:

- On or before Friday 18th August 2023 ..... **no charge**
- Between 19th and 31st August 2023 ..... **£50.00**
- On or after 1st September 2023 ..... **£125.00**
- 'No show' ..... **100% of fees paid**

We reserve the right to change the schedule in the event of presenter illness or cancellation. Should this happen, Body Control Pilates will not be liable for any refunds. When booking, you are deemed to have accepted this clause.

We will always do our best to be as understanding as possible regarding cancellations, but please bear in mind that we also have to meet cancellation charges set by our host venue.



## ON THE DAY

- You will find a location map for Number 11 Cavendish Square below.
- [Oxford Circus](#) and [Bond Street](#) tube stations are a very short walk away. We'll plan to send a travel update out in the week ahead of the DW in case of any planned engineering work.
- There is [no on-site parking at the venue](#). There is a car park underneath Cavendish Square (Q-Park Oxford

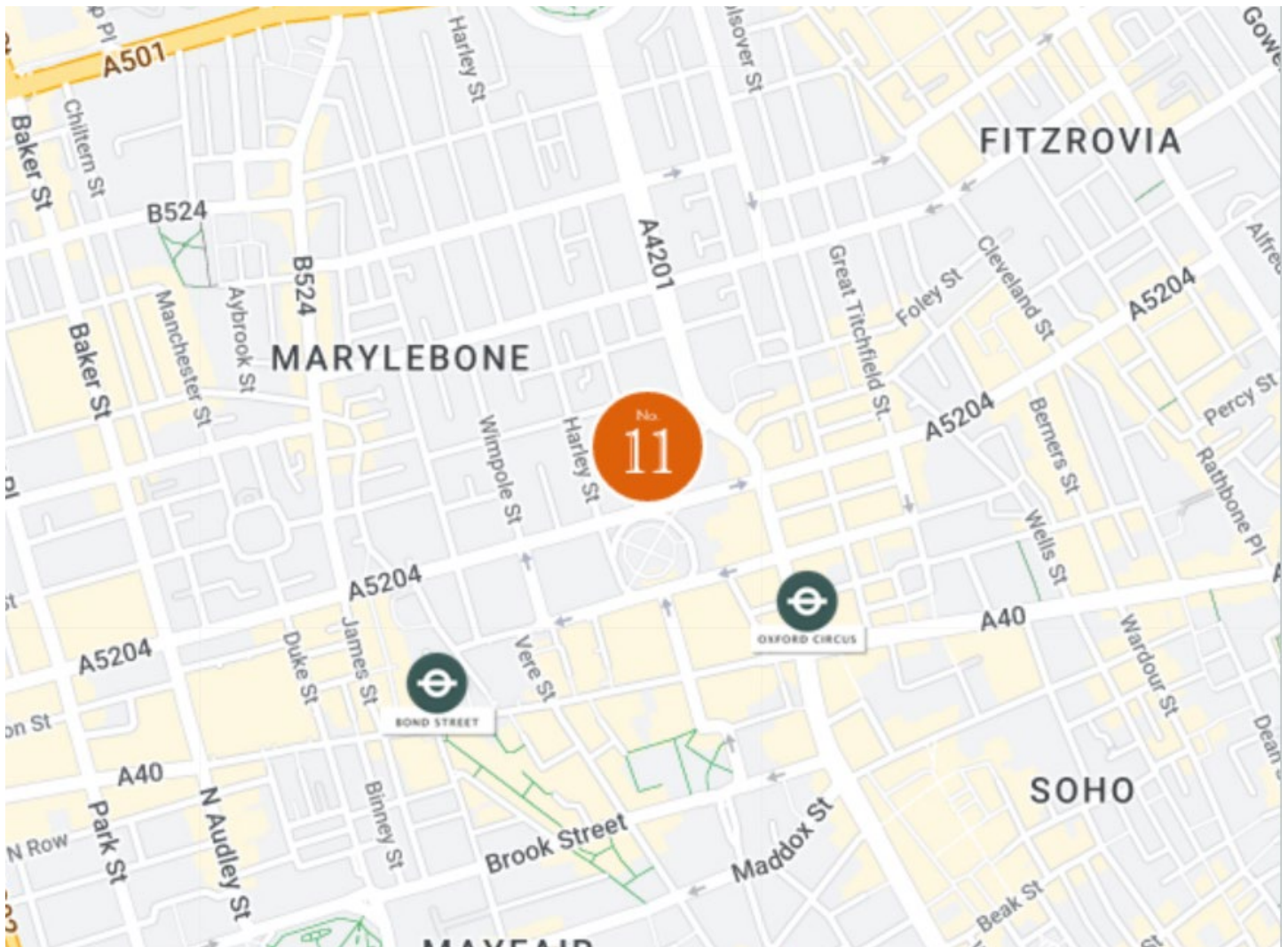
Street) that you can pre-book at better rates if you wish via this link: [London Oxford Street Parking | London Car Parks | Q-Park](#)

- Upon arrival at Number 11 Cavendish Square:
  - the entrance is at the end of the short cul-de-sac.
  - please leave any large bags or suitcases in the Conference

*Cloakroom just to the right of the main entrance. You will be given a numbered ticket. The cloakroom is manned by venue staff through the weekend.*

- go straight to the Registration Desk to pick up your name badge and Conference Pack.
- More detailed information will be given near the time.

Phone number for No. 11 Cavendish Square: [020 7307 2474](#), Event Manager for No. 11 Cavendish Square: [Mark MacDonald](#)



## LOCAL HOTELS

There is a huge number of hotels within 10-15 minutes' walk of Cavendish Square. Even hotels often used by our members when visiting the Body Control Pilates Centre, such as Hub by Premier

Inn in Goodge Street and Covent Garden Travelodge, are just 15 minutes' walk away.



# THANKS!

## MAIN EQUIPMENT PARTNERS



A special 'thank you' once again to our main equipment sponsor Balanced Body for the provision of Allegro Reformers, and other accessories for this year's conference.

For more information on the Balanced Body range of products, please visit their stand during the conference or scan the QR Code on their ad. More product information can be found at [www.pilates.com](http://www.pilates.com) and you can also pre-order conference equipment by contacting Jayson O'Donahue at [jayson.odonahue@pilates.com](mailto:jayson.odonahue@pilates.com)



Thank you to Sissel for providing bands for the Delegate Bags and other workshop items. You can buy workshop items at discounted prices at the Sissel stand. And don't forget that you can also order new equipment using your special Body Control Pilates discount!

## CONFERENCE PARTNERS WITH STANDS

Thank you to our various conference partners for their support. Please take the time during the breaks to visit their stands. Our partners include:



### Correxiko

Correxiko is a sustainably sourced collagen range created by a British medical doctor.

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



### Tavi Apparel

Prepare to enter a new world of design-meets-function, and luxury-meets-performance. TAVI Apparel exist in a realm where ordinary has no place, because only the highest performing pieces make the cut.

[www.mad-hq.com](http://www.mad-hq.com)



### ILU Fitwear

Beautiful activewear for real life. Feminine, flattering and functional slow fashion, responsibly sourced and ethically produced in Europe. Now adaptive and beyond.

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



### ToeSox

Its unique five-toe design allows the entire foot to perform naturally, encouraging the toes to separate and activate the muscles in the feet.

[www.mad-hq.com](http://www.mad-hq.com)



### YANA Active

YANA™ Active is an award-winning, independent, luxury women's activewear brand designing and manufacturing unique activewear pieces in the U.K. Sustainability is at the heart of YANA's ethos, designing and manufacturing pieces in the North East of England from natural or recycled fabrics. Pieces that look good, feel good and do good for our planet.

[www.yanactive.co.uk](http://www.yanactive.co.uk)

## DELEGATE BAGS

A special thank you to the following for generously supplying items for your DW31 Delegate Bag.



### Doctor Seaweed

Doctor Seaweed's supplements combine sustainable Scottish seaweed with a plethora of additional plant-based nutrients so you can look and feel wonderful! From improved energy levels and glowing skin, to brain health and thyroid support – there's a supplement to suit your wellness goals.

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



### Virtue

We create clean energy drinks – all natural, zero sugar & calories. With the same amount of natural caffeine (80mg) as a cup of coffee. Natural energy from 100% organic sources, plus b-vitamins.

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### ToeSox

Its unique five-toe design allows the entire foot to perform naturally, encouraging the toes to separate and activate the muscles in the feet.

[www.mad-hq.com](http://www.mad-hq.com)



### Handspring

Handspring Publishing is the leading professional publisher of evidence-based educational and reference books in the manual therapy, bodywork and movement therapy fields.

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



### Bumboo

Bumboo make being kind to our planet easy. Switch from environmentally taxing, tree-based toilet roll to carbon absorbing, oxygen giving bamboo – without compromising on quality or comfort. Plus, with every purchase, you contribute to reversing deforestation across the globe. To date, Bumboo have planted 149,000+ trees.

[www.bumboo.eco](http://www.bumboo.eco)



### Carton Water

Carton Water – Lighter on the Planet  
The local spring water in a box on a mission to reduce harmful single use plastic consumption and benefits from a lower carbon footprint compared to cans and glass bottles.

[www.cartonwater.co.uk](http://www.cartonwater.co.uk)



### Beanies

At Beanies we think life is all about flavour. So we've made a flavour coffee to suit every moment. Because sometimes it's a super Sticky Toffee kinda day. And others it's a cheeky Cherry Chocolate kinda day. You name it, we've got the full-on, all-out flavour to go with it. And they're sugar free and low in calories too, so it's guilt-free indulgence all the way!

[www.beaniesflavourco.co.uk](http://www.beaniesflavourco.co.uk)



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BetterYou is an innovative and multi-award-winning natural healthcare brand that is on a mission to fill the gaps left by modern diets and lifestyles with smarter nutritional support. Their range of pill-free vitamin oral sprays and transdermal magnesium products provide superior bioavailability, using alternative delivery mechanisms. A brand paving the way in sustainability and environmental consciousness.

