

**Featured here:**

**Ageing with Asymmetry: Mat and Standing Pilates**

**Suzanne Martin**

**July 2024**

**The Pelvis in Pilates**

**Suzanne Martin**

**July 2024**

**VoiceGym for Pilates Teachers**

**Alexander Evans**

**August 2024**

**Reformer Teaching Skills**

**Bridget Montague**

**November 2024**

**Venue: Body Control Pilates Centre, London, WC1A 2HH**

**Please see our emails for booking and payment details, or please:**

- **call us on 020 7636 8900**
- **email us at [info@bodycontrolpilates.com](mailto:info@bodycontrolpilates.com)**

# Ageing with Asymmetry (Matwork) & The Pelvis and Pilates (Studio Equipment)

Two **face to face** workshops with

**Dr. Suzanne Martin**



**Body Control Pilates Centre London**

**Wednesday July 21<sup>st</sup> 2024: Ageing with Asymmetry**

£175 (Academy £157.50, Academy Plus £148.75)

10am-4.30pm (includes break)

**Thursday July 22<sup>nd</sup> 2024: The Pelvis and Pilates**

£175 (Academy £157.50, Academy Plus £148.75)

10am-4pm (includes lunch break)

**Book both for £320 (Academy £288, Academy Plus £272)**

CPD: A30 per workshop  
ONLY OPEN TO BCPA MEMBERS

### **Ageing with Asymmetry: Mat and Standing Pilates**

Did you know that according to Columbia University 1 in every 3 adults between the ages of 40 and 90 have some form of scoliosis? 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.

There are two basic types, those who had untreated idiopathic scoliosis in youth, and those with degenerative scoliosis due to the changes of the spine, pelvis, and legs with ageing. Some people have symptoms such as headaches, pelvic, back or leg pain, fatigue, difficulty walking, and general distress, while others have no symptoms at all. Pilates teachers need to address them all because Pilates helps with both cases!

Life events such as pregnancy, and accidents along with skeletal and fascial changes through the decades contribute to its progression.

Learn about the postural and gait shifts that occur with pregnancy, the repercussions of pelvic injuries and surgeries on the asymmetric spine, together with three main spinal conditions known to encourage disability and pain with age.

Mat and standing Pilates exercises help 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. Mat, standing and gait principles of form and fascial force closure for structural integrity is addressed in six hours of information and active exploration, equipping teachers with best practice for this important population of clients.

### **The Pelvis and Pilates: Hip replacement and Pelvic Injuries- A fascia-informed equipment workshop**

Did you consider that hip replacement is also a pelvic injury along with birth injuries, C-section, hysterectomy and prolapse? Many of our clients are women who are impacted in their Pilates pursuits due to these life-changing events and conditions.

Become equipped with the nuances of what each abdominal-pelvic condition presents to Pilates teachers, ensuring clients a rewarding, not excluding, Pilates experience. Oedema, nerve disruption, muscle imbalance and adhesions sideline and discourage even our most active clients. Learn about Scarpa's and Colles' fascia along with the major pelvic fascial connections influencing the abdomen, groin, and thigh. Experience lymphatic, somatic, and corrective work to allow restoration, healing, and entry into a full Pilates environment.

This 6-hour workshop packs in multiple conditions that respond well in the Pilates environment. Come away with Reformer, Cadillac, Split Pedal Chair, Arc and MOTR exercises, principles, and ideas for your clients!

#### **ABOUT SUZANNE**

Dr. 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 Specialisation Mentoring Programs, host site teaching, and instructional videos featuring the therapeutic application of the Pilates Method and nutrition, are available worldwide. For further information, go to [www.pilatetherapeutics.com](http://www.pilatetherapeutics.com). Suzanne published her first book on Spinal Asymmetry & Scoliosis in 2018.

# VoiceGym® for Pilates Teachers

with

**Alexander Evans**

**FACE TO FACE WORKSHOP!**



**Body Control Pilates Centre, London**

**Friday 30<sup>th</sup> August 2024**

10am-4pm

**£150** (Academy **£135**; Academy Plus **£127.50**)

**JUST ANNOUNCED!**

CPD: A30

***“Amazing - everyone should do it!”***

***“An inspirational presenter”***

As Pilates teachers, the voice is an essential tool in the practice of teaching. Yet maintenance of the voice is often neglected. This 6-hour workshop (including breaks) will introduce you to **VoiceGym**, an established programme of exercises that helps develop and maintain the voice. The programme was put together by Angela Caine using the principles of Pilates, Alexander Technique and functional anatomy, coupled with years of dealing with troubled voices, including her own.

The workshop will cover three key areas of VoiceGym:

1. Whole body exercises to connect the voice, body and brain.
2. Face muscle exercises focusing on tongue posture and jaw translation
3. Useful techniques and tools on how to introduce voicework in to one's own teaching practice.

This will be an informative and energising day tailored to the needs of Pilates teachers and with much focus on 'play'. It will include a **'Troubleshooting' section** – tips on how to beat common ailments and keep yourself teaching.

Attendees receive the updated VoiceGym Manual. Group size will ensure maximum benefit for each participant.

**ABOUT ALEX:**

**Director VoiceGym Limited, VoiceGym Instructor, Body Control Pilates Teacher**

Alexander is director of VoiceGym. Alexander met Angela Caine the founder of VoiceGym whilst studying for his degree in music at Southampton University and on graduating he continued to study and teach VoiceGym at the Voice and Body Centre.

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 and comedians!

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, and visits regularly to teach. Along with VoiceGym workshops in the UK and abroad, he also currently runs VoiceGym teacher training workshops for Body Control Pilates and has presented at their Development Weekends.

He has also forged his own career as an actor/singer performing in West End Musicals, UK and international tours.

# Refining and Developing Teaching Skills on the Reformer

with  
**Bridget Montague**

**FACE TO FACE WORKSHOP!**



**Body Control Pilates Centre, London**

**Sunday 17<sup>th</sup> November 2024**

10am-2pm

**£110** (Academy **£99**; Academy Plus **£93.50**)

**JUST ANNOUNCED!**

CPD: A30

A highly practical workshop **for Reformer-qualified teachers** which will:

- Explore different approaches to teaching on the Reformer.
- Look at how best to use your tactile cueing skills to assist clients.
- Discuss the skills required to teach Reformer group classes, along with what factors to consider when planning these.