

Online Workshop & Masterclass Descriptions

This update: October 2024

Kyle Blackburn – Pilates Approach to Knee Pain
October 2024 – details below

Lorna Nicholson – Ski Pilates
November 2024 – details below

Jenny Tyler – Pilates for Swimmers
November 2024 – details below

Shan Alphin – Cardiovascular Disease
November 2024 – details below

Nathan Gardner – Introduction to Endurolates
December 2024 – details below

Tom McCook – Age Well: Functional Mat
December 2024 – details below

Kyle Blackburn – Shoulder Pathology
January 2025 – details below

Kyle Blackburn – Pilates and the Pre- & Post-Op Hip
January 2025 – details below

Jenny Tyler – Pilates for Swimmers
March 2025 – details below

Pilates Approach to Mechanical Knee Pain

An **online** workshop with

Kyle Blackburn MSc.



Friday 25th October 2024

10am to 1pm

£100 (Academy Members pay £90)

BCPA MEMBERS ONLY

CPD: A15

This popular and very well-received workshop will explore the knee in the way that only Kyle can! It will have a very particular focus on mechanical knee pain, including arthritis, meniscal lesions, and patellofemoral pain. It will be a mix of theory and practical, so bring your knees with you!

ABOUT KYLE

Kyle Blackburn

Kyle has been very well-known to Body Control Pilates teachers for more than 10 years through his work on the Level 4 Low Back Pain course (which he helped to write), his Anatomy Day tutoring, his workshops, and his numerous Development Weekend presentations. He qualified from Brunel University College in 1995 and completed an MSc in neuro/musculoskeletal physiotherapy from UCL in 2003. He is a regular presenter on Body Control Pilates Central and has also been delivering online workshops for Body Control Pilates to teachers and students in Japan.

'Ski Pilates'

An online workshop led by

Lorna Nicholson



Sunday October 27th 2024

10am to 12.30pm & 1.30pm-3.30pm

£125 (Academy Members pay £112.50)

CPD: A30



How many of your clients are crossing their fingers that they will be able to head off to the slopes for their annual ski holiday? Or maybe you are a keen skier yourself? This practical workshop will arm you with a wide range of Pilates exercises to help the skier prevent injury, improve their ski technique, and enjoy their time on the slopes. This is relevant to all levels of skiers, whether a beginner heading off for the first time or someone who has been skiing for years. Come ready to move, share ideas, and think creatively. This workshop will cover:

- Biomechanics of skiing, looking at the joint and movement strategies of skiing.
- Consideration of the common technical challenges for a skier, based on Lorna's ski instructor experience, and how Pilates may influence this.
- Why do common ski injuries occur, and how Pilates may help injury prevention.

Lorna is passionate about skiing, having learnt at the age of five. She holds a British Association of Snowsports instructor qualification and has been teaching skiing intermittently in Europe since 2006. Her other outdoor activities include rock climbing, on- and off-road biking and hill walking.

Pilates for Swimmers

An online workshop with

Jenny Tyler



Saturday 9th November 2024

10am-1pm

£100 (Academy Members pay just **£90**)

CPD: A30

This workshop will look at the movement and performance demands of swimming, focussing on the balance between the huge amount of range required plus the need for power generation throughout this movement. We will review the anatomy of the shoulder and the spine and cover exercise variations for both in-water and on-land training for swimmers.

As a Body Control Pilates teacher and sports physio, Jenny has for many years run performance Pilates sessions for elite swimmers – many of whom have competed at Commonwealth Games and Olympic level. Both athletes and coaching staff see Pilates as an integral part of training and have seen it help in performance improvement.

Note: this workshop will use the band, a small ball (Triadball or Pilates Ball) and the foam roller.