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



### Pentire

Pentire is the outdoors inspired drinks company that captures the beauty, power, and immense flavour of plants. Each drink in the range offers refreshing coastal flavours, featuring a unique blend of botanicals that are native to the coast of Cornwall. Plant-based, non-alcoholic, and low calorie, the drinks are perfect for active, outdoor loving folk. A healthier choice for the go-getters, the adventurers, and the doers.

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

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# PROGRAMME

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## Registration opens from 9am in The Green House

### Opening & Welcome

9.25am – 9.55am

#### Introductory Remarks

Leigh Robinson

A very warm welcome to our 31st Development Weekend and to a brand new venue! Leigh will give you an overview of the Weekend's events and update you on the latest Body Control Pilates news and developments.

## Block 1

10.15am – 11.45am

### 1.1 The Pilates Rehab-er

Cameron Angus

#### LECTURE

Join Cameron as he delves into a handful of rehab case studies for the Pilates teacher.

As teachers, we often find ourselves being asked for help by clients whose bodies aren't fully functioning to their full potential. By looking in detail at 3 case studies focused on shoulders, hips and the spine, Cameron will highlight the thought process that builds and informs effective programming, examining what to ask, when to move on and what the final aims are. He will review healing, tissue changes, pain, progressions, and planning.

### 1.2 Hypo what? The Theory behind Hypopressives

Abby Lord

#### LECTURE

Hypopressives have immense potential to rehabilitate chronic, unspecified low back pain, posture imbalance, breathing and pelvic floor dysfunction, and so much more. The combination of focused breathwork and active lengthening positions lend Hypopressives to many modalities, therefore the International Hypopressive Council actively encourage the combination of Hypopressives with other practices, such as Pilates!

In this introductory lecture, Abby will present the theory behind Hypopressives, looking at how taking a holistic approach to rehabilitation of the body (especially the pelvic floor) is so important. So many have seen such great improvements in so many areas after practising Hypopressives and Abby cannot wait to share the technique with you.

### 1.3 Not all Trainers are equal...

Ian Sadler

#### LECTURE

Not all trainers are equal...so, are you wearing the best ones for you? All Pilates teachers know that our feet affect every other part of our body. In turn, so do the shoes we decide to wear! Whether it's for your sport, your comfort, your style or just to walk your dog, almost everyone wears trainers, but do you really know what you are putting on your feet? In this lecture, Ian will look at the different categories of trainers AKA athletic footwear: What they are built for? How are they manufactured? And who should be wearing which ones? Understanding shoe design will help you and your clients to pick the best footwear for your needs.

### 1.4 Healthy Hips!

Tom McCook

#### PRACTICAL

Join Tom as he combines the Franklin Method and Pilates mat with effective imagery, corrective exercises and movement to improve the function of the centre of the body and hips. The aim is to release tension, improve strength and muscular balance, and create a great feeling in the lower back and hips for you and your clients.

### 1.5 All About the Teaser

Maria Earle

#### PRACTICAL

It is no surprise the Teaser is an exercise that many people struggle with. Instead of skipping it because it feels impossible, Maria is determined to make it less scary! In this workshop, she will explore different ways to make the Teaser more accessible and fun for our clients, by breaking down the exercise into smaller movement skills and then building it back up again step by step. As a result, you will hopefully gain clarity and a new appreciation for one of the most challenging, and often misunderstood exercises, in the Pilates repertoire.

## PROGRAMME

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### 1.6 Breathing - Myths, Maybes and Movement: An Introduction

Suzanne Scott & Victoria McIntyre

#### PRACTICAL

This session provides an introduction to a longer workshop on breathing, which evolved from a collaboration between Julie Moore (Consultant Respiratory Physiotherapist), Victoria McIntyre (expert Physiotherapist in Athlete Performance) and Suzanne Scott (Movement Coach and Physiologist).

The session will describe breathing pattern disorders (BPD) and suggest how we may be able to spot these in our clients and discuss whether it is always appropriate to teach a breath pattern with Pilates exercises. As well as presenting information about the anatomy and physiology of breathing, Suzanne and Victoria will also look at how to adapt common Pilates movements to assist clients to breathe more optimally.

### 1.7 Move! Pilates-Inspired Training

Duncan Orrock

#### PRACTICAL

In this workshop, Duncan will be looking at how you can progress Pilates exercises into bigger range movements, bringing awareness to what we really mean by stability, and how we can apply this to our work with our clients. This is a practical workshop, designed to help you progress your teaching, and therefore your clients, with exercises and discussion focused on what stability truly means and what is needed in our day-to-day movements. You will also look at how movement and stability are all part of the same process. You will leave with ideas you can apply immediately to your own teaching, with plenty of variations and progressions that you to add into your Matwork classes.

### 1.8 Fascial Abdominal and Pelvic Release in the Pilates Environment

Dr. Suzanne Martin

#### PRACTICAL

Many Pilates teachers use fascial rollers for the feet, hands, legs and back. However, abdominal and pelvic release are specific areas requiring extra sensitivity and specificity. In this workshop, Suzanne will help you to explore the unexpected connections between the calves and urinary function, and to experience the calming of the nervous system by addressing visceral tissue sensations, texture integrity and proprioception.

### 1.9 Working in Locomotion

Sarah-Louise Warden

#### PRACTICAL

In Pilates classes, we often teach exercises in a static position, confined to or close to the mat. However, in the 'real world', clients are dynamic creatures that move around. So, what would happen if we started to look at travelling movements with them? Walking, lunging...even moderate jumping and hopping if they are capable.

This workshop will explore basic travelling sequences, moving across the room and looking at joint movements and alignment in a more dynamic way. You will be working on weight-bearing with lower and moderate impact, plus working with acceleration, deceleration, and changes in direction. By teaching our clients to control their centre of mass when moving and to maintain balance and a stable position, we can help them to achieve better movement potential and control.

The sequences in this workshop would be perfect to include as a section of a mat class.

#### REFORMER

### 1.10 Reformer Footwork

Alan Herdman

The Reformer footwork sequence is usually the first set of exercises performed on this piece of Studio Equipment. But why is it the first? Is it meant to be only a warm-up or should it be a more involved and important part of the whole Reformer repertoire? In this practical session, Alan will look at why footwork should involve the body moving together as a whole, coordinated instrument, and will highlight ways to make sure that the footwork gets the attention it deserves in a Reformer routine.



PRACTICAL (FOR REFORMER-QUALIFIED PARTICIPANTS ONLY)

# PROGRAMME

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## Saturday / Block 2 12.15pm-1.45pm

### 2.1 Effortless Self-Carriage: A Holistic, Integrative Approach to Posture Joanne Elphinston

#### LECTURE

Posture is one of the most fundamental factors addressed by health and movement practitioners. It is also one of the most potentially complex and intriguing areas to work in, because far beyond simple body alignment, healthy posture is a dynamic and responsive communication of who and how we are, the visible representation of our thoughts, beliefs and emotions.

In this interactive lecture, Joanne invites you to join her in exploring one of her very favourite subjects. She will be exploring how embodiment, and the “stories we wear” connect to how we use our bodies, and how this shows up directly in our biomechanics. Through this, you will be introduced to a different perspective on common injury and pain complaints that your clients might attend with, and alternative techniques to play with which access the brain and not just the body.

When we are working in this domain, we are working with artistry, dancing with people's nervous systems as they learn to dance with their own on a journey to greater ease and acceptance in their bodies.

### 2.2 Connective Tissue Disease (Hypermobility Spectrum Disorder) Tom Hewetson

#### LECTURE

This session will give you an understanding of what connective tissue diseases and Hypermobility Spectrum Disorder (HSD) are, and the role of exercise in the wellbeing of people with these conditions. Tom aims to:

- *give a background of HSD and how it affects the body*
- *highlight when to involve ‘experts’ when working with people with these diseases and disorders*
- *discuss the role of exercise in the wellbeing of people with connective tissue disorders with emphasis on HSD*

### 2.3 The Ageing Spine: Spondylosis, Arthrosis and Stenosis Kyle Blackburn

#### LECTURE

Don't become a Highway Code sign for Elderly Crossing! In this interactive session, Kyle will lead a discussion about natural age-related change of the spine, looking especially at Spondylosis, Arthrosis and Stenosis. Can Pilates help limit the ‘inevitable’ - the unmistakable age-related stoop?

### 2.4 Feet for Life! Tom McCook

#### PRACTICAL

Tom takes a deep dive into the design and function of the foot and how to improve it! The aim of this workshop is to provide you with a clearer understanding of supination and pronation, and how to build strength into these important functions. You'll learn how force absorption begins with the feet, and how it can be improved to stay buoyant, balanced and resilient in gravity. This will be combined with many functional exercises in gravity to move better for life!

### 2.5 Return to Breath Maria Earle

#### PRACTICAL

Teaching our clients to breathe in a supportive way will deepen their motor learning experience. Maria will showcase ways to integrate breath with movement, review the mechanics of breathing, and explore simple yet effective techniques to improve breathing. You will then apply what you have learned to a selection of mat exercises. You will leave this workshop with strategies that will empower and expand the breath to free the body from old inhibitions and limitations.

### 2.6 Pilates and Fascial Pre-Activation for Spinal Stability Dr Suzanne Martin

#### PRACTICAL

Did you know that research shows that pre-activation of the spine before loading gives stability beyond mere muscle strength? Research also shows elongation by itself does not significantly change asymmetry. Yet, using simple techniques and reframing cues, when added onto our existing repertoire, allow the biotensegrity of the deeper connectivities to take hold. Learn the process and experience the feel in this practical and interactive session with Suzanne.



## PROGRAMME

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### 2.7 Bi-planar Pilates: Thinking outside the Box!

