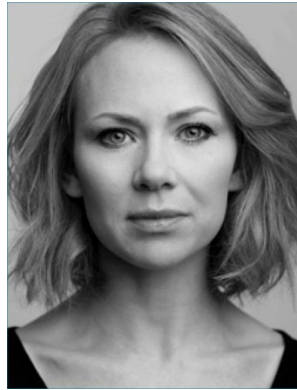


# Jumpboard Playtime!

A **face to face** workshop with

**Jacquie Biggs**



## Body Control Pilates Centre London

**Friday June 6<sup>th</sup> 2025** **Fully booked**

1pm – 3.30pm

**Friday September 12<sup>th</sup> 2025**

10.30am – 1pm

**£80** (Academy £72, Academy Plus £68)

CPD: A15

This very practical workshop looks at how to use the Jumpboard effectively as an addition to your and your clients' Pilates practice.

Building on your Reformer technique, the Jumpboard helps you to connect with your feet, find power through your legs, and adds a little cardio to your workout. Whether creating your own Jumpboard class or incorporating the Jumpboard into your private sessions, this workshop will provide you with the exercises and tools you need and give you plenty of ideas to add straight into your next Reformer session.

**You must hold a recognised Reformer qualification to attend this workshop.**

## **ABOUT JACQUIE**

Jacquie had a successful career as a professional dancer and choreographer in London's West End and in numerous productions around the world. She was introduced to Pilates during her dance career and immediately felt the benefits to her strength, flexibility, control and posture. Jacquie trained with Body Control Pilates in 2009 and has taught Matwork, Reformer and Tower classes in numerous studios around London. She now teaches group classes and private sessions (matwork and equipment) at the Body Control Pilates Centre, is a supervising teacher for matwork students and is a member of the Body Control Pilates tutor team, teaching and assessing on Reformer courses. Jacquie encourages her clients to move, helping them to build strength, control and fluidity whilst guiding them to find an ease and joy of movement.

# Blending Hypopressives with Pilates

A **face to face** workshop with

**Diane Aben**



**Body Control Pilates Centre London**

**Saturday July 12<sup>th</sup> 2025**

10.30am-1.30pm

***Two spaces left***

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

CPD: A15

ONLY OPEN TO BCPA MEMBERS

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). Diane is a Body Control Pilates matwork supervising teacher.

# Announcing two days of face to face workshops

with

## Ellie Herman



## Body Control Pilates Centre London

### Tuesday August 12<sup>th</sup> 2025: Studio Day

10am to 2pm

#### Slowburn Reformer

£140 (Academy £126, Academy Plus £119)

CPD: 30 List A Points

3pm to 5pm

#### Springboard Workshop

£80 (Academy £72, Academy Plus £68)

CPD: 15 List A Points

### Wednesday August 13<sup>th</sup> 2025: Mat Day

10am to 1pm

#### Prop-ology Workshop

£125 (Academy £112.50, Academy Plus £106.25)

CPD: 30 List A Points

2pm to 4pm

#### Pilates for Everybody Workshop

£75 (Academy £67.50, Academy Plus £63.75)

CPD: 15 List A Points

Early booking advised on all workshops as spaces will be limited

## **ABOUT ELLIE**

A published authority on the Pilates Method, Master Teacher Ellie Herman is an innovator in the field of Contemporary Pilates and the inventor of the Pilates Springboard.

Ellie has taught Pilates since 1991 and has published ten books, including professional Pilates training manuals that are used in teacher training programmes all over the world. She leads her own comprehensive teacher training program annually in her studio and travels to teach at conferences and private studios worldwide.

Formerly based in the San Francisco Bay Area for over 20 years, and then Brooklyn for another 15, Ellie now resides in Narberth, a suburb in mainline Philadelphia where she owns a Pilates studio.

Ellie offers many online courses including her new Masters Program Online which is perfect for teachers craving more anatomy and rehabilitation knowledge and those wanting to build their private clientele and class repertoire where they can address injuries both acute and chronic. This programme meets one weekend per month through Zoom and includes a Pilates retreat in the Catskills, USA.

## **Descriptions**

### **Slowburn Reformer (4-hour workshop)**

**You should be Reformer-qualified to attend.**

**Max. two participants per Reformer.**

This workshop is appropriate for anyone who is passionate about the Reformer and wants to expand their vision of how to use this magical piece of equipment. Expand your Reformer class offerings by adding Slowburn to the menu. Slowburn Reformer has been a client favourite for Ellie's clients for the past decade.

After 35 years of teaching Pilates and taking a few Megareformer classes, Ellie began to hack the Allegro Reformer using poles for balance, the oversized standing platform for standing, lunging, squatting series, forearm planks, and the long/short box as a prop for planks, quadruped, and other choreography.

Slowburn Reformer consists of original exercises and variations of classic Pilates exercises, forming a comprehensive repertoire of dynamic exercises that challenge the body to organise itself through light springs and slow, steady, controlled flowing sequences.

The light spring has a way of finding the weaknesses in people's bodies and the slowness ensures safety. Because there is no way to cheat or compensate, this work is incredibly rehabilitative and heals chronic knee, hip, shoulder and spine injuries.

Slowburn is safe for everyone except those with balance issues.

#### **Objectives**

Ellie will present specific strategies to address common knee, hip, shoulder and spine injuries. Target muscles, kinesiology, rehabilitation applications, contraindications all will be covered.

This workshop will be organised into long series of 10-15 minute "chunks" of exercises that flow together and that can be combined to create a dynamic full-body workout.

### **Pilates Springboard Workshop (using Reformer Towers) (2 hours)**

**You should be Reformer-qualified to attend.**

<https://www.pilates.com/products/pilates-springboard/>

Learn how to teach the Pilates Springboard repertoire from the Master Trainer who invented it, Ellie Herman. This training includes classical exercises from Spring side of the Trapeze Table as well as original exercises developed by Ellie over the past 20 years. Ellie will teach you her fun flow sequences that make a dynamic and challenging class. These exercises can be performed using Reformer Tower springs.

#### **Objectives**

You will learn the building blocks to put together a great one-hour class as well as how to address special populations. Ellie will teach repertoire that includes flowing sequences, low impact cardio, lots of legs, glutes and arm exercises. Ellie will explain the functions of the exercises, target muscles, common obstacles, modifications, variations and contraindications and rehabilitation applications.

### **Prop-ology (3-hour workshop)**

Join Ellie for a journey through 'props' (small equipment) and all the wonderful repertoire that goes with them! Explore the barre, therabands, yoga blocks, sliders and small balls.

Drawing on her own Ellie Herman Method, Ellie will teach exercises which are intelligent combinations that will heal chronic knee, hip and shoulder injuries and imbalances. Lots of attention will be paid to proper alignment and specific cueing and correction so the instructors understand exactly what muscles are working in every exercise.

Build core strength, as well as glutes, legs and arms. Expect fun flowing combinations with lots of bridges, squats, lunges, planks and some basic dance and yoga moves.

### **Pilates for Everybody (2-hour workshop)**

This workshop will teach you how to teach a class for people with issues - balance issues, being old (or just feeling old), osteoporosis, spine injuries, stenosis, kyphosis, disc degeneration, arthritis or anything that makes one hesitant to take a group class. Gentle but effective, this class will work on balance, core strength, legs, arms, proper squatting, lunging, standing push-ups, single leg balancing. The class will use mats, moon boxes (or yoga blocks), sliders and a ballet barre (or anything that people can hold onto).

#### **Objective**

Teach Pilates teachers how to put together a class that is safe for vulnerable populations.