ABOUT JENNY

Jenny qualified as a physiotherapist from Queen's College, Glasgow in 1990 and trained with Body Control Pilates in 2003. After 7 years working in the NHS covering a variety of specialities, she got a job at FASIC, one of Scotland's leading multi-disciplinary sports injury clinics - and 20+ years later she's still there! One of Jenny's key work objectives is to integrate Pilates, both mat and equipment, into the performance sport programme within Edinburgh University and the wider sporting population. Over the years, Jenny has worked with many different sports including elite swimming, hockey, golf, rugby, rowing, running, archery, and has had the privilege of working within professional sport including five years with Scottish Cricket and a season at Hibernian football club. She also works extensively with clients with spinal/pelvic pain and enjoys seeing the relief they get from quality movement. In 2014, Jenny created the Body Control 'Pilates for Golfers' course and subsequently has taught many Pilates teachers to look at the movement demands of golf and help address any issues with Pilates-based exercises. Jenny is the Body Control Pilates Regional Co-ordinator in Scotland and helps to support our Scotland-based matwork teacher training students.

Understanding Cardiovascular Disease – and how Pilates can help

An **online** workshop live from North Carolina with

Shan Alphin



Friday 22nd November 2024

1pm to 4pm

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

RECORDING AVAILABLE FOR TWO WEEKS TO ALL WHO BOOK

CPD: A30

This workshop delves into the fundamentals of cardiovascular disease (CVD) and how Pilates can be used to support individuals with cardiovascular conditions. Learn how the core principles of Pilates - such as controlled breathing, mindful movement, and low-impact exercises - can help improve cardiovascular fitness, manage stress, and promote overall heart health. This session will cover both the science behind cardiovascular disorders and practical ways to modify Pilates exercises to benefit clients with CVD, offering a holistic approach to wellness.

ABOUT SHAN

Shan Alphin, MBA, MSc, NCPT has taught movement for over 25 years. She holds a Master's Degree in Exercise Physiology/Kinesiology from the University of Georgia, USA, where she specialized in Cardiac Rehabilitation, starting her career at the Queen's Medical Center in Honolulu, Hawaii. After training with the Mind Body Institute at Harvard Medical School, she started to integrate her knowledge of cardiac and pulmonary rehabilitation with Hatha Yoga, mindfulness, and exercise rehabilitation. She incorporated these skills into the medical fitness programs at the Duke Medical Center, where she was the Director of the Duke Health and Fitness Center.

Drawn to studio-based Pilates in the Copenhagen, she fell in love with Pilates. After moving to the UK, she completed her Mat and Studio-Equipment training with Body Control Pilates, went on to complete her Classical Pilates Certification, and Pilates Method Alliance Certification. In 2014, she started presenting Pilates Teacher Workshops in Brazil, UK, and USA. In 2015, she opened her own studio Pure Pilates New Forest and became a mat and reformer supervising teacher for Body Control Pilates.

After living abroad for 17 years she returned with her family to the USA. Currently operating Pure Pilates with Shan, she is working as a boutique fitness and studio consultant and CPD Provider for the National Pilates Certification Program (NPCP) in the USA, presenting teacher workshops online, in-person, and on-demand. She loves combining the principles of kinesiology and biomechanics into the Pilates Method and sharing it with others.

Understanding Cardiovascular Disease and Disorders

Understanding cardiovascular disease and how the Pilates method and principles can help is a valuable educational opportunity to empower instructors to work with clients who may have or be at risk for cardiovascular issues.

Cardiovascular disease (CVD) refers to a class of conditions that affect the heart and blood vessels, including coronary artery disease, heart failure, arrhythmias, and stroke. These disorders often result from a buildup of fatty deposits in the arteries (atherosclerosis), hypertension (high blood pressure), or other factors like smoking, poor diet, and a sedentary lifestyle.