Paul Howse

PRACTICAL

In this very practical session (a repeat of Paul's well-received DW30 workshop), we will look at the kinetic chain and how the body moves constantly through different planes. Why would we want to teach everything in individual planes when the possibilities of movement are endless? Paul will look at ways of modifying existing exercises and creating new ones taking you through bi planar movements and following the kinetic chain. You will go away with new ideas and a whole host of new exercises ready to take into your classes and teach your clients. Why stop our bodies from reaching their full potential when we should be letting them reach their maximum? This session is ideal for both new teachers looking to expand their repertoire and for experienced teachers looking for some new ideas.

### 2.8 Discover Hypopressives

Abby Lord

PRACTICAL

Delve into the world of breath, biotensegrity and apnoea with this introductory practical workshop. Hypopressives use a conscious breathwork rhythm and unique breath pause with strategic poses. The breathwork is designed to mobilise and wake up your diaphragms throughout your body, whilst the poses engage the myofascial chains/slings through active stretching/lengthening to support your entire body and create a functional team. Abby will be combining some of the fundamental series poses with the Hypopressives signature breath to give you a taster of what Hypopressives is all about and why it is so effective.

### 2.9 Having Fun with the Classical Mat

Alan Herdman

PRACTICAL

Let's have fun with the '34' Classical Mat exercises! Some believe that the Classical Matwork routine should be performed only in the same sequence that Joseph Pilates laid down in his book "Return to Life through Contrology". However, like many things in life, if they are continuously repeated in the same order over and over again, they begin to lose their focus and appeal. Over the years, Alan has discovered that many of the exercises are unsuitable for the level and the physique of many of his clients and students, which has led him to modify or even abandon the exercises until the client is ready to perform them safely. For the proficient long-term clients, changing the routine, making up sequences and adding partner work can add a new dimension to the exercises and an element of fun. Alan looks at how this can be done effectively, whilst still ensuring that the original work is not lost and that the Pilates principles are maintained.

REFORMER

### 2.10 Reformer to Mat

Cameron Angus

Discover how the Pilates Reformer repertoire influences Pilates Matwork in this exploratory practical workshop with Cameron. Cameron will take you through a number of Reformer exercises on the machine and will then transfer these to the mat. By performing the exercises on both, the hope is that you will find a deeper connection with, and understanding of, your matwork practice. This session will be particularly insightful if you haven't worked on the Reformer much before. A session that aims to give you movement practice and change your life!



PRACTICAL (YOU NEED REFORMER EXPERIENCE BUT DO NOT NEED TO BE REFORMER-QUALIFIED TO ATTEND THIS WORKSHOP)

## PROGRAMME

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### Saturday / Block 3 2.35pm – 4.05pm

#### 3.1 Neuromuscular Disorders Tom Hewetson

##### LECTURE

In this lecture, Tom will be providing a general overview of neurological clinical features of the peripheral and central nervous systems. He will be highlighting signs and symptoms to look out for and what to do if you do spot these in your clients. Tom will then open the floor to discussion on best approaches to rehabilitation/exercise for these individuals and how Pilates can help.

#### 3.2 Pilates and Pelvic Health: Prolapse – the Good, the Bad and the Possible! Dr Suzanne Martin

##### LECTURE

Did you know that prolapse occurrence is estimated in 35% of post-partum women and up to 40% of women who have undergone hysterectomies? Risk factors involve laparoscopic-assisted vaginal hysterectomy, vaginal deliveries, and stress urinary incontinence operations. This lecture explains the types and stages of prolapse, while offering a bio-tensegral, fascial integrity framework for improvement. Prolapse is often seen as a weakness, yet focus on breath, position and connection make all the difference for engagement. Learn how to work safely and confidently while also encouraging progression in the Pilates paradigm.

#### 3.3 Resistance training in Pilates (Tendons need time under TENSION!) Kyle Blackburn

##### LECTURE

In this interactive session, Kyle will discuss why sometimes limb load and gravity aren't enough. Muscles and tendons enjoy time under tension, and the resistance bands used in Pilates are the perfect tool for this! Kyle will explain Davis's Law of muscles (soft tissues model along imposed demands). Let's demand a little more from our muscles!

#### 3.4 Creating a Balance: Integrating Standing Exercises with Pilates Matwork Tom McCook

##### PRACTICAL

Working in standing is a fantastic way of countering the demands and effects of modern life, namely too much sitting! In this session, Tom will combine a progression of standing exercises, designed to improve postural strength and balance in the lower body, with full body integration with Pilates Mat to enhance your teaching skills and effectiveness.

#### 3.5 Shoe Whispering! Ian Sadler

##### PRACTICAL

Bring your shoes to this session as you are going to be interrogating them!

Patients and colleagues call Ian the 'Shoe Whisperer' due to his ability to interpret the clues and patterns your most-loved shoes give away. Your wear pattern on your shoes can tell you more than just where and how your foot lands. By assessing the wear on footwear, we can tell a huge amount about the way we walk, as well as how your hips, knees and even back are functioning.

If you can, bring several pairs of your most frequently worn shoes, as well as the ones you want to love, to this workshop. Ian will analyse the different wear patterns on these shoes and look at what they tell you about how you move.

#### 3.6 Hypermobility: Transforming from Worried to Wonderful Joanne Elphinston

##### PRACTICAL

Hypermobility is a commonly unrecognised factor in chronic pain, and when it is recognised in this context, it tends to be presented as a pathology. Recommendations and management frequently focus on a narrative of limitation, of "staying in the box", creating anxiety, apprehension and a sense of something being abnormal. Movement becomes something to be feared.

It doesn't have to be this way, and Pilates teachers are ideally placed to have a transformative role in the lives of people who have struggled with this misunderstanding. After all, some of the world's top performers are hypermobile!

In this workshop, Joanne will draw on her extensive experience and passion for working with this population and share with you the simple but powerful techniques and principles that can lead to embodied understanding, sensory connection and confidence. Through practical techniques, she will work with you on communication strategies that empower, explanations that invite curiosity, and experiences that allow people to befriend the body they inhabit.

It is Joanne's hope that through the work of Pilates teachers in the community, the medicalisation and misunderstandings around hypermobility can be transformed in the direction of freedom and health.

# PROGRAMME

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## 3.7 Hips in Five Suzanne Scott

### PRACTICAL

'Hips in Five' focuses on five key movement themes which Suzanne explores when working with client and athlete hip issues: single-leg standing (balance), flexing and extending the hip (moving forwards and backwards), and sideways cutting (opening and closing the hip). Using examples from Pilates repertoire, Suzanne will share tips on how to support movement health during recovery, whether from injury or surgery, and provide useful 'take-aways' that you can apply practically to your clients during group and one-to-one teaching, with the aim of optimising how they move their hips.

## 3.8 The Mat 2.0 – A Contemporary Take on the Classical Mat Nathan Gardner

### PRACTICAL (INTERMEDIATE/ADVANCED)

This intermediate to advanced workshop pays homage to many elements of the Classical Mat routine but make no mistake...this is a significant product upgrade. While many of the classical favourites are present, they have been refined and remixed with additional exercises to produce a more balanced and effective matwork routine - a routine more conducive with maintenance and development of 21st Century human form and functionality.

This session works meticulously through an upgraded matwork routine, with clear aims given for each exercise and its place within the whole routine clearly explained. The work is designed to be challenging so preparatory exercises will also be suggested to help with anything that is beyond your current physical or technical ability. These preparatory exercises will also give you the building blocks needed to teach the exercises effectively. Please note that the bar is set around Intermediate/advanced level exercises so please consider this when booking. As a guide, you should be capable of performing approximately at least 60% of the Classical Mat repertoire, without hurting yourself!

## 3.9 Pilates for the Mature Client (What is Maturity?) Alan Herdman

### PRACTICAL

What is maturity? Is it related to chronological age or the physical condition of an age group? Frailty does not necessarily mean mature or old - it refers to a loss of physicality and can relate to any age group that has suffered a disability or chronic disorder. The aim of this workshop is to develop an exercise programme suitable for this group of clients, which takes into consideration the individual needs of the client, and that will help them to attain better posture, mobility, strength and balance.

## REFORMER

## 3.10 Dynamic Strategies for Teaching Multi-Level Group Classes Maria Earle

Teaching a multi-level Reformer class may seem daunting, but it can be done successfully when you have a game plan that works. In this workshop, Maria will outline key strategies to teach groups of new and experienced clients simultaneously, safely and effectively. You will come away from this workshop with relevant teaching tools you can use immediately in your classes to create transformative Reformer workouts for your clients at any level.



PRACTICAL (FOR REFORMER-QUALIFIED PARTICIPANTS ONLY)



# PROGRAMME

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## Saturday / Block 4 4.20 – 5.20pm

(60 minutes, but please note that some sessions may run to 5.35pm, as shown)

Matwork unless stated

### 4.1 Magic Circle meets the Mat Maria Earle

#### CLASS

Join Maria for this creative and playful mat class using every client's favourite piece of Pilates equipment...the Magic Circle!

### 4.2 Happy Hypopressives Abby Lord

#### CLASS

Experience the power of Hypopressives for yourself with this flowing class with Abby. This class will build from a basic foundational level flow, with what appear to be static poses, through to transitions and movement to a more advanced level. Abby will guide you step-by-step, putting into practice all you learnt in the workshops and then ... moving it!

### 4.3 Bring on the Ball! Jacquie Biggs

#### CLASS

End the day with this matwork class on the big ball. Perfect for challenging your balance and stability and adding a bit of fun to your Pilates routine!

### 4.4 Twists, Techniques and Transitions Charlie Savage (Thomas)

#### CLASS

Guess who's back? Join Charlie for a fun and dynamic matwork masterclass which will explore new ideas, techniques, twists, variations and transitions.

### 4.5 Get Moving on your Mat! Sam Armstrong

#### CLASS

This intermediate/advanced level class with Sam will be flowing and dynamic with a focus on opening up the body after a day of learning and energising you for the evening ahead.

### 4.6 Transform your Matwork Hanna Dalsgard

#### CLASS

This interactive class will take you through techniques and exercises that can work in any teaching environment, helping with your clients' body awareness, improving alignment and allowing them to work more freely. The class will use a band, Pilates ball, and yoga blocks.

