

ONLINE COURSES & WORKSHOPS		Fees £	
as at 24/9/24			
27th September	Exercise Strategies for Diastasis Recti - with recording!	£150	1 space left
28th September	Pilates and Breast Cancer Rehab: Foundation Day	£175	3 spaces left
29th September	Pilates and Breast Cancer Rehab: Programmes Day (must have done Foundation)	£175	3 spaces left
3rd October	CPR Basic Life Support - 18 months certification 12pm - 3.15pm		Fully booked
5th October	Pilates for Golfers		Fully booked
5th October	Pilates for Dancers (must have done Pilates for Performance first)	£175	Good availability
8th October	CPR Basic Life Support - 18 months certification 9.30am - 12.45pm	£45	New date!
11th October	Reformer Review Workshop	£19	5 spaces left
12th & 13th October	Pilates and Scoliosis	£275	4 spaces left
12th & 13th October	Level 4 Pilates Movement	£275	New date!
16th October	CPR Basic Life Support - 18 months certification 9.30am - 12.45pm	£45	New date!
18th October	Pilates with the Band - three Sissel 2.5m bands (light, medium, strong) inc. (UK only)!	£175	5 spaces left
19th October	Pilates and Mental Wellbeing <i>Now a 1-day course!</i>	£175	5 spaces left
19th October	Spine Corrector & Pilates Arc <i>First time online!</i> Buy a Pilates Arc for just £75		Fully booked
22nd October	CPR Basic Life Support - 18 months certification 12pm - 3.15pm	£45	New date!
25th October	Hypopressives for Pilates Teachers: Foundation Day		Fully booked
26th October	Hypopressives for Pilates Teachers Day 2: Mobilise your Fascia		Fully booked
27th October	Ski Pilates with Lorna Nicholson WORKSHOP	£150	5 spaces left
2nd November	Pilates for Bone Health		Fully booked
2nd November	Pilates and Hypermobility: Foundation Day	£145	New date!
6th November	CPR Basic Life Support - 18 months certification 9.30am - 12.45pm	£45	New date!
9th November	Pilates for Swimmers with Jenny Tyler WORKSHOP		Fully booked
14th November	CPR Basic Life Support - 18 months certification 12pm - 3.15pm	£45	New date!
15th November	Pilates & Pregnancy 1	£175	6 spaces left
15th November	Reformer Review Workshop	£19	New date!
16th & 17th November	Level 4 Pilates Adaptations (must have done 'Movement' first)	£275	Good availability
20th November	CPR Basic Life Support - 18 months certification 9.30am - 12.45pm	£45	New date!
23rd November	Small Ball & Toning Circle	£175	4 spaces left
23rd & 24th November	Pilates for the Older Person	£275	6 spaces left
26th November	CPR Basic Life Support - 18 months certification 9.30am - 12.45pm	£45	New date!
29th November	Pilates & Pregnancy 2 (must have done Pregnancy 1)	£175	5 spaces left
30th November	Pilates on the Ball (Gym Ball)	£175	New date!
30th November	Pilates and Hypermobility: Programmes Day (must have done Foundation)	£175	New date!
30th November	Pilates for Bone Health	£175	2 spaces left
6th December	Reformer Review Workshop	£19	New date!
2025			
11th January	Understanding Neurological Disorders and how Pilates can help	£175	New date!
11th January	Pilates with the Foam Roller	£175	New date!
8th February	Pilates & Pregnancy 1	£175	New date!
15th February	Pilates & Pregnancy 2 (must have done Pregnancy 1)	£175	New date!
1st & 2nd March	Pilates for Children & Adolescents: Programmes (incl. Foundation notes)	£275	New date!