



Information Pack

This pack is designed to give you full details of the Body Control Pilates Matwork Conversion Course.

This course was launched as a result of demand from qualified Pilates teachers who wanted to gain a **Body Control Pilates Matwork Certificate** and become a registered Body Control Pilates teacher. Qualifying also gives you access to membership of the **Society for the Pilates Method Register of Teachers** and, if wished, accreditation against the '**Level 3 Pilates**' national standard (Awarding Organisation: Active IQ).

If you wish to join a course, please return the completed Enrolment Form with your preferred course dates. If the course of your choice is full, we will offer you alternative dates and you may put your name on a waiting list. Please note that the course content and structure is geared to Pilates teachers who hold a current 'Level 3 Pilates' qualification or equivalent. We are happy to accept applications from teachers who have gained their teaching certification outside the UK.

When gaining your Body Control Pilates certification after completing the course, you will also be automatically accredited against the new industry standard introduced in 2021 by **The Society for the Pilates Method**. This has been adopted by many of the UK's leading training providers. We can also offer a 'Level 3 Pilates' add-on if you need this to teach in a health and fitness club.

We hope that you will find this course to be of interest and that we will be able to welcome you as a future member of our community of over 1,400 Pilates professionals, so that you can then enjoy the unrivalled support and development opportunities that we offer.

Finally, if you have any questions regarding the course, please don't hesitate to give our Education Team a call at the Body Control Pilates office on 020 7636 8900 or, if you prefer, please contact Sarah Barger on by email direct at sarah.barger@bodycontrolpilates.com

Thank you again for your interest.