#### REFORMER

### 4.7 Functional Progression Tom McCook

#### CLASS

Tom will move through all positions on the Reformer, with the goal of improving hip and lower body strength, and spine and shoulder girdle balance, through skilful core integration.

 ATTENDEES MUST HAVE REFORMER EXPERIENCE

THE FOLLOWING 3 SESSIONS ARE INTERACTIVE WORKSHOPS/DISCUSSIONS RATHER THAN MOVEMENT CLASSES:

### 4.8 Career Management for Pilates Professionals Melanie Christou

#### WORKSHOP (THIS MAY RUN UNTIL 5.35PM)

This session will be a facilitated discussion led by Melanie and we will keep the size of the group small to allow for maximum interactivity. The session aims to explore strategies that will help you have a sustainable and fulfilling career as a Pilates professional.

You will have the opportunity to:

- Reflect on the various roles that you assume daily
- Gain insight into your decision-making process
- Explore the values that drive your work
- Identify skills you can develop in order to self-manage your career

### 4.9 How to build a strong Pilates brand Dalia Zeinaty

#### WORKSHOP (THIS MAY RUN UNTIL 5.35PM)

As well as being Pilates teachers, you are also founders and owners of your own business! You will therefore know how important clarity, consistency and defining a direction are in helping you to stand out in a busy market. In this workshop, Dalia brings together her 15 years of experience as a brand consultant and strategist, and her training as a Body Control Pilates teacher, to help you learn what you need to build a strong brand and the tools you require to make your Pilates business a success. This workshop will benefit you whether you are a start-up or you've running a Pilates business for many years.

## PROGRAMME

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### 4.10 Pilates and the Voice, the forgotten fitness factor Alexander Evans

WORKSHOP (THIS MAY RUN UNTIL 5.35PM)

This workshop will explore the importance of the role of vocal health for Pilates teachers – after all, the voice is one of your most important teaching tools! It will introduce you to VoiceGym and to how learning more about your voice and others, will enhance your teaching and personal wellbeing. Ideal for those who are interested in exploring this topic and for those who may want to eventually join the full day VoiceGym workshops offered by Body Control Pilates.

# PROGRAMME

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## Sunday / Block 5: Welcome Classes

### 9am – 10am

Matwork unless stated

#### 5.1 Self-Exploration through Movement

Nathan Gardner

Kick off Day 2 of DW31 with a movement class designed to invigorate your body and prepare your mind for the learning experience ahead. A blend of light to intermediate exercises, the focus of this class is YOU and your preparation for the rest of the day. Exercises will be delivered in an open manner, allowing individual experiences and outcomes to be explored through a process of introspection. Bring an open mind, leave expectation at the door, and follow the instructions that come from within, guided by suggestions that come from within the room.

#### 5.2 The Sissel Spinefitter Session

Duncan Orrock

This class/mini workshop session will be introduction to the Sissel Spinefitter. Duncan will cover a wide range of exercises that can be performed using it and will look at how it can be used as a versatile tool for clients of all levels and abilities. Duncan aims to cover as much content as he can in the 60 minutes and to include lots of useful tips for those who may already be using the Spinefitter in their own work.

#### 5.3 Pilates and Spirals: 3-Dimensional Variations

Brenda Nassali-Liston

This morning class will get you ready for the day of movement ahead of you as Brenda helps you to (re)discover the spiral quality movement. You will explore joint level movement, as well as wider three-dimensional whole body movement for your connected biotensegral body.

#### 5.4 Rollin' with the Small Ball

Kate Hodder

Using the small ball (overball), Kate will take you through a class focused on stability and alignment, with a view to challenging balance and ranges of movement. You'll also have some fun rolling along it!

#### 5.5 Planes, Bands, and Overballs

Paul Howse

Join Paul for a movement journey using stretch bands and overballs. This will be a flowing class designed to get you warmed up and prepared for your day of learning ahead. Be ready to move your body through all planes! Suitable for new and experienced teachers alike

#### 5.6 Move to your Breath

Kathy King

This warm-up class will help you to connect your breath pattern with your movement and help to bring focus, concentration and a connection to your centre, all of which will prepare mind and body for the rest of your day at Development Weekend.

#### REFORMER

#### 5.7 Your Reformer Morning Warm-Up!

Bridget Montague

This class will build from gentle awareness to dynamic elasticity and resilience to help you focus and energise for the day ahead!



INTERMEDIATE LEVEL (PREVIOUS REFORMER EXPERIENCE IS REQUIRED)



# PROGRAMME

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## Sunday / Block 6 10.15am – 11.45am

### 6.1 Men's Health: Prostate Cancer, Testicular Cancer and Mental Wellbeing Dr. Karen Robb & Sara Coghlan

#### LECTURE

In this interactive lecture-based session, Karen brings her medical expertise and Pilates knowledge together to provide an overview of three key issues impacting men's health: prostate cancer, testicular cancer and mental health. She will provide a detailed discussion on the treatments for prostate cancer and the consequences of treatment that may occur. This will highlight where Pilates may be valuable for men and how it can improve quality of life and function. **Sara Coghlan, Global Director Men's Health Promotion for Movember, will co-present with Karen.**

### 6.2 Hypo what? The Theory behind Hypopressives Abby Lord

#### LECTURE (REPEAT OF SESSION 1.2)

Hypopressives have immense potential to rehabilitate chronic, unspecified low back pain, posture imbalance, breathing and pelvic floor dysfunction, and so much more. The combination of focused breathwork and active lengthening positions lend Hypopressives to many modalities, therefore the International Hypopressive Council actively encourage the combination of Hypopressives with other practices, such as Pilates!

In this introductory lecture, Abby will present the theory behind Hypopressives, looking at how taking a holistic approach to rehabilitation of the body (especially the pelvic floor) is so important. So many have seen such great improvements in so many areas after practising Hypopressives and Abby cannot wait to share the technique with you.

### 6.3 The Ageing Spine: Spondylosis, Arthrosis and Stenosis Kyle Blackburn

#### LECTURE (REPEAT OF SESSION 2.3)

Don't become a Highway Code sign for Elderly Crossing! In this interactive session, Kyle will lead a discussion about natural age-related change of the spine, looking especially at Spondylosis, Arthrosis and Stenosis. Can Pilates help limit the 'inevitable' - the unmistakable age-related stoop?

### 6.4 The Shoulder Girdle and Spine with the Athlete in Mind Tom McCook

Creating a functional connection between the shoulders and spine is essential for most athletic endeavours, from the mobility and power used in swimming to the stability used in cycling. Take a deep dive into the complex actions of the shoulder and spine and learn how to feel, see and train this area for optimum function. Tom will combine experiential anatomy, accurate imagery and relevant exercises in the Pilates Mat environment to help you gain a deeper appreciation for the synergistic actions of the shoulder girdle and spine. You'll enhance your hands-on skills and personal practice with excellent exercises to improve health and performance.

### 6.5 Breathing - Myths, Maybes and Movement: An Introduction Suzanne Scott & Victoria McIntyre

#### PRACTICAL (REPEAT OF SESSION 1.6)

This session provides an introduction to a longer workshop on breathing, which evolved from a collaboration between Julie Moore (Consultant Respiratory Physiotherapist), Victoria McIntyre (expert Physiotherapist in Athlete Performance) and Suzanne Scott (Movement Coach and Physiologist).

The session will describe breathing pattern disorders (BPD) and suggest how we may be able to spot these in our clients and discuss whether it is always appropriate to teach a breath pattern with Pilates exercises. As well as presenting information about the anatomy and physiology of breathing, Suzanne and Victoria will also look at how to adapt common Pilates movements to assist clients to breathe more optimally.

### 6.6 Proprioceptive Tools for Enhancing Your Standing Work Birthe Brosolat

#### PRACTICAL

In this workshop, Birthe will be looking at ways to enhance standing exercises by using balls, long stretch bands and our hands to connect the whole body, by:

- adding ideas and concepts from the Franklin Method into a Pilates environment
- looking at ways we can prepare the body for standing exercises by using proprioceptive tools before and during an exercise
- giving extra attention to the feet since they are our immediate contact with the surface we are standing on
- discussing what keeps us upright
- discussing why using proprioceptive tools can improve balance
- focusing on feet, balance and connecting

## PROGRAMME

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### 6.7 Training Healthy Spinal Extension

Maria Earle

PRACTICAL

Most of our clients spend the majority of their days sitting at their desks. Extension exercises help strengthen the posterior chain of the body and counter the effects of a sedentary lifestyle by improving posture, lowering the risk of developing low back pain and injury, and improving spinal flexibility and mobility. In this workshop, Maria will explore strategies and protocols that will safely strength the muscles that keep our backs strong and stable.

### 6.8 Holistic Conditioning

Conchita del Campo

PRACTICAL

Take your Pilates exercises to another dimension using internal resistance and release techniques to strengthen and enhance the neural, vascular, muscular, and fascial tensegrity systems. Learn how to increase circulation, coordination and awareness of the connection of the entire body from toes to fingers and even eyelashes! No need for external equipment, this workout can be done on a desert island or wherever you are in any moment!

### 6.9 Helping Hip Replacements in the Pilates Environment

Dr Suzanne Martin

PRACTICAL

Hip replacements are a life-changing event for our clients. Edema, nerve disruption, muscle imbalance and adhesions can all sideline and discourage even the most active of people. In this session, you will learn how you as Pilates teachers can help your clients along their road to recovery. You will learn about Scarpa's and Colles' fascia along the abdomen, groin, and thigh, and experience lymphatic, somatic and corrective work to allow healing and entry into a full Pilates environment restoration.

