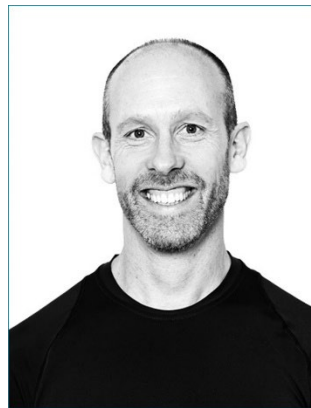


Get More from your Band!

A **face to face** workshop with

Paul Howse



Body Control Pilates Centre London

Saturday October 14th 2023

10am-2pm

Just announced!

£125 (Academy £112.50)

CPD: A30

ONLY OPEN TO BCPA MEMBERS

The stretch band is certainly the easiest and most portable piece of Pilates equipment to bring into your classes. It can be used in a variety of ways to either make an exercise more challenging or to give that sometimes much needed support and feedback.

That is why Paul uses bands more than any other accessory. We will look at how to use bands to add either resistance or assistance to the matwork repertoire and explore the different possibilities that they offer. We will also look at using sets and reps to give your sessions an extra boost.

This will be a very practical workshop, packed with ideas and exercises that you can take straight back to your classes. Come prepared for a good workout!

Suitable for newly-qualified and experienced teachers alike.

ABOUT PAUL

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.

Body Control Pilates Academy Ltd
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Hips in 5 – The Long Mix!

A **face to face** workshop with

Suzanne Scott



Body Control Pilates Centre London

Sunday December 3rd 2023

10am-4pm (includes lunch break)

Just announced!

£165 (Academy £148.50, Academy Plus £140)

CPD: A30

ONLY OPEN TO BCPA MEMBERS

ABOUT SUZANNE

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 also the impact on our health of moving differently. This is fundamental to her work in athlete rehabilitation and conditioning.

This workshop is an extended version of the 90-minute session that Suzanne delivered at the recent Development Weekend in September.

Reviewing anatomy, physiology and exercise concepts in this longer version of Hips In 5! you will explore movement on your own body and, using a blend of presentation, observation and self-practice, you will be guided through adjustments to familiar repertoire to support optimal hip and pelvic movement in both athlete and non-athlete populations.

Despite a focus on athlete movement wellness, Suzanne has extensive experience with general populations and will offer insights into how to adapt exercises to a variety of client presentations. For example, many athletes experience hamstring injuries and building on what is known from the research into how to support recovery, you will be shown how to align what you teach with current evidence from performance science, whilst also learning how to apply this to 'weekend warriors' and your other client groups.

Whilst the workshop is aimed at all teachers, whether mat or studio-based, examples of how Pilates equipment can be used to extend hip exercise repertoire and how this can be translated onto mat and accessory equipment will also be covered.

Note: Limited numbers. Early booking strongly advised.

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