Yours faithfully,

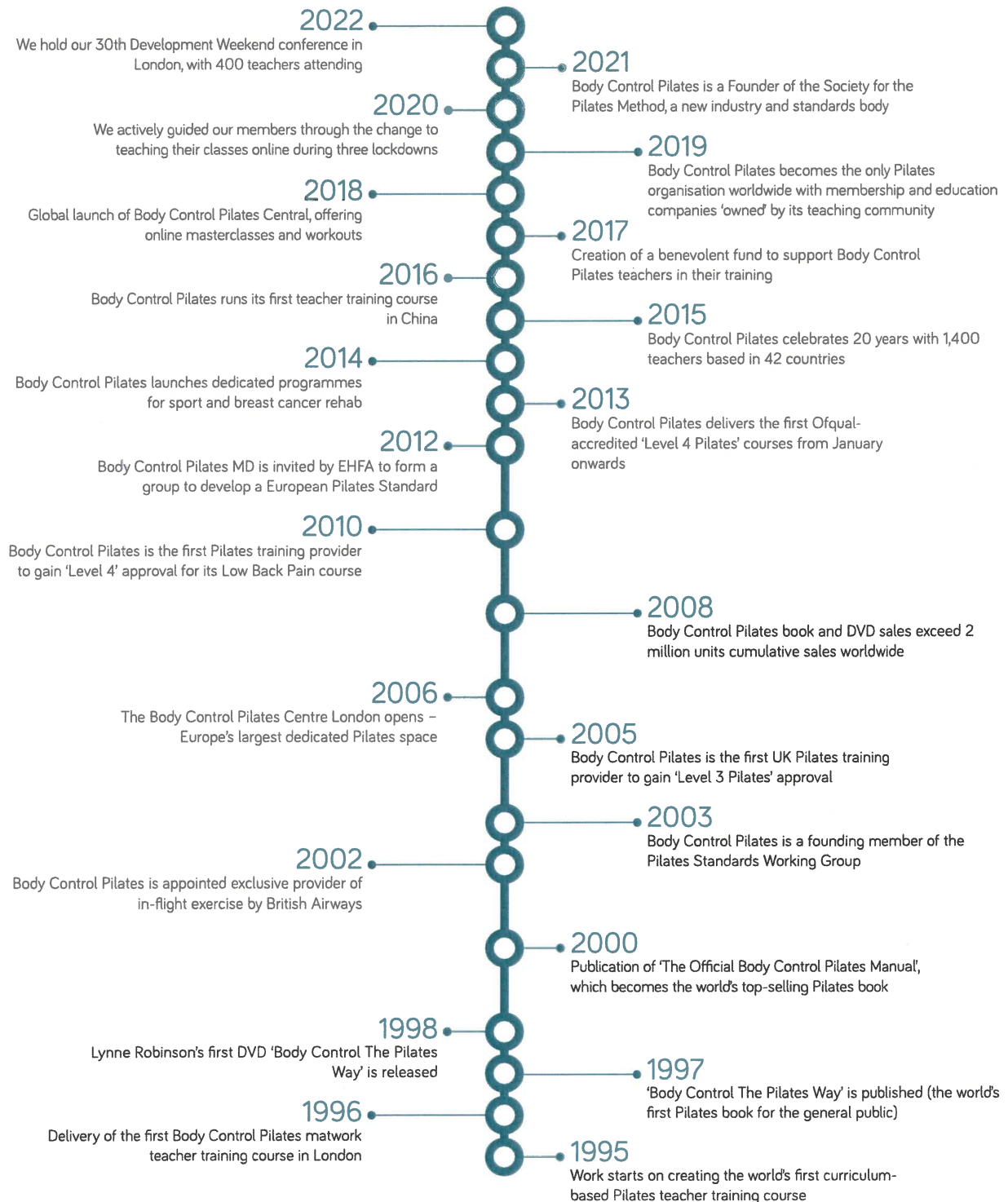
Leigh Robinson

Leigh Robinson
Group Managing Director

Please note that **the five days of tuition modules take place online via Zoom**. These will each comprise four hours of live sessions with our tutors. These will be followed up by at least two face to face days at our London Centre – one 'Contact Day' to follow up on the module content and one 'Student Day' for group teaching work.

28 Years of Innovation + Leadership

Since our formation in 1995, Body Control Pilates has been at the forefront in the growth of Pilates in the UK and beyond and, most importantly, in the development of standards for Pilates education. Our approach to teacher training was the first of its kind in the world and represented a total change from the previous 'apprenticeship' method of becoming a teacher. Our international community of teachers now numbers 1,500 across more than 50 countries.



The Body Control Pilates Matwork Conversion Course

This popular and well-received course is geared to qualified Pilates teachers who would like to gain a Body Control Pilates Matwork Certificate (accredited by Active IQ against the Level 3 Pilates qualification) and thereby become a registered Body Control Pilates teacher.

The Body Control Pilates Matwork Conversion Course has been structured to recognise and build on the skills and knowledge that you already have as a practising Pilates teacher. It is based on our world-renowned Matwork Certification Course and will focus on the specific content and exercises that make the Body Control Pilates approach so distinctive – the range of exercises; the ability to adapt these exercises to the needs of the individual; the breaking down of the classical exercises; the unique teaching approach.

Course Outcomes

Upon gaining Certification, you will be eligible to join the Body Control Pilates Association, which has over 1,400 teaching members and is widely regarded as Europe's foremost professional Pilates body. Your first year of membership is free. This entitles you to promote yourself as a certified Body Control Pilates teacher and to gain access, at discounted rates, to the full programme of more than 50 professional development courses offered by Body Control Pilates Education. You will also have priority access to the numerous workshops and master classes that we offer around the UK, as well as being able to attend our annual 'Development Weekend' conference - this is exclusive to Body Control Pilates teachers and features leading experts from across the world and an unrivalled programme of almost 50 workshops, classes and lectures.

You will also be recognised against the new industry standard for matwork, as endorsed by The Society for the Pilates Method (SPM). In recognition that the UK Pilates industry needs its own voice when lobbying the government or key public organisations, in 2021 leading training providers in the UK formed the SPM, a not-for-profit body. Body Control Pilates is proud to be one of the three Founders. The SPM publishes a register of its teaching members.

Its overriding mission is to uphold the quality of Pilates education and teaching in the UK and, to this end, it has adopted new standards for matwork and studio apparatus, leading to a Comprehensive qualification. These standards were developed with, and are overseen by, PD:Approval, a leading international agency in the development of occupational standards and quality assurance.

The Body Control Pilates matwork teacher training course meets this new standard, which means that upon qualification you will receive two certificates: one from Body Control Pilates and one from PD:Approval, signifying that your qualification will have a wide international recognition. We can also arrange Level 3 Pilates certification – please contact us for details.



Who should apply?

This course is geared to Pilates teachers with a Level 3 Pilates qualification or a close equivalent, and with ideally one year's minimum teaching experience. We are very happy to accept applicants who have trained outside the UK. If you are not sure whether your training or teaching experience are sufficient to qualify you for this course, please contact us. We will happily discuss your needs and perhaps invite you for an informal assessment with one of our senior tutors.

How is the course structured?