## REFORMER

### 6.10 Thinking around the Box

Alan Herdman

Although simple in its appearance, the long/short box is a crucial piece of equipment for increasing the versatility and accessibility of the Reformer. But are we using the box to its full potential? The versatility of the box allows clients of all levels the opportunity to progress from a simple exercise to the complicated routine, and it is quite often necessary to take the advanced client back to some of the basic exercises to address muscle imbalances and bad habits that have developed through over confidence. This workshop will explore the exercises that can be performed on top, in front and on the side of the box. Learn how to provide a more diverse movement experience for your clients by revisiting this simple, indispensable piece of equipment



PRACTICAL (FOR REFORMER-QUALIFIED PARTICIPANTS ONLY)

# PROGRAMME

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## Sunday / Block 7 12.15pm – 1.45pm

### 7.1 Communication: Explain and Listen – A Strategy for Movement Teachers Cameron Angus

#### LECTURE

For many years now, we have been learning about pain and the “normal” changes our bodies experience and undergo over time. And yet, we still have clients coming along to Pilates classes with the same excuses, concerns and potential barriers to getting the most out of their time with you...think stories of dreadful discs, bone on bone and more! This lecture session with Cameron will review the evidence of “normal” changes in the body, explain what pain really is, and explore words that harm or heal. He will then discuss how we can improve communication and outlook using appropriate language, movement, attitude and explanations, with a primary focus of why it's good to move! This session will look at different case scenarios and offer great tools to help you be a more effective communicator and teacher.

### 7.2 The Midlife MOT Dr. Pauline Lockhart

#### LECTURE

A lot of time is spent focusing on the menopause, but it is really only part of the bigger picture affecting our health as we reach midlife.

This interactive session will draw on evidence-based medicine to help you assess your own lifestyle and to develop strategies to ensure you live a long, happy healthy second half of your life. This will apply to both men and women and Pauline is hoping that everyone leaves with a positive plan for action that will set them on the right path to become the healthiest version of themselves.

### 7.3 Effortless Self Carriage: A Holistic, Integrative Approach to Posture Joanne Elphinston

#### LECTURE (REPEAT OF SESSION 2.1)

Posture is one of the most fundamental factors addressed by health and movement practitioners. It is also one of the most potentially complex and intriguing areas to work in, because far beyond simple body alignment, healthy posture is a dynamic and responsive communication of who and how we are, the visible representation of our thoughts, beliefs and emotions.

In this interactive lecture, Joanne invites you to join her in exploring one of her very favorite subjects. She will be exploring how embodiment, and the “stories we wear” connect to how we use our bodies, and how this shows up directly in our biomechanics. Through this, you will be introduced to a different perspective on common injury and pain complaints that your clients might attend with, and alternative techniques to play with which access the brain and not just the body.

When we are working in this domain, we are working with artistry, dancing with people's nervous systems as they learn to dance with their own on a journey to greater ease and acceptance in their bodies.

### 7.4 Hips in Five Suzanne Scott

#### PRACTICAL (REPEAT OF SESSION 3.7)

‘Hips in Five’ focuses on five key movement themes which Suzanne explores when working with client and athlete hip issues: single-leg standing (balance), flexing and extending the hip (moving forwards and backwards), and sideways cutting (opening and closing the hip). Using examples from Pilates repertoire, Suzanne will share tips on how to support movement health during recovery, whether from injury or surgery, and provide useful ‘take-aways’ that you can apply practically to your clients during group and one-to-one teaching, with the aim of optimising how they move their hips.

### 7.5 Discover Hypopressives Abby Lord

#### PRACTICAL (REPEAT OF SESSION 2.8)

Delve into the world of breath, biotensegrity and apnoea with this introductory practical workshop. Hypopressives use a conscious breathwork rhythm and unique breath pause with strategic poses. The breathwork is designed to mobilise and wake up your diaphragms throughout your body, whilst the poses engage the myofascial chains/slings through active stretching/lengthening to support your entire body and create a functional team. Abby will be combining some of the fundamental series poses with the Hypopressives signature breath to give you a taster of what Hypopressives is all about and why it is so effective.

### 7.6 Fascial Integration for Hypermobility Dr Suzanne Martin

#### PRACTICAL

Did you know that the term ‘hypermobility’ can encompass many types of individual connective tissue conditions? In this workshop, you will learn how to quickly assess and safely explore with affected clients to guide them into as much active work as their system allows. Experience the integration needed to prompt nervous system agreement through the ‘frame-them-up’ technique.

# PROGRAMME

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## 7.7 Creating a Home Programme Alan Herdman

### PRACTICAL

In many Pilates studios, there are clients with limited time and limited disposable income. These clients are often only able to manage one class per week and some even less. How can we help them progress and maintain the benefits of their studio classes in-between sessions? Homework is essential! Discover how to create a home programme dedicated to the specific needs of the individual client and one that is realistic for them to stick to. Alan will discuss how to create an engaging workout that is safe, satisfying, manageable and goal oriented, allowing your client to return to your studio with a sense of accomplishment and the rewarding experience of taking responsibility for their own progress.

## 7.8 Return to Life on the Mat Maria Earle

### PRACTICAL

Explore the original 34 'classical' mat exercises as outlined in 'Return To Life Through Contrology'. First published in 1945, 'Return To Life' gives us a glimpse into the man and methodology behind the Pilates technique. If you have one, please bring your copy of 'Return To Life' to the workshop with you as we will be referencing the pictures of the exercises demonstrated by Mr. Pilates himself. Be ready to move!!

## 7.9 Eyes Wide Shut - Tune in and explore Movement Learning from a whole new perspective Nathan Gardner

### PRACTICAL

Sensory exploration and enhancement through movement in the absence of light. Deprived of sight, we are free to explore without distraction, a wealth of sensory experiences that connect us with the world around us. Through this exploration, we can foster new strategies to interact with and respond to our environment. Come and join us for a unique experience that will open the door to enhanced motion perception, balance, control, and efficiency. Employing some of this work in your own movement practice and teaching methodologies will help you forge new pathways to progression in class and the functional applications that lay beyond.

## REFORMER

## 7.10 Shoulder Girdle and Spine with the Athlete in Mind on the Reformer Tom McCook

This is the Reformer version of the Mat workshop in Block 6! Creating a functional connection between the shoulders and spine is essential for most athletic endeavours, from the mobility and power used in swimming to the stability used in cycling. Take a deep dive into the complex actions of the shoulder and spine and learn how to feel, see and train this area for optimum function. Tom will combine experiential anatomy, accurate imagery and relevant exercises in the Pilates Mat environment to help you gain a deeper appreciation for the synergistic actions of the shoulder girdle and spine. You'll enhance your hands-on skills and personal practice with excellent exercises to improve health and performance!



**PRACTICAL (ATTENDEES MUST HAVE REFORMER EXPERIENCE)**



# PROGRAMME

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## Sunday / Block 8 3pm – 4.30pm

### 8.1 Rehabilitation in Cancer Care Dr Karen Robb

#### LECTURE

In this interactive lecture-based session, Karen brings her medical expertise and Pilates knowledge together to explore Cancer Rehabilitation and why it is a vital ingredient in optimising outcomes. The session will cover rehabilitation across the treatment pathway, highlighting the role in managing consequences of treatment such as fatigue, lymphoedema and psychological issues. Current evidence for exercise will be presented and how Pilates can be valuable in improving quality of life and function.

### 8.2 Resistance training in Pilates (Tendons need time under TENSION!) Kyle Blackburn

#### LECTURE (REPEAT OF SESSION 3.3)

In this interactive session, Kyle will discuss why sometimes limb load and gravity aren't enough. Muscles and tendons enjoy time under tension, and the resistance bands used in Pilates are the perfect tool for this! Kyle will explain Davis's Law of muscles (soft tissues model along imposed demands). Let's demand a little more from our muscles!

### 8.3 Ageing with Asymmetry Dr Suzanne Martin

#### LECTURE

Spinal Asymmetry and Scoliosis are often assumed to be an adolescent phenomenon. However, many clients seek relief through movement education during the adult phases of pregnancy years, change of life years and the older adult years. In fact, both the UN and WHO predict a doubling global rise in adults older than 60 years from 11% in 2019 to 22% by 2050. Evidence points to the controversy of surgical correction in especially older adulthood. At any age, Pilates helps!

In this lecture, Suzanne will discuss how to recognise and adapt to the shifting nature of asymmetry in each phase of adulthood. Learn not only about how to identify and help avoid spinal asymmetry progression, but also the three spinal conditions known to encourage disability and pain with age. You will then look at how to apply the principles of form and fascial force closure for structural integrity for this important population of clients.

### 8.4 Creating a Balance: Integrating Standing Exercises with Pilates Matwork Tom McCook

#### PRACTICAL (REPEAT OF SESSION 3.4)

Working in standing is a fantastic way of countering the demands and effects of modern life, namely too much sitting! In this session, Tom will combine a progression of standing exercises, designed to improve postural strength and balance in the lower body, with full body integration with Pilates Mat to enhance your teaching skills and effectiveness.

### 8.5 Pilates for the Lower Back Alan Herdman

#### PRACTICAL

Wanting to improve and alleviate the symptoms of low back pain is one of the most common reasons people start practicing Pilates. In this workshop, Alan will look at the causes of low back pain, whether it is caused by lifestyle and posture or a condition which requires the input of medical experts. Where it is the former, he will highlight Pilates exercises which can help.

### 8.6 Hypermobility: Transforming from Worried to Wonderful Joanne Elphinston

#### PRACTICAL (REPEAT OF SESSION 3.6)

Hypermobility is a commonly unrecognised factor in chronic pain, and when it is recognised in this context, it tends to be presented as a pathology. Recommendations and management frequently focus on a narrative of limitation, of "staying in the box", creating anxiety, apprehension and a sense of something being abnormal. Movement becomes something to be feared.

It doesn't have to be this way, and Pilates teachers are ideally placed to have a transformative role in the lives of people who have struggled with this misunderstanding. After all, some of the world's top performers are hypermobile!

In this workshop, Joanne will draw on her extensive experience and passion for working with this population and share with you the simple but powerful techniques and principles that can lead to embodied understanding, sensory connection and confidence. Through practical techniques, she will work with you on communication strategies that empower, explanations that invite curiosity, and experiences that allow people to befriend the body they inhabit.

