

# Development Weekend 32

Booking & payment form

BODY CONTROL  
PILATES®

Sunday 23rd March 2025

No. 11 Cavendish Square,  
London, W1G 0AN

*Development Weekend*  
**32**



# PART 1 – BOOKING FORM

We recommend saving this to your computer, completing it, saving again, and then emailing it as an attachment to [djw@bodycontrolpilates.com](mailto:djw@bodycontrolpilates.com)

Please indicate your session order of preference by putting 1-4 in the boxes, where '1' is your first choice. Thanks. If you do not indicate reserve choices, we will allocate based on availability.

**Please note:** You do not need to book for Sunday lunchtime's 'Professional Recognition Update' session at 2.20pm on Sunday.

## SUNDAY: 23RD MARCH 2025

### Block 5

9.00am – 10.00am

#### WARM UP CLASSES

5.1

Flowing Mat  
Cara Reeser

5.2

Wake Up, Warm Up  
Charlie Savage

5.3

Pilates Ladder Flow  
Kathy King

5.4

Conchita's Morning Routine  
Conchita del Campo

5.5

Matwork Connections  
Sam Armstrong

5.6

The Evil Peanut Hour  
Diane Aben

5.7

**REFORMER**  
Morning Warm-Up  
Bridget Montague

### Block 6

10.15am – 11.45pm

6.1

**LECTURE**  
The Pluripotentiality of Muscle  
James Earls

6.2

**LECTURE**  
Happier Hips Uncovered  
Joanne Elphinston

6.3

**LECTURE**  
The Ageing Spine  
Kyle Blackburn

6.4

Mat Programming for Osteoporosis  
Cara Reeser

6.5

Aligning the Core  
Michael Fritzke & Ton Voogt

6.6

The Mindful Mandible  
Alexander Evans

6.7

Sissel Spinefitter & Octocore  
Michael King

6.8

Explore, Expand & Enjoy!  
Charlie Savage

6.9

The Loop Band  
Paul Howse

6.10

**REFORMER**  
Reformer Jumpboard  
Shan Alphin

### Block 7

12.15pm – 1.45pm

7.1

**LECTURE**  
Words that move, harm, heal  
Cameron Angus

7.2

**LECTURE**  
Understanding Balance Problems  
Louise Tallis

7.3

**LECTURE**  
Back Pain and Spinal Conditions:  
A Brains Trust  
led by Dr John Bowen & Matthew  
Ockendon

7.4

The Advanced Mat  
Cara Reeser

7.5

Specificity in Action  
Nathan Gardner

7.6

Perfect Planks & Push-Ups  
Michael Fritzke & Ton Voogt

7.7

Born to Walk – The Essential Events  
James Earls

7.8

Even Happier Hips  
Joanne Elphinston

7.9

How do you breathe?  
Julie Moore & Victoria McIntyre

7.10

**REFORMER**  
Dynamic Rhythmic Reformer  
Michael King

### Block 8

3.00pm – 4.30pm

8.1

**LECTURE**  
To breathe, or not to breathe?  
Julie Moore & Victoria McIntyre

8.2

**LECTURE**  
The Sacroiliac Joint  
Kyle Blackburn

8.3

**LECTURE**  
The Mindful Mandible  
Alexander Evans

8.4

Are you ready to stay steady?  
Louise Tallis

8.5

The Head and Pelvis Connection  
Cara Reeser

8.6

Vive la Resistance!  
Conchita del Campo

8.7

Let your body move you  
Michael Fritzke & Ton Voogt

8.8

Advanced Mat Transitions  
Shan Alphin

8.9

Squatting & Balancing  
Brenda Nassali-Liston

8.10

**REFORMER**  
The Magic of the Springs  
Cameron Angus

## PART 2 – LETTING US KNOW ABOUT YOUR PAYMENT FOR DW32

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### PAYMENT DETAILS

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Your name

How much are you paying?

Please let us know how you are paying:

I am making a bank transfer (*BACS or IBAN*)

I am paying by Wise

I am paying via Paypal

I will give the office a call to pay by card (*debit, credit, Amex*)

I understand that my booking cannot be processed until payment is received or, in the case of international payments, has been notified.

Date

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## All done?

When you have completed the Booking and Payment Form, please save it to your computer and then email it as an attachment to [dw@bodycontrolpilates.com](mailto:dw@bodycontrolpilates.com)

If you have technical problems, please feel free to email your choices and payment confirmation in the body of an email to [dw@bodycontrolpilates.com](mailto:dw@bodycontrolpilates.com)

See you there!

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#### BANK TRANSFERS

Account: Body Control Pilates Association  
Sort Code: 30-97-49  
Account: 01451272

#### INTERNATIONAL BANK TRANSFERS

Body Control Pilates Association,  
Lloyds Bank, Sevenoaks, Kent  
BIC: LOYDGB21125  
IBAN: GB74 LOYD 3097 4901 451272

#### WISE

If you're paying from outside the UK, why not have a look at [www.wise.com](http://www.wise.com) as this is a quick and low-cost way of transferring money. You just need to register and you can set up a transfer to the above UK bank account.

#### CREDIT CARD/AMEX

Please call the office on:  
+44 (0)20 7636 8900

#### PAYPAL

You can also pay by card by going to [www.paypal.com](http://www.paypal.com) and entering the email address [sarahb@bodycontrol.co.uk](mailto:sarahb@bodycontrol.co.uk) – click on 'Goods and Services' and you can pay by debit or credit card. This will come through to our Academy account. Please give 'DW32' as the reference.

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