These are the various elements of the Body Control Pilates Matwork Conversion Course:

- Five tuition days (see below for broad content) – these are online until further notice and can be taken in either an 'intensive' format of five consecutive days or in an 'extended' format of one weekend block, typically two weeks' break, and then a Friday to Sunday block. We send the main course notes to you about three weeks before your course starts (your second fee payment must have been received beforehand).
- A post-tuition assessment – this will assess your knowledge of the key Body Control Pilates exercises and agree an individual route plan towards your 'sign-off' assessment. This can be done in a live online session with one of our senior tutors.
- Attendance at a Contact Day at the Body Control Pilates Centre and also at least one 'Student Day' when final teaching sign-offs take place. Attendance at other student workshops is recommended – there are face to face and online options.
- Completion of a Self-Study Paper, in which you have to submit short written answers to two open-ended questions covering Pilates fundamentals
- A 'Sign-Off Assessment' to be taken when a senior course tutor believes you are ready, and after submission of a series of lesson plans. In this assessment, you will be asked to teach part of a lesson plan to a small group.
- Optional completion of Level 3 Active IQ worksheets and examination if you wish to gain the Level 3 Pilates certification (generally only needed if you plan to teach in health and fitness clubs).

What is covered during the tuition days?

Content covered during the five online tuition modules includes:

- An introduction to Body Control Pilates
- The Pelvis and The Spine
- Breathing and Relaxation
- A review of Core Stability
- The Upper Limb
- The Lower Limb
- Precision of Movement
- Teaching Skills and Client Progression
- The Certification Process

More than 100 matwork exercises are covered or referenced during the course – all are fully detailed in the Exercise Manual that students receive.

How much does the course cost?

Course fees are **£1,275** if you take advantage of our 'Advance Payment' option, whereby payment is made in full a minimum of six weeks before the first tuition day.

Total course fees otherwise are £1,495. This includes all elements of the course.

To secure your place on a course, a Registration Fee of £250 is payable once we have confirmed an offer to you. This is then deducted from the fees above. Course fees include your first year's 'Standard Membership' of the Body Control Pilates Association and of the Society for the Pilates Method Register of Teachers.

How long will it take to complete the course?

This is an open-ended course with applicants receiving their final 'sign-off' as soon as they have successfully met all course criteria. Our goal is to help you qualify as quickly as possible after the tuition days, but when this happens depends upon you mastering the key elements of the Body Control Pilates approach and upon passing the sign-off assessment. We are offering a number of online workshops to help you progress through the course.

When are courses being held?

The next Matwork Conversion Course tuition days are scheduled to take place online as follows (days run online from 10am-12pm and 1.30pm-3.30pm each day; all dates are inclusive):

March 2024

**Friday March 15th - Sunday March 17th
& Saturday April 13th - Sunday April 14th**
Good availability

June 2024

**Friday June 28th - Sunday June 30th
& Friday July 19th - Saturday July 20th**
Good availability

Where do courses take place?

The initial tuition modules currently run online through Zoom. The follow-on Contact Day and other 'face to face' days take place at the Body Control Pilates Centre in the heart of London. We are just a stone's throw from the British Museum in Bloomsbury.

How do I apply?

Please complete the Enrolment Form in this pack and return it by post or by email to sarah.barger@bodycontrolpilates.com Please don't hesitate to call us on 020 7636 8900 if you have any questions in connection with your application.

When applying, we ask that you **please include copies of your current Pilates certification**. Thank you.

Schedule of Fees

The total level of fees for the Body Control Pilates Matwork Conversion Course is **£1,495**. If you take advantage of the Advance Payment Scheme, this is reduced to **£1,275**.

These fees include all elements of the course, but please read the Terms and Conditions at the bottom of this page.

Fees are payable as follows:

Registration Fee: £ 250.00

This is payable upon confirmation of your place on a course. Your place is not guaranteed until this payment is made. Please see the Terms and Conditions below.

Thereafter, you may opt for one of the following schemes:

Advance Payment Scheme

After having paid your Registration Fee, your balance is reduced to **£1,025.00*** providing that this is made in one payment **a minimum of six weeks** before your course start date. Please allow 5 working days for your payment to be processed and cleared.

* please note that total fees payable will revert to £1,495 (less Registration Fee) if Advance Payment is not received by the due date.

Standard Payment Scheme

After having paid your Registration Fee, your balance of **£1,245.00** is payable three weeks before the first tuition day of your course.