It is Joanne's hope that through the work of Pilates teachers in the community, the medicalisation and misunderstandings around hypermobility can be transformed in the direction of freedom and health.

## PROGRAMME

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### 8.7 Distal Dexterity and Connection: Using Your Hands and Feet to Support Your Whole Body Brenda Nassali-Liston

#### PRACTICAL

In this workshop using spiky balls and bands, Brenda will take you to the edges of your body by exploring movement through our connection to the world; our hands and feet. How does placement of hands and feet affect body organisation? What do distal changes communicate proximally and what is their effect on wider system changes? Come, play, explore!

### 8.8 Spirals – Matwork with the extra Twist! Cameron Angus

#### PRACTICAL

This mat workshop with Cameron is all about spirals - the idea that our bodies are active springs which lift, reach, twist and turn, rather than rigid structures working on a singular plane. Using repertoire exercises as a starter, you will look at how tissues slide and wind their way through the body and limbs. Bring these to life by adding breath and then start to add in functional movement patterns which have spirals as the final release/connect. The result is a much deeper practice and understanding of how our bodies move.

### 8.9 Dynamic Midlife Pilates Dr Pauline Lockhart

#### PRACTICAL

Join Pauline in this invigorating and dynamic practical Pilates session, which is designed to focus on strength and balance, combined with considered spinal movement. These are all areas of key importance during 'midlife'. The goal is to promote healthy function and longevity and to provide an uplifting, balanced class to end your Development Weekend!

#### REFORMER

### 8.10 Dynamic Strategies for Teaching Multi-Level Group Classes Maria Earle

#### (REPEAT OF SESSION 3.10)

Teaching a multi-level Reformer class may seem daunting, but it can be done successfully when you have a game plan that works. In this workshop, Maria will outline key strategies to teach groups of new and experienced clients simultaneously, safely and effectively. You will come away from this workshop with relevant teaching tools you can use immediately in your classes to create transformative Reformer workouts for your clients at any level.



PRACTICAL (FOR REFORMER-QUALIFIED PARTICIPANTS ONLY)

## DW31: YOUR PRESENTERS

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### Abby Lord

Abby is one of the world's leading Hypopressive trainers and coaches. She completed her training in Spain with Tamara Rial and Piti Pinsach, and was then the first person to bring Hypopressives to Scotland. From there, she has joined forces with other trainers around the world to create the first truly International Hypopressive Programme of Teacher Training, developing a multidisciplinary approach to Hypopressives and training trainers of the highest calibre.

Abby has been a teacher for many years, from teaching toddlers' ballet to English teaching in South Korea and teaching High School Drama. She found her way back to 'the body' after suffering multiple prolapses after the birth of her babies. Discovering Hypopressives was a game-changer and she has since developed and strengthened her understanding of the method through attending training in Spain, through personal training, anatomy courses, Pilates training (she's still to qualify) and now into training on the nervous system with polyvagal theory and TRE. All these modalities have brought depth to her understanding of Hypopressives and further fuelled her realisation that 'the more you learn, the less you know'. The learning journey continues...

Abby coaches in person from her studio in East Lothian, online via Zoom, and through the 'on demand' channel, 'Moonrise Health'. She also runs regular online teacher training courses and the first live Level 1 since Covid is coming at the start of December. She welcomes questions about anything body, pelvic floor and Hypopressive-related.

### Alan Herdman

Alan Herdman studied at the London School of Contemporary Dance and was working as a teacher and dancer when, in the late 1960s, he was invited to New York to learn about the Joseph Pilates Method. There, he worked intensively with Carola Trier and Bob Fitzgerald, two instructors who had been trained by Pilates himself.

Although well-regarded amongst New York's dance fraternity, Pilates was unknown in the UK at that time and Alan returned in 1970 to set up Britain's first-ever Pilates studio. Among his first clients were actors, dancers and singers, but word soon spread as doctors and physiotherapists began recommending Pilates to patients struggling with chronic injuries. Alan now lectures on Pilates around the world, and he has written several successful books, including *The Pilates Directory* (2004), *The Gaia Busy Person's Guide to Pilates* (2003), *Pilates for Men* (2007) and *The Complete Pilates Tutor* (2014). He runs a training course for Pilates instructors in London and supervises courses in both Athens and Istanbul. As well as running his own studios, Alan and his assistants teach in dance schools and designated Pilates studios internationally, and he regularly presents at Balanced Body's international Pilates on Tour.

### Alexander Evans

Alexander is director of VoiceGym. Alexander met Angela Caine whilst studying for his degree at Southampton University and on graduating he continued to study and teach VoiceGym at the Voice and Body Centre. He has also studied and qualified with the CHEK institute here in the UK and is a Body Control Pilates instructor. He collaborated with Angela for 18 years primarily studying the effects of dentistry and structural misalignment in 'performance' and has taught

and help develop VoiceGym and Early VoiceGym. He has coached leading west end artists, opera singers and international recording artists, including Shania Twain in preparation for her residency at Caesars Palace, Las Vegas, as well as dentists, osteopaths, doctors, lawyers and teachers. Alexander is a founder member of the Dynamic Smile team in Hungary where he has helped set up the first VoiceGym in an orthodontic practice. Along with VoiceGym workshops in the UK and abroad, he also currently runs VoiceGym teacher training workshops at Body Control Pilates headquarters in London. He has also forged his own career as an actor/singer performing in West End Musicals, UK and international tours.

### Birthe Brosolat (Denmark)

Birthe Brosolat has been teaching movement for more than 35 years. Working as a full-time freelance movement educator and based in Copenhagen, Denmark, Birthe qualified with Body Control Pilates in 2008 and has since become a Matwork Master Teacher and Studio Master Teacher. She is also a member of the Body Control Tutor Team in Scandinavia. Birthe is also certified as a Franklin Method Movement Educator. Birthe finds the body and the mind endlessly fascinating. She thrives in learning new insights and getting 'nerdy' about how the body and the mind work and how they communicate with each other to create good and efficient movement. She believes that movement should be fun and make you feel good - and that is what she likes to bring across in her teaching. Birthe focuses on creating awareness of how we move and, if necessary, creating a change in our movement patterns to make movement more enjoyable, allowing us to maintain a healthy body and mind. Exploring the tools to bring about awareness and create change is the driver of combining her knowledge of Pilates and The Franklin Method with other disciplines, such as fascia-related training, Feldenkrais and neurodynamics.

### Brenda Nassali-Liston

Brenda is a passionate movement teacher with a keen interest in the foot. After initially training as a Body Control Pilates Teacher, her journey as a teacher has taken her down many paths which has shaped her teaching style and toolkit. Major influences have been Katy Bowman's work, Karin Gurtner and Tom Myers' work, Jill Miller's work, Madeline Black's work and the work of Gary Ward & James Earls, all of whom have helped to refine her knowledge and love of the masterpiece that is the human foot and the fascinating biomechanics and fascial connections of the entire body. She enjoys teaching beginners right through to advanced movers & movement teachers.

## DW31: YOUR PRESENTERS

### Bridget Montague

Bridget Montague has been teaching Pilates since 2001. Her career in movement began at an early age with dance training in her home countries, Ireland and Sweden. This led to Dance College in London at the Rambert School. While working as a professional dancer she developed a keen interest in injury prevention and the workings of the human body, leading to her studying Anatomy & Physiology and Massage and creating and leading workshops on Relaxation and Awareness.

The next progression was Pilates. Since qualification, Bridget has worked for Body Control Pilates as a senior studio teacher, independently in London and internationally, teaching classes and 1:1 Pilates to private and corporate clients, sports professionals, dancers and Pilates teachers. Bridget is now responsible for co-ordinating and managing the Body Control Pilates Studio Equipment Programme.

A few years ago, Bridget enrolled at The University of Westminster on the Therapeutic Bodywork BSc course and studied Myofascial Release, Neuromuscular Techniques and the Therapeutic Relationship. This continues to inform her practice as a Pilates teacher and Bodywork Therapist.

### Cameron Angus MSc MCSP MMACP

With a near 40-year physiotherapy career, it has been a varied journey for Cameron. From military service from clinics in tents in Afghanistan to running multi-disciplinary rehab centres, being part of research and policy for advance practice, helping high performance athletes as a physio to the Olympics and professional teams, to mentoring the next generation of medical professionals, there has been never a quiet moment! The good news is that he still loves seeing someone experience the delight of feeling better through movement, from the hip replacement client to someone who has struggled to find “a way” that suits them.

Now based in Scotland, Cameron has been in the Pilates world since he was a client in the 1980s. He then attended one of the first Body Control Pilates Matwork courses. He gained his full Studio certification 20 years ago and has worked and been a student of many of the leading lights of Pilates and other movement disciplines in his quest. A graduate of the movement philosophy club of the 80s, Cameron developed and started his training in psychology and mindfulness. You will find this deeply woven in his work. It is this ability to move from classical to contemporary in Pilates and more, along with his clinical background of getting people moving and healthy, that has brought him to where he is now – a passionate teacher and student of movement and current best evidence thinking. He has been presenting and teaching for twenty years now internationally. A mission to spread the “movement cure” to all for a better quality of life is his mantra.

### Charlie Savage (Thomas)

We're delighted to welcome Charlie back to Development Weekend! Charlie has been teaching Body Control Pilates for more than 20 years. Before taking a break to raise a family, she was a senior member of our teacher training team and has now resumed this role. Her Pilates experience started at the age of 11 while training at the Royal Ballet Lower and Upper Schools and continued

throughout her professional ballet and contemporary dance career. Charlie has a Level 4 Further Education Teaching Qualification and taught A Level and GCSE Dance and BTEC Dance, Choreography and Physical Theatre in various colleges. She was also involved in preparing and examining students for A Level and GCSE Dance for AQA examination board.