Common Types of Cardiovascular Disorders:

- **Coronary Artery Disease (CAD):** Narrowing of the coronary arteries reduces blood flow to the heart, which can lead to chest pain (angina), heart attacks, or other complications.
- **Hypertension:** High blood pressure puts additional strain on the heart and blood vessels, increasing the risk of heart disease and stroke.
- **Heart Failure:** The heart becomes too weak or stiff to pump blood efficiently, causing symptoms like fatigue, shortness of breath, and fluid retention.
- **Arrhythmias:** Abnormal heart rhythms can lead to dizziness, fainting, or even life-threatening complications.
- **Stroke:** Occurs when the blood supply to part of the brain is interrupted, leading to potential brain damage, paralysis, or death.
- **Peripheral Artery Disease**

While Pilates is traditionally associated with strength, flexibility, and core stability, it can also contribute to cardiovascular health through consistent practice. By incorporating specific strategies, Pilates can enhance cardiovascular endurance and overall fitness.

Workshop Objectives:

- Anatomy and Physiology of Cardiovascular System
 - Review of heart and circulatory system
 - How the heart functions during exercise
 - Role of blood pressure and heart rate
- Basics of Cardiovascular Health
 - Definition of Cardiovascular Disease
 - Common risk factors and prevention strategies
 - Medical Considerations for Pilates Teachers
- Heart Conditions and Treatments
 - Review Common Heart Conditions
 - Review Common Surgical and Non-surgical Treatments
 - The role of Cardiac Rehabilitation (NHS vs EU vs USA)
- Connecting the principles and benefits of the Pilates Method to support clients with Cardiovascular Disease
 - Concentration
 - Breath
 - Concentration
 - Control
 - Precision
 - Centre
 - Flow
- Adapting Pilates Exercises for Cardiovascular Clients
 - Mat
 - Chair (Sitting in a Chair, not Pilates Chair)
 - Reformer
 - Tower/Cadillac
- Creating a Safe and Supportive Environment
- Case Studies and Discussion
- Additional Resources by Region (UK, EU, USA)

A Practical Introduction to Endurolates

An **online** masterclass with

Nathan Gardner



Saturday 7th December 2024

10am to 12pm

£40 (Academy £36, Academy Plus £34)

RECORDING AVAILABLE FOR FOUR WEEKS TO ALL WHO BOOK

CPD: A15

Looking to expand your Pilates offerings with cutting-edge, evidence-based conditioning classes? This is your chance to experience **Endurolates**, a revolutionary exercise programme that integrates **health, wellbeing, and performance** into your Pilates practice.

Join Nathan for a masterclass that gives a practical introduction to Endurolates classes. Ideal for adding an extra element to your teaching and classes, it also lays a foundation for the **Endurolates Teacher Training Programme**.

Endurolates is a group conditioning programme grounded in Pilates methodology, designed to suit all abilities while delivering **scalable, evidence-informed** exercise that meets modern-day functionality demands. It offers a unique combination of **movement precision** and **up-to-date exercise science** to promote health, wellbeing, and performance.

In this masterclass, you'll learn how Endurolates:

- Delivers **scalable conditioning agendas with a Pilates framework** suitable for clients of all abilities.
- Combines Pilates precision with **evidence-informed exercise science**.
- Enhances your teaching by incorporating **functional movement and performance-focused fitness**.

Why Attend?

This masterclass offers a practical introduction to Endurolates and is perfect for Pilates teachers interested in broadening their skillset. It's also the ideal way to explore the concepts that underpin the Endurolates Teacher Training Programme before committing to the full teacher training programme. You'll not only have a great workout but will leave with new tools and insights that can be immediately applied in your teaching practice.

ABOUT NATHAN

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!

Age Well – Functional Mat

An **online** masterclass live from California with

Tom McCook



Friday 13th December 2024

4pm to 5.30pm

£40 (Academy £36, Academy Plus £34)

RECORDING AVAILABLE FOR TWO WEEKS TO ALL WHO BOOK

CPD: A15

Move with Tom in this 90-minute awakening functional Mat Master class! This is a full-body class, with an emphasis on your upper body's balance, alignment, strength, and mobility. Tom brings together Traditional Pilates exercises and his expertise in the Franklin Method, ELDOA and functional strength training. You will move smoothly and fluidly through zesty, mobilising exercises to increase your side body strength, low back strength, and shoulder mobility.

Props needed: Stretch band, 4 inch orange Franklin balls and Triadball or Pilates Ball.

ORANGE FRANKLIN BALLS AVAILABLE FROM SISSEL UK!

<https://www.sisseluk.com/franklin-soft-ball-10cm-orange-pair>

Call Karen or Jamie on 0800 567 7664 to order with your BCPA discount!

ABOUT TOM

Tom is an internationally recognised fitness educator and movement specialist. Beginning his full-time career in personal training in 1984, Tom designs programs for health and life performance for working professionals, people rehabilitating from injuries and world-class athletes including Olympic Gold Medal swimmers Natalie Coughlin, Jenny Thompson and Misty Hyman along with several years working with the Stanford women's swim team with head coach Richard Quick. Teaching Pilates since 1995, Tom has been teaching Pilates certification courses since 2000 beginning with the Physical Mind Institute until 2007 and from 2007 until now is a Master Instructor of Pilates, CoreAlign and Bodhi for Balanced Body. Tom is also a Level 3 Franklin Method Educator and conducts Franklin Method teaching trainings. Tom has a long history as a massage practitioner and manual therapist including: Shiatsu, Myofascial Release, CranioSacral Therapy, Neuro Kinetic Therapy, Muscle Energy Technique and Sports Massage. He is committed to his own daily meditation and movement practice, which broadens his effectiveness in designing programs for balance and optimal health. In 2003, Tom produced the video "Combining Pilates & Yoga for Balance." You can find Tom online with PilatesAnytime.com. Tom and his wife and business partner Karen Demoor own Center of Balance, a premier Pilates studio in Mountain View, California

Shoulder Pathology and how Pilates can help

An **online** workshop with

Kyle Blackburn MSc.



Friday 10th January 2025

10am to 1pm

£100 (Academy Members pay £90)

BCPA MEMBERS ONLY

CPD: A15

In this three-hour workshop we will look at the topic of shoulder pain and examine in detail two of the most common conditions - frozen shoulder and rotator cuff problems. Alongside a study of the anatomy involved, we will review rehabilitation considerations and, in particular, how Pilates can help.

ABOUT KYLE

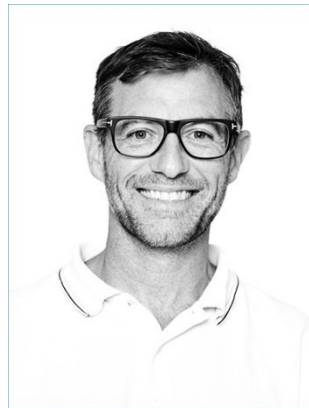
Kyle Blackburn

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Pilates Considerations for the Pre- & Post-Op Hip

An **online** workshop with

Kyle Blackburn MSc.



Saturday 18th January 2025

10am to 1pm

£100 (Academy Members pay £90)

BCPA MEMBERS ONLY

CPD: A15

This ever-popular workshop looks at the anatomy of the hip and examines how the hip gets its stability. We will then explore why stability is compromised following hip replacement and, more importantly, the 'do's and don'ts' of hip rehabilitation from the Pilates and exercise perspectives. We will cover what can be done pre-op to help manage symptoms, look at the immediate post-op period and the restoration of full function, all based entirely on muscle strengthening and Pilates-based exercises.

ABOUT KYLE

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Pilates for Swimmers

An online workshop with

Jenny Tyler



Saturday 1st March 2025

10am-1pm

£100 (Academy Members pay just **£90**)

CPD: A30

This workshop will look at the movement and performance demands of swimming, focussing on the balance between the huge amount of range required plus the need for power generation throughout this movement. We will review the anatomy of the shoulder and the spine and cover exercise variations for both in-water and on-land training for swimmers.

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ABOUT JENNY

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