Our preferred method of payment is by **BACS bank transfer** to Body Control Pilates Academy – please call us on **020 7636 8900** for details or to pay by card (debit/credit/Amex)

Terms and Conditions

- If you wish to take advantage of the Advance Payment Scheme, please tick the box on your Enrolment Form.
- Please see the Enrolment Form for specific refund conditions relating to the Registration Fee.
- Course fees include one of each assessment element. Should you need to retake any of these elements, a 'resit fee' will be charged. Please contact the Body Control Pilates office for details.
- Please note that if you leave the course after commencing (by attending the first tuition day), or if you fail to complete the course, all previously paid fees are non-refundable. This is also the case should you fail to attend the course once confirmation of a place has been given by Body Control Pilates Academy Limited and accepted by the student. In the case of early retirement due to ill health or a significant change of personal circumstances during the tuition modules of the course, a pro-rata refund will be considered, such refund being solely at the discretion of Body Control Pilates Academy Limited and subject to an administration fee.
- If you cancel your place on a course between within three to six weeks of the course start date, we reserve the right to apply a charge of £999. Any refund due will be paid after course notes have been returned. If you cancel less than three weeks (21 days) before start date, fees paid are non-refundable.
- In the unlikely event that Body Control Pilates Academy course management asks a student to leave a course, a consultation process will be initiated. Fees paid to that point in the course are non-refundable.
- Body Control Pilates Academy Limited operates a formal Complaints Procedure in line with Awarding Body (Active IQ) guidelines and with external redress, under which students may seek a hearing if they feel they have been unfairly treated in examinations or assessments.
- If a student has not received certification within six months of the commencement of their course, Body Control Pilates Academy Limited reserves the right to fail the student unless an extension has been agreed. Body Control Pilates Academy Limited makes every effort to ensure that all students are fully supported through the course.
- Fees for any future courses may be subject to amendment.
- All fee payments are receipted and are inclusive of external Awarding Body fees, where relevant. Please let the Body Control Pilates office know in advance if pro-forma invoices are required.

Comments from Conversion Course Students

The following are unsolicited comments from students who have taken the Matwork Conversion Course:

"...an excellent course. I am 'chomping at the bit' to do more with Body Control Pilates."

"The course was absolutely amazing, 100x better than any course I have been on with other [trainers]. It has completely changed the way I think about Pilates and the body."

"The conversion course transformed my teaching - I have since had the confidence to set up my own studio and so it has also transformed my life - and hopefully that of the people I teach too!"

"I thoroughly enjoyed the course and looking forward to becoming a Body Control Pilates teacher!"

"Since joining Body Control Pilates through the Conversion Course 3 years ago I have taken my knowledge and teaching to another level and have never been busier. I have found the training to be of an excellent standard and received fantastic support from the Body Control Pilates network of teachers and trainers. I can honestly say that, after 15 years teaching Pilates, training with Body Control Pilates has completely re-ignited my passion for Pilates. Thank you!"

"I have just returned home to Cyprus from London, having completed my tuition days of the Conversion Course. It has been an amazingly educational experience for me. The Course is detailed and precise, well-organised and all-rounded. It has opened a new path to teaching for me and has made me see things in a totally different way, in a much broader sense. A huge thank you to the teachers for the wealth of knowledge they have shared with us! It has been great!"

"I have NEVER enjoyed a course so much in the 5 years I've been teaching. Everyone was so friendly & approachable, the knowledge was wonderful & I have come away so inspired to train further & learn more I don't think I've felt this inspired ever before."

"I would highly recommend any instructor to sign up for the Conversion Course, having just returned home from the first three days of the course at Body Control Pilates. The fantastic instructors are very supportive and have completely changed my perspective on movement. I am feeling very inspired. Thank you!"

"I certified recently with Body Control Pilates after attending their Matwork Conversion course, after been previously trained by 2 other highly regarded Pilates Training Providers. I would recommend this course to everyone..... Their training is second to none and after 12 years of teaching, I have found through their vision, a new love and understanding of Pilates. I have learnt so much more and didn't think it possible! Thank you Body Control Pilates, it's been amazing and I will be back to learn lots more from you all soon."

"Every course I have done since qualifying has inspired me further... It is a lifelong learning curve. I always look forward to Body Control Pilates courses!"

Matwork Conversion Course Enrolment Form

Please reserve a place for me on the above Body Control Pilates course, start date as specified. I understand that a total fee of £1,495.00 (£1,275 for the Advance Payment option) is payable, as advised in the Schedule of Fees; that a £250.00 Registration Fee is payable immediately upon confirmation of a place; and that my place is not secured until this is paid. In the event that I cancel my reservation after payment of the Registration Fee, I accept that the sum of £150.00 will be deducted from the refund of the Registration Fee to cover administration. If I commence a Matwork Conversion Course at a later date, this deduction will be credited against my first tuition fee payment. I accept the Conditions stated in the Schedule of Fees.

☐ MR ☐ MRS ☐ MS

NAME MOBILE

ADDRESS LANDLINE

..... EMAIL

..... DATE OF BIRTH

POST CODE START DATE OF COURSE

Please give details of your Pilates qualification:

.....
.....
.....

Please give details of your year of qualification:

.....
.....
.....

