

ONLINE COURSES & WORKSHOPS FOR BCPA MEMBERS		Time (UK)	Total Hours	Planned Tutor	Fees £	Fees £	CPD Points
to 14/10/25				(Notes may change)		(As above)	
18th October	Saturday	Foam Roller	10am-12pm & 1pm-3pm	4 hrs	Kate Hodder		A30
18th October	Saturday	Plates and Hypmobility: Foundation Day	10am-12:30pm & 2pm-4:30pm	5 hrs	Jane Simmonds & Mark Parfitt	Fully booked	A30
25th October	Saturday	Plates and Mental Wellbeing	10am-12:30pm & 1.30-3:30pm	4.5 hrs	Lorna Nicholson	5 spaces left	A30
28th October	Tuesday	CPH Basic Life Support - 18 months certification	9.30am-12.45pm	3 1/4 hrs	Rob Fisher (Prime First Aid)	Good availability	A30
1st November	Saturday	Joanne Elphinstone 'Inspired by Spines' WORKSHOP	10am-1.30pm	1 hr	Toni McCook	5 spaces left	A15
1st November	Saturday	Plates and Breast Cancer Rehab: Foundation Day	10am-12:30pm & 1pm-3:30pm	5 hrs	Karen Robb	Fully booked	A30
1st November	Saturday	Movement: Day 1 NOW WITH RECORDING!	10am-12pm & 1.30pm-4pm	4.5 hrs	Nathan Gardner	A60 (Days 1&2)	A30
2nd November	Sunday	Movement: Day 2 NOW WITH RECORDING!	10am-12pm & 1.30pm-4pm	4.5 hrs	Nathan Gardner		A30
2nd November	Sunday	CPH Basic Life Support - 18 months certification	9.30am-12.45pm	3 1/4 hrs	Rob Fisher (Prime First Aid)	New date!	A30
7th November	Friday	Joanne Elphinstone 'Inspired by Spines' WORKSHOP	10am-1.30pm	1 hr	Joanne Elphinstone	Fully booked	A30
8th November	Saturday	Plates and Scoliosis: Day 1	10am-12:30pm & 2pm-4pm	4.5 hrs	Louise Tallis	1 space left	A30
8th November	Saturday	Hypersensitive for Pilates Teachers: Foundation Day	10am-12:30pm & 1.30-4pm	5 hrs	Abby Lord	1 space left	A60 (Days 1&2)
9th November	Sunday	Hypersensitive for Pilates Teachers Day 2: Mobilise your fascia	10am-12:30pm & 1.30-4pm	5 hrs	Abby Lord	1 space left	A30
9th November	Sunday	Plates and Scoliosis: Day 2	10am-12:30pm & 1.30-4pm	5 hrs	Louise Tallis	1 space left	A30
13th November	Thursday	CPH Basic Life Support - 18 months certification	12pm-3.15pm	3 1/4 hrs	Rob Fisher (Prime First Aid)	New date!	A30
15th November	Saturday	Plates in Prostate Cancer - NEW COURSE!	10am-12:30pm & 1.30pm-4pm	5 hrs	Karen Robb & Mark McCaffrey	Good availability	A30
21st November	Friday	Pregnancy: Pregnancy Special Book Preg 1 on 21/11 and Pregnancy 2 on 24/1 or a later date for just £230 (Academy members £200!)	10am-12:30pm & 1.30pm-4pm	5 hrs	Sarah Warden	1 space left	A30
22nd November	Saturday	Pregnancy: Pregnancy Special Book Preg 1 on 21/11 and Pregnancy 2 on 24/1 or a later date for just £230 (Academy members £200!)	10am-12:30pm & 1.30pm-4pm	5 hrs	Sarah Warden	Fully booked	A30
28th November	Friday	Ball (Gym Ball)	10am-12pm & 1pm-3pm	4 hrs	Caroline Biggs	2 spaces left	A30
29th November	Saturday	Plates and Hypmobility: Programmes Day	10am-12:30pm & 2pm-4.30pm	5 hrs	Jane Simmonds & Mark Parfitt	1 space left	A30
29th November	Saturday	Pilates with the Band (one Small 2cm band Ring, medium, strong etc. NOT only!)	10am-12pm & 1.30pm-4pm	4 hrs	Sarah Warden	5 spaces left	A30
29th November	Saturday	Small Ball and Toning Circle	10am-12pm & 1.30pm-3.30pm	4 hrs	Nathan Gardner	New date!	A30
29th November	Saturday	Adaptations: Day 1 (must have done 'Movement' first)	10am-12pm & 1.30pm-3.30pm	4 hrs	Nathan Gardner	Good availability	A60 (Days 1&2)
30th November	Sunday	Adaptations: Day 2 (inc Workbooks Review)	10am-12pm & 1.30pm-3.30pm	4 hrs	Nathan Gardner		A30
5th December	Friday	Small Ball & Toning Circle	10am-12pm & 1pm-3pm	4 hrs	Kate Hodder	3 spaces left	A30
5th December	Friday	Pilates for Conferences for Pre- & Post-Op Hip WORKSHOP	9.30am-12.30pm	3hrs	Kyle Blackburn	4 spaces left	A15
5th December	Friday	Shoulder Pathology and how Pilates can help WORKSHOP	1.30pm-4.30pm	3hrs	Kyle Blackburn	4 spaces left	A15
6th December	Saturday	Exercise Strategies for Diastasis Recti with recording!	10am-1pm	3hrs	Sarah Warden	4 spaces left	A15
