

# Online Workshop & Masterclass Descriptions

This update: May 2025

Cara Reeser & Jeremy Laverdure

– Separate but Connected

May 2025 – details below

Lorna Nicholson – Chronic Fatigue/PoTS

June 2025 – details below

Kyle Blackburn – Sacroiliac Joint Dysfunction

July 2025 – details below

Kyle Blackburn – Shoulder Pathology

July 2025 – details below

Diane Aben – Pilates & Hypopressives

September 2025 – details below

Jenny Tyler – Pilates for Swimmers

October 2025 – details below

Please see our emails for availability and booking details

## **Separate but Connected:** **Training Selective Control of the Hips, Pelvis, and Low Back**

**An online workshop with**  
**Cara Reeser and Jeremy Laverdure**  
**(3 hours a day over 3 days)**



**Friday 16<sup>th</sup> - Sunday 18<sup>th</sup> May 2025**

**3pm to 6pm daily (UK time) (Total of 9 hours)**

**Early Bird: £260** (Academy £235, Academy Plus £220)

**Book and pay by May 1<sup>st</sup> 2025!** (subject to availability)

**Regular Price: £295** (Academy £265, Academy Plus £250)

BCP CPD: 60 List A points

**A recording of all three sessions will be made available for 30 days to those who book, whether you are able to attend each session or not.**

In this course, we look at the organisation of the legs, pelvis, and low back in whole body movements. Considering the timing or “rhythm” of the hips and spine allows us to move beyond static models of lumbar stabilisation (neutral pelvis/spine) and the Classical Pilates view of spinal mobility (“one vertebra

at a time"). As a result, we can find both freedom and strength in our Pilates movements, from the most basic to the most advanced.



### **ABOUT CARA**

Cara Reeser has been teaching Pilates for close to 30 years. As a former dancer and dance movement educator you could say that she has been inspired by the moving body her entire life, and still is. Cara earned a BA from Sarah Lawrence College and an MFA in Dance, from New York University's Tisch School of the Arts. It was at NYU that Cara began her initial studies in the Pilates Method with first generation Master Teacher, Kathleen Stanford Grant. In 1993, Cara moved to Boulder, Colorado where she continued her Pilates training at The Pilates Center. After completing her training, Cara taught there for six years. In 1999 Cara opened her own studio, Pilates Aligned in Denver, Colorado, which she directed for 20 years. Cara is a Continuing Education provider for Pilates instructors offering a variety of workshops and mentoring programmes for professionals worldwide and online with Pilates Anytime. As a second-generation Pilates instructor and a lineage carrier of the Kathy Grant work. Cara is the lead teacher and director of a postgraduate training program called The Heritage Training. Cara was a member of the Department of Dance faculty at Naropa University for 15 years. She also danced and choreographed professionally for over 20 years. For the past 15 years she has been a dedicated student of the Yoga tradition, which has further inspired her interest in the science of movement and the body-mind connection. Cara currently lives in Brooklyn, NY where she teaches classes, sessions and workshops live and online.

### **ABOUT JEREMY**

Jeremy Laverdure is a physical therapist and Pilates instructor based in New York City. Jeremy's Pilates teaching is informed by his training at The Pilates Center of Boulder, his many years as a yogi and dancer, and his study of Klein Technique with Barbara Mahler. As a physical therapist, he has developed an interest in chronic pain, applying the most current research in that area to his work. For 13 years, Jeremy was an owner of Sixth Street Pilates, a boutique Pilates studio in Manhattan. In 2014, he and Cara Reeser founded Movement Science Made Simple.

# Pilates for Chronic Fatigue Syndrome, PoTS, and associated conditions

An online workshop led by

**Lorna Nicholson**



**Saturday June 14<sup>th</sup> 2025**

**10am to 12.30pm & 1.30pm-3.30pm**

**£125** (Academy Members pay £112.50)

CPD: A30

This will be a practical and interactive workshop, covering:

- What are PoTS, ME/CFS? Aetiology, diagnosis, management and overlap.
- A brief look at HSD, hEDS and association with PoTS.
- Symptoms and how they may affect an individual in a Pilates class environment.
- Triggers which may exacerbate symptoms and how they can be managed in a class setting.
- We will consider the evidence for “exercise” in the management of these conditions, and barriers to exercise.
- How Pilates can help in the management of these conditions.
- Practical considerations when working with these client groups.
- We will also look at how Pilates teachers can offer psychological support.