Please turn over to complete the section overleaf

BODY CONTROL PILATES®

Please give details of your other Pilates Qualifications:

☐ Please tick here if you wish to take advantage of the Advance Payment option

What is your main reason for applying for this Conversion Course?

Have you attended any Body Control Pilates courses, workshops or classes? (If yes, please give brief details)

Do you have any other comments?

How did you first hear about the Body Control Pilates training courses?

- | | | |
|--|---|--|
| <input type="checkbox"/> Body Control Pilates website | <input type="checkbox"/> Internet search engine | <input type="checkbox"/> Your (Body Control) Pilates teacher |
| <input type="checkbox"/> From a friend / word of mouth | <input type="checkbox"/> Advertisement | <input type="checkbox"/> Other |

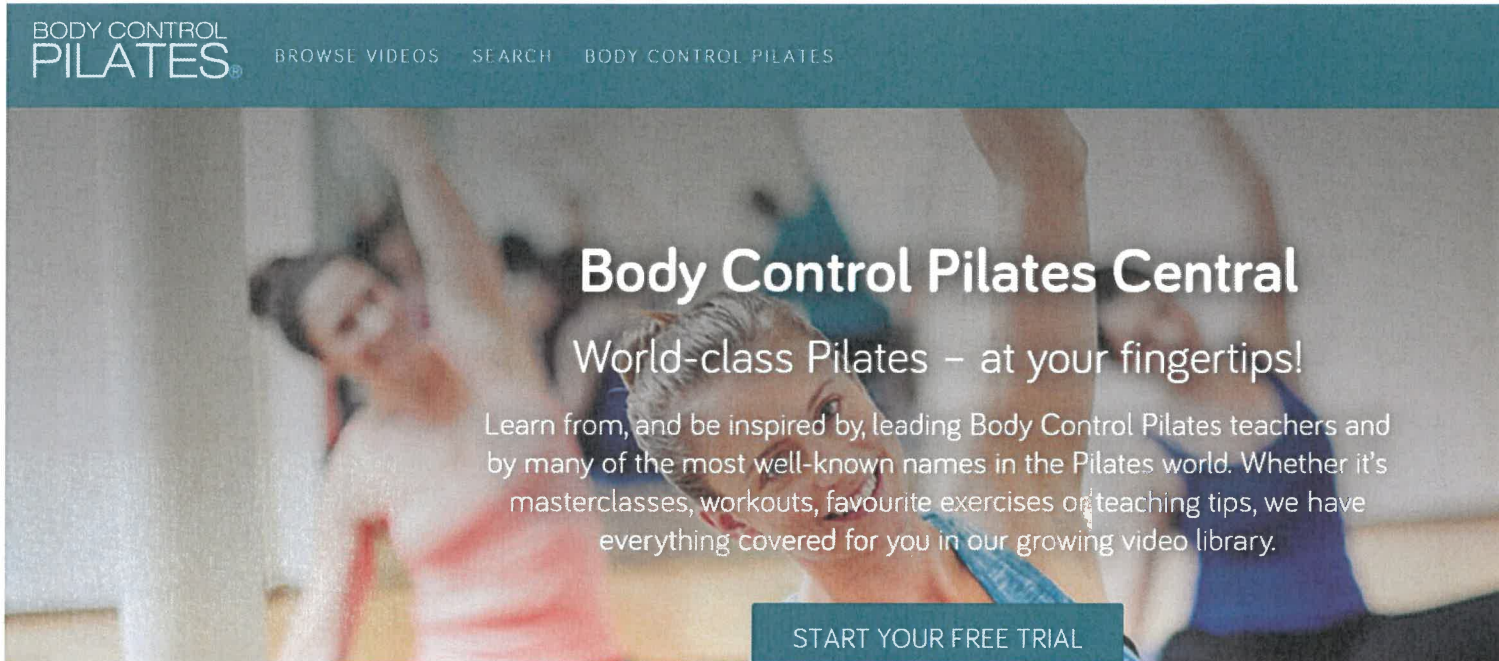
SIGNED IN AGREEMENT _____ DATE _____

Please return your completed and signed form to:

Body Control Pilates Centre
35 Little Russell Street, London WC1A 2HH

or email to ella.porter@bodycontrolpilates.com
All information will be treated in the strictest of confidence.

Body Control Pilates Central - over 450 hours of content from 50 international presenters!



**THE online destination for Pilates
masterclasses, workouts, exercise
tips and more....**

**Monthly and annual subscriptions available at
www.bodycontrolpilatescentral.vhx.tv**

**Enjoy 3 months' free subscription when you
become a Conversion Course student.**

**Also available as Android and Apple apps and on
Apple TV!**