10th January	Saturday	Pilates for Bone Health	10am-12:30pm & 1.30pm-4pm	5 hrs	Louise Tallis	Fully booked	A30
16th January	Friday	Foam Roller	10am-12pm & 1pm-3pm	4 hrs	Kate Hodder	Good availability	A30
16th January	Friday	Understanding Medical Conditions	10am-12:30pm & 1.30-3.30pm	4.5 hrs	Lorna Nicholson	New date!	A30
17th January	Saturday	Pilates for the Older Person: Day 1	10am-1pm & 2pm-4.30pm	5.5 hrs	Kath Nichol	Fully booked	A60 (Days 1&2)
18th January	Sunday	Pilates for the Older Person: Day 2	10am-1pm & 2pm-4.30pm	5 hrs	Lorna Nicholson		A30
23rd January	Friday	Pregnancy 1	10am-12:30pm & 1.30pm-4.30pm	5.5 hrs	Lyne Robinson	New date!	A30
24th January	Saturday	Pregnancy 2 (must have done Pregnancy 1)	10am-12:30pm & 1.30pm-4pm	5 hrs	Sarah Warden	New date!	A30
24th January	Saturday	Pilates for Performance	10am-12:30pm & 2pm-4pm	5 hrs	Nathan Gardner	New date!	A30
30th January	Friday	Back4Good Low Back Pain: Day 1	10am-1pm & 2pm-4pm	5 hrs	Kyle Blackburn	5 spaces left	A90 (Days 1-3)
31st January	Saturday	Back4Good Low Back Pain: Day 2	10am-12pm & 2pm-4pm	5 hrs	Louise Tallis		A30
31st January	Saturday	Pilates for Runners (must have done Pilates for Performance first)	10am-12:30pm & 2pm-4pm	4.5 hrs	Nathan Gardner	New date!	A30
31st January	Sunday	Back4Good Low Back Pain: Day 3	10am-1pm & 2pm-4pm	5 hrs	Louise Tallis		A30
6th February	Friday	Matwork Certification Update Day	10am-12pm & 1.30pm-3.30pm	3.5hrs	Sarah Marks	Good availability	A30
6th February	Friday	Pilates for the Menopause: Day 1	10am-12:30pm & 1.30-3.30pm	4.5 hrs	Anna Ascombe	A60 (Days 1&2)	A30
7th February	Saturday	Pilates for the Menopause: Day 2	10am-12:30pm & 1.30-3.30pm	4.5 hrs	Sarah Warden		A30
7th February	Saturday	Spine Corrector & Pilates Arc	10am-12:30pm & 1.30pm-4pm	5 hrs	Caroline Biggs	Good availability	A30
13th February	Friday	Small Ball and Toning Circle with recording! (must have done Pilates for just £95 (including £10 for pilates) when booking for just £190 (Academy £175))	9.30am-12.30pm	3hrs	Kyle Blackburn	New date!	A15
13th February	Friday	Pilates Approach to Mechanical Knee Pain WORKSHOP	1.30pm-4.30pm	3 hrs	Kyle Blackburn	New date!	A15
27th February	Friday	Precision of Movement for Teachers FIRST TIME ONLINE!	10am-12pm & 1.30pm-3pm	3.5 hours	Sarah Marks	New date!	A30
28th February	Saturday	Pilates for Bone Health	10am-12:30pm & 1.30pm-4pm	5 hrs	Louise Tallis	Good availability	A30
6th March	Friday	Understanding Neurological Disorders and how Pilates can help	10am-12:30pm & 1.30-3.30pm	4.5 hrs	Louise Tallis	New date!	A30
6th March	Friday	Pregnancy 1	10am-12:30pm & 1.30pm-4.30pm	5.5 hrs	Lyne Robinson	Good availability	A30
7th March	Saturday	Pregnancy 2 (must have done Pregnancy 1)	10am-12:30pm & 1.30pm-4pm	5 hrs	Sarah Warden	New date!	A30
7th March	Saturday	Movement: Day 1 NOW WITH RECORDING!	10am-12pm & 1.30pm-4pm	4.5 hrs	Nathan Gardner	Good availability	A60 (Days 1&2)
7th March	Saturday	Plates and Breast Cancer Rehab: Foundation Day	10am-12:30pm & 1pm-3:30pm	5 hrs	Karen Robb	New date!	A30
8th March	Sunday	Breast Cancer Rehab Special Book Foundation on 07/03 and Programmes on 08/03 or later for just £230 (Academy members £215!)	10am-12:30pm & 1pm-3:30pm	5 hrs	Karen Robb		A30
8th March	Sunday	Movement: Day 2 NOW WITH RECORDING!	10am-12pm & 1.30pm-4pm	4.5 hrs	Nathan Gardner	New date!	A30
21st March	Saturday	Adaptations: Day 1 (must have done 'Movement' first)	10am-12pm & 1.30pm-3.30pm	4 hrs	Nathan Gardner	New date!	A60 (Days 1&2)
21st March	Saturday	Pilates for the Older Person: Day 1	10am-1pm & 2pm-4.30pm	5.5 hrs	Lorna Nicholson	New date!	A60 (Days 1&2)
22nd March	Sunday	Pilates for the Older Person: Day 2	10am-1pm & 2pm-4.30pm	5 hrs	Lorna Nicholson		A30
22nd March	Sunday	Adaptations: Day 2 (inc Workbooks Review)	10am-12pm & 1.30pm-3.30pm	4 hrs	Sarah Marks		A30
17th April	Friday	Matwork Certification Update Day	10am-12pm & 1.30pm-3.30pm	3.5hrs	Sarah Marks	