### Conchita del Campo

Conchita started training in Pilates in 1972 with Dreas Reyneke and Alan Herdman. She used the Pilates Method to complement her professional dancing career with Ballet Rambert, Scottish Ballet, London City Ballet, Ballet International, Royal Opera Ballet and other companies in England and abroad. She has performed with Margot Fonteyn and Rudolf Nureyev and partnered Wayne Sleep. She has also danced and choreographed for trade shows, pop videos, films, TV commercials and a West End Musical. She taught ballet and Pilates to the dance students at the London Studio Centre for 29 years. She is now directing her own Body Control Studio in Swiss Cottage, London and is involved in teaching workshops and masterclasses internationally. Conchita has been a member of the Body Control Pilates education team, presenting workshops around the UK and at BCPA Development Weekends. She is also an examiner and a member of the Pilates Foundation. Alongside her Pilates teaching she is a fully qualified Craniosacral therapist and ballet teacher for the Royal Academy of Dance. She still occasionally performs and teaches Classical, Regional and Flamenco Spanish dancing, and is the Organiser, Director, and an international examiner for the Spanish Dance Society.

### Dalia Zeinaty

Dalia has been a Body Control Pilates teacher for 10 years and is the founder of Wellness Pilates. Previously, she was a brand consultant and strategist. She has worked in branding and strategy for 15 years with renowned award-winning multinational brand consultancies. Now, Dalia uses her knowledge and skills to help businesses who want to create a positive impact on people and planet alike.

### Duncan Orrock

Duncan has been teaching Pilates for 17 years and has been a member of the Body Control Pilates Education Team for more than a decade. Alongside this, he also delivers his own workshops through Body Control Pilates. He has completed two full courses of 'Anatomy in Motion' training with Gary Ward and managed to continue with weekly 1:1 session with AiM during lockdown to progress his knowledge. In 2022, he carried out nine months of daily sessions with Royce Gold from Movement Israel (IDO Portal trained). This was, alongside many other courses and workshops, focused on movement training. Aside from teaching Pilates, Duncan is focused on running and has completed 21 marathons – he has received automatic 'Good for Age' qualification for the London Marathon for the last six years – over 20 half-marathons, and a few 50km runs for good measure!



## DW31: YOUR PRESENTERS

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### Hanna Dalsgard

Hanna has been teaching Pilates since 1998. Her career in movement began at an early age with gymnastics and dance training on the Faroe Islands and Denmark. This led to her gaining an Honours Degree in Contemporary Arts (Dance) from the Northern School of Contemporary Dance. Hanna qualified with Body Control Pilates in 2002 and went on to become one of the first teachers to complete her Body Control Pilates Studio Master Certification. Hanna is hugely passionate about Pilates and this shows in her work as the Body Control Pilates Education Partner for Scandinavia and as a course tutor for the Nordic countries. A few years ago, Hanna enrolled at CHEK Institute, San Diego and is now the only woman in Denmark (and one of seven worldwide), who is qualified as a Master CHEK and Holistic Lifestyle Coach (Level 3). Hanna uses her growing knowledge as a movement specialist, therapist and bodyworker as tools to work more in depth with her clients and to find the root of their blockages or injuries. She has found that linking these techniques, alongside the Body Control Pilates method, is extremely beneficial and that clients really get results and understand their bodies better. Her passion lies in working in depth with the simplest exercises as the more she learns, the more she realises the importance of the simplest exercises - Less is More!

### Ian Sadler BSc (Hons) Ch (DPodM) MSCP

Ian is a specialist podiatrist. He spent five years as a battlefield medic in the British Army working in Elite and Special Forces, where he became experienced in treating lower limb injuries in many fields of operation. After completing a degree in medicine for the lower limb (Podiatry), Ian worked in the NHS and subsequently with the UK's leading biomechanics technologies company as its principal clinician and orthotics consultant. Here he helped pioneer the use of gait analysis technologies, and specifically the interpretation of foot pressure and video imaging. Ian now runs a private biomechanics and gait analysis clinic in Norwich, Norfolk. He lectures on biomechanics and gait analysis, both in local academic institutions and worldwide. As a consultant to several orthotic and international training footwear manufacturers, he helps to ensure that trainers and orthotics 'do what they say on the tin'. His real passion, however, is helping to improve the quality of life for those 80% of the population suffering as a result of poor lower limb biomechanics.

### Jacquie Biggs

Jacquie had a successful career as a professional dancer and choreographer in London's West End and in numerous productions around the world. She was introduced to Pilates during her dance career and immediately felt the benefits to her strength, flexibility, control and posture.

Jacquie trained with Body Control Pilates in 2009 and has taught Matwork, Reformer and Tower classes in numerous studios around London. She now teaches group classes and private sessions (Matwork and equipment) at the Body Control Pilates Centre, is a supervising teacher for Matwork students and is part of the Body Control Pilates Education team. Jacquie encourages her clients to move. Helping them to build strength, control and fluidity whilst guiding them to find an ease and joy of movement.

### Joanne Elphinston

Beginning her professional journey in Australia over thirty years ago as a physiotherapist and coach, Joanne Elphinston is a movement philosopher, performance consultant and international lecturer in rehabilitation. She was Head of Performance Movement for the British Olympic Association's Coaching Olympic Gold programme, and from her wide-ranging work in elite sport and the performing arts, to her continued clinical interest in chronic and complex presentations, Joanne's path of inquiry lies in what connects us in the deeply human experience of movement.

Joanne is the creator of the JEMS approach, a holistic method for integrating the science and the art of clinical and movement practice. Through two decades of prolific teaching across multiple countries, Joanne's work is now used by clinical and movement practitioners in a wide array of settings and has underpinned an array of research projects in Sweden. Joanne's books, including "Stability, Sport and Performance Movement", have been translated into a number of languages. Her most recent book, "The Power and the Grace: A Professional's Guide to Ease and Efficiency in Functional Movement", is available with a 12% discount using the code ELPHIN12 from Singing Dragon. (<https://uk.singingdragon.com>). More information on Joanne's work and courses can be found on [www.jemsmovement.com](http://www.jemsmovement.com), on Facebook at JEMS, Linked In and on Instagram: @jemskojanne

### Dr Karen Robb

Karen is committed to improving access to cancer prehabilitation and rehabilitation across all cancer pathways, and in all settings. She is a member of the Chartered Society of Physiotherapy (CSP) Council and has been a physio for almost 30 years. Karen worked as a consultant physiotherapist at Barts Hospital for 7 years and has a special interest in breast cancer rehabilitation. She has developed and implemented novel approaches to treatment and recovery, and is currently working as Implementation Director for Cancer at Movember. Karen is also a qualified Body Control Pilates teacher.

### Kate Hodder

Kate has been teaching Pilates for over 10 years. She is a Matwork course tutor for Body Control Pilates and teaches both private and group classes at the Body Control Centre.

Kate first discovered Pilates whilst at Ballet West, a professional dance school in Scotland. Even after being taught only a handful of exercises, she knew straight away that there was something extremely beneficial about it. After moving to London, Kate trained at the Rambert School of Ballet and Contemporary Dance but, once injuries started to become more persistent, she knew she had to seek out a Pilates class to see if it could help. It did!

Kate found Pilates gave her an inner strength and started to rebalance her muscles, even helping with her mild scoliosis. Even after graduating from Rambert and continuing with her dance career, she stuck with Pilates and decided to train to teach it so that she could share the magic of Pilates with other people.

## DW31: YOUR PRESENTERS

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### Kathy King

Kathy is a London-based Body Control Pilates teacher. She is a member of the Body Control Pilates teacher training team on both the Matwork Certification Course and further development courses. Kathy has taught mat-based classes privately and to small groups for the past 15 years and has had a dedicated Yoga practice for nearly as long. A New Yorker by birth, Kathy is fortunate to travel regularly to both east and west coasts in the USA where she delights in attending workshops and courses in both Pilates and Yoga. The integration of these movement forms finds its expression in her classes, which focus on increasing body awareness, strength and flexibility through mindful flow of movement. Yoga and Pilates do not fuse together as one, but rather affect and inform one another to enable the sheer pleasure of moving freely, easily and well, both in and out of class.

### Kyle Blackburn

Kyle is very well-known to Body Control Pilates teachers through his work on the Level 4 Back4Good® Low Back Pain course (which he helped to write) and his numerous workshops and Development Weekend presentations. He qualified from Brunel University College in 1995, completed an MSc in neuro/musculoskeletal physiotherapy from UCL in 2003 and was previously the Occupational Physiotherapist for Kent Police.

He is a frequent competitor in triathlons and 'Iron Man' events. Kyle is an 'Anatomy Day' tutor on the Body Control Pilates Matwork course and also delivers part of our Low Back Pain course.

### Maria Earle

Maria has been involved in the world of Pilates for over 25 years. She is a sought-after educator and has presented her work at Pilates studios and conferences internationally. As a lineage holder of the Kathy Grant work, Maria brings creativity, humour, and a commitment to passing her knowledge on to others in her teaching. Maria completed the comprehensive Advanced Teacher Training Program at The Pilates Center (Colorado, USA) in 1997. She owned a successful boutique Pilates studio in New York City for eight years before moving to Barcelona, Spain where she currently leads continuing education programs for Pilates professionals both on-line and in her studio.

### Melanie Christou

Melanie's career over the years spanned the Performing Arts, Higher Education and Pilates industries. She always chose roles that were all about supporting others with their education and personal, or career, development. Her back injuries due to dance training were what drew her into Pilates. Becoming a teacher and owning a business was a transformational experience, but that's when she realised that she needed to do a lot of work on her anxieties and confidence if she was to avoid falling out of love with Pilates. After a life-changing experience with her own coach, she felt motivated to qualify as a Holistic Coach and share the benefits of coaching with other Pilates trainees and teachers. Melanie qualified as a Body Control Pilates teacher in 2015 and has since gained her Comprehensive Studio Certification.

### Nathan Gardner

Nathan is a highly experienced and respected Pilates teacher and educator. Well known in the Pilates community, he has presented and lectured in over 10 countries across five continents. Renowned for his innovative cut to the chase approach, Nathan has been teaching Pilates for 23 years and has over 35 years' experience in physical and mental conditioning. He is the founder of NRG Pilates, and KineticNRG Movement Teaching Academy, providing ongoing education for qualified movement teaching professionals. Much of his knowledge and insight stems from his time as a professional athlete. Successfully representing Great Britain as a freestyle mogul skier on the World Cup circuit throughout the 1990's, it was his premature exit from this competitive career due to injury prior the 1998 Winter Olympic Games that set him on the path he is still following today. After training with Body Control Pilates in 2000, Nathan set up and ran a successful Pilates Studio alongside his existing personal training business for seven years before dedicating more of his time to teacher education. Nathan continues to work for Body Control Pilates as a teacher trainer and member of their education management team, heading up their Level 4 Pilates and Performance programmes. In addition, Nathan is a valued member of the treatment and performance enhancement team at 'The Urdang' in City University of London's Department of Performing Arts. He is also PADI scuba diving instructor, so if you fancy learning to dive or want to work on your underwater movement skills, let him know!

### Paul Howse

Paul began practising Pilates in 1999 after sustaining a sports-related injury to his spine. He had previously spent 15 years as an engineer, but, following his injury, he decided to retrain as a Pilates teacher. Paul has been teaching Body Control Pilates since 2003 and is now a member of the Body Control Pilates Education tutor team for matwork and small equipment courses. Paul teaches classes and 1:1s at the Body Control Pilates Centre and at his studio in Esher, Surrey. He has a wealth of experience in dealing with injuries and still has a keen interest in sport, having completed numerous marathons, half marathons and a full Ironman. He spends much of his time working with athletes helping them attain their full potential. Paul studies biomechanics and believes good movement is the key to a healthy body.

### Dr Pauline Lockhart

Based in Dundee, Pauline is a trained medical practitioner who has worked in the NHS for almost 20 years, much of which as a GP. She also lectured at the University of Dundee. Pauline qualified as a Body Control Pilates teacher in 2019 and is now a tutor and course developer for the Pilates for the Menopause and Pilates and Mental Wellbeing courses offered by Body Control Pilates. She also delivers the Pilates for the Older Person course.

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### Sam Armstrong

Sam trained from the age of 10 at the Royal Ballet School and was a Professional Dancer with Sadler's Wells Royal Ballet and the Birmingham Royal Ballet for 17 years. He was first introduced to the Pilates Method in 1991 and trained formally with Body Control Pilates in 2001. He holds Matwork Master and Comprehensive Studio Certifications and is a senior member of the Body Control Pilates Teacher Training Team, delivering both matwork and studio equipment courses, as well as professional development workshops, for Body Control Pilates teachers. Sam has travelled extensively in his role as a tutor for Body Control Pilates, having taught in Qatar, South Africa, Japan, Poland and Lithuania. He regularly teaches privates in the Body Control Pilates Centre.

### Sarah-Louise Warden

Sarah was a dancer in West End shows with credits as a performer, dance captain, resident director and associate director. She trained as a Body Control Pilates teacher in 2005 and has since gone on to gain her Master Studio and Master Mat Certifications and join the Body Control Pilates Education tutor team. She teaches on the matwork courses and is also a tutor on the Children's, Pregnancy and Equipment programmes. She also teaches Matwork, Reformer, Pregnancy and Teacher Classes at the Body Control Pilates Centre.

### Dr Suzanne Martin

Suzanne Martin is recognised as an international expert in the field of human movement and potential. A doctor of physical therapy and a gold-certified Pilates expert, she is an international presenter, speaker, coach and mentor, as well as an award-winning author and DVD producer.

Suzanne's aesthetic for movement started in the visual arts and dance. With over 30 years of teaching experience, she blends art and science into her writing and instruction from the fine arts, health and movement fields. Her mission is to add value to people's lives both directly to the people she treats and to those who help with healing and performance enhancement. Her passion is to help those with chronic conditions that require lifelong learning and management such as professional and recreational performance, foot issues, spinal asymmetries, and cancer survivorship.

As a performing arts specialist, Suzanne Martin has been a Wellness Consultant for Smuin Ballet for over 19 years. As Founder of Pilates Therapeutics LLC, an educational organization for movement instructors and therapists, her mission is to develop leaders by in-depth training and mentorship. Annual Specialization Mentoring Programs, host site teaching, and instructional DVDs (available for CE credit), featuring the therapeutic application of the Pilates Method and nutrition, are available worldwide. For further information, go to [www.pilatestherapeutics.com](http://www.pilatestherapeutics.com). Suzanne published her first book on Spinal Asymmetry & Scoliosis in 2018.

### Suzanne Scott

An early fascination in watching how people move has led - via studying dance and choreography, Pilates and athlete conditioning - to Suzanne's present career in coaching, teaching and researching human (and sometimes animal!) movement. Currently, she divides her time between roles in high-performance sport, with a focus on football, and a part-time lectureship in the School of Anatomy at the University of Bristol. She is interested in looking at and measuring the ways movement affects our structure and body systems, and the impact on our movement health of moving differently, which is fundamental to her work in athlete rehabilitation and conditioning. Suzanne is a member of the Body Control Pilates Association.

### Tom Hewetson BSc. (Hons) Ost. Med. D.O. Msc. F.O.S.C.A.

Tom graduated from the British College Osteopathic Medicine in 1995 and is a registered Osteopath. He owns and runs a general osteopathy and specialist sports injury clinic in Northwood ([www.osteopathruislip.co.uk](http://www.osteopathruislip.co.uk)). Since graduation, Tom has worked extensively with athletes. He worked for London Wasps Rugby Club from 1995 to 2001 as club osteopath and attended over 250 matches pitch-side. He was the consultant osteopath to London Wasps until 2009. Tom also worked for England /London Divisional U/18 Rugby for the RFU and has carried out work for England RFU, England Select 7's, London Broncos RLFC (as consultant), UK athletics and The British Triathlon Association. Tom attended the Commonwealth Games in Manchester 2002 as part of the central medical team. He was a member of the central medical team (manual therapies) at the Olympic Village polyclinic at the London Olympic Games in 2012 and a member of the central medical team at the IAAF World Championships at London 2017. He is a 'preferred osteopathic' practitioner for the English Institute of Sport (EIS). Tom is one of the founding committee members of the Osteopathic Sports Care Association (OSCA). He is a Fellow of the Association. He has a Masters Degree in Sports Injury and Therapy from Manchester Metropolitan University and helped set up and lecture for four years on the MSc. in Osteopathic Sports Care at Leeds Metropolitan University. Tom is a senior lecturer and techniques and clinic tutor at the British College of Osteopathic Medicine (BCOM), teaching musculo-skeletal disorders, osteopathic techniques and clinic. He lectured for five years on the sports care module at Oxford Brookes University where he also taught neuro-anatomy and osteopathic techniques. He teaches osteopathic sports care and osteopathy internationally and is a regular conference presenter. Tom's book and DVD entitled 'An Illustrated Guide to Taping Techniques' are published by Elsevier.

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### Tom McCook (USA)

Tom McCook, Founder and Director of Center of Balance in Mountain View, CA, is an internationally recognised Pilates Master Teacher and movement specialist. Beginning his full-time career in personal training in 1984, Tom designs programs for health and life performance for a range of clients, from Silicon Valley executives and Olympic athletes, to active seniors and people looking for solutions to their imbalances and injuries.

Tom's unique approach synthesises over 30 years of fitness training, Pilates, body therapy, Somatics, the Franklin Method of experiential anatomy and imagery, Yoga, meditation and Life Coaching. His fascination with movement began at an early age playing sports and growing up in a large athletic family with 11 siblings. Tom's teaching focus is to inspire and empower people to access their mind/body intelligence with a practical understanding of their own anatomy through movement, self-touch and concentration. These skills go beyond exercise to cultivate presence, dignity and being responsive and resilient in life. His long and successful history working with athletes include the Stanford women's swim team and four Olympic Gold medal swimmers. Tom has been leading teacher trainings in the Pilates Method since 2001 at Center of Balance, recognised as a premier movement, body therapy and education centre. Tom is also a sought-after international presenter at conferences, retreats and studios worldwide. He is on the teaching staff for the Franklin Method Institute, a groundbreaking education system for improving movement potential, health and mind/body mastery.

Tom lives on the coast outside of San Francisco with his wife and business partner, Karen deMoor.

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### Victoria McIntyre

Victoria has spent most of her career to date working in professional football as a physiotherapist, where performance and injury reduction is every bit as vital as rehabilitation. To support her understanding of movement, she began her Pilates training and this sparked a particular interest in the role of breath and the core in health, physical performance and wellbeing. Today, she splits her time between working as a consultant physiotherapist in high performance sport, and working for female wellness advocates The Well HQ, where she is project lead for their work in women's football.



## WHAT NEXT?

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With over 65 sessions and 30 presenters in a new venue, it's going to be a very special weekend!

We hope that you will join us there and, as ever, we strongly recommend that you book your place as soon as possible. While the booking window will remain open until midday on **Friday September 15th 2023**, the earlier you book the greater the chance of you getting into your preferred sessions.

Here's what you need to do.....

The Booking and Payment Form has been sent as a separate document to this DW31 brochure. This has been emailed to you.

Save this to your computer, fill in the required information, save again, and email it as an attachment to [dw@bodycontrolpilates.com](mailto:dw@bodycontrolpilates.com)

### BOOKING FORM:

For each of the blocks on the day(s) you will attend, please give your preference by putting 1-4 in your four preferred sessions, where '1' is your first choice. We will always do our utmost to give you your first or second preference..

If you prefer, you are of course welcome to print this off, complete it, and post it to us at DW31, Body Control Pilates Centre, 35 Little Russell Street, London, WC1A 2HH.

### MAKING YOUR PAYMENT:

Due to expected demand for places, we must receive your payment (or notification of payment if you live outside the UK) before we can book you in. Payment details can be found on **page 3** of this brochure.



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