Glossary:

PoTS: Postural Tachycardia Syndrome

HSD: Hypermobility Spectrum Disorder

hEDS: Hypermobile Ehlers-Danlos syndrome

ME/CFS: Myalgic encephalomyelitis/Chronic Fatigue Syndrome

### ABOUT LORNA

Lorna has been working as a registered nurse since 1994, spending many years in Accident and Emergency, eventually becoming an Emergency nurse practitioner, specialising in muscular skeletal injuries. Lorna now works part-time as an Advanced Nurse Practitioner in a GP surgery. In 2006 she developed PoTS (Postural Tachycardia Syndrome) – and, as a result of the lack of information and patient support, she started the charity 'PoTS UK' offering evidence-based information, patient support, raising awareness, and promoting research ([www.potsuk.org](http://www.potsuk.org)). Lorna has also presented at medical/nursing conferences to raise awareness of PoTS and has authored a number of journal articles on PoTS in the medical literature.

During this time, she started doing Pilates for herself, and soon realised the benefit of Pilates for those with PoTS as a form of activity they can participate in. As a result, she trained as a Body Control Pilates teacher, qualifying in 2016. Lorna has also gained her Level 4 Pilates certification.

She is now actively involved in promoting the benefits of Pilates for a wide range of conditions, including PoTS, Hypermobility Spectrum Disorder (HSD), Hypermobile Ehlers-Danlos Syndrome (hEDS), Chronic Fatigue Syndrome/Myalgic Encephalomyelitis (CFS/ME), and Fibromyalgia. She currently has a number of clients with these conditions.

# The Sacroiliac Joint - Pain, Pathology, and Pilates

An **online** workshop with

**Kyle Blackburn MSc.**



**Friday 11<sup>th</sup> July 2025**

**9.30am to 12.30pm**

**£110** (Academy Members pay £99)

**BCPA MEMBERS ONLY**

CPD: A15

Sacroiliac joint dysfunction is a common cause of low back pain. Overuse, trauma, impact, imbalance, inflammation, and hormonal changes during pregnancy can all cause problems for the usually-stable SI joint.

In this new, interactive lecture – with plenty of opportunity for questions - Kyle will look at the basic biomechanics and structure of the SI Joint, at what happens when SI dysfunction occurs, and how Pilates can help.

## **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.

# Shoulder Pathology and how Pilates can help

An **online** workshop with

**Kyle Blackburn MSc.**



**Friday 11<sup>th</sup> July 2025**

**1.30pm to 4.30pm**

**£110** (Academy Members pay £99)

**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.

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# Blending Hypopressives with Pilates

An online workshop with

**Diane Aben**



**Friday September 5<sup>th</sup> 2025**  
2pm-5pm

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

CPD: A15

**BCPA MEMBERS ONLY**

A practical, interactive, workshop for those who have attended the online Hypopressives courses and who now want to look further at how they can bring what they've learnt into their Pilates classes.

We will look at Pilates matwork exercises where an apnea could be added and at what Hypopressives exercises specifically bring to our movement practice – and at how we can blur the lines between the two methods to get the best out of both worlds.

There will be plenty of opportunity for exploration, discussion, and questions.

**Note: You must have attended both Hypopressives for Pilates Teachers courses to come to this workshop.**

## ABOUT DIANE

Diane began teaching Pilates in 2005 having qualified with Body Control Pilates at an advanced level with both matwork and studio equipment.

Suffering from pelvic organ prolapse after the births of her two children, she tried Hypopressives and found the missing link in her movement practice. She was so impressed by the continuous relief it gave from her symptoms that she decided to train with the International Hypopressives Council in 2021 to help other women going through the same issue. Diane is now a Level 3 Hypopressives teacher - Advanced Integration, and is also a Body Control Pilates matwork supervising teacher.



# Pilates for Swimmers

An online workshop with

## Jenny Tyler



**Saturday 4<sup>th</sup> October 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.

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 only left recently after more than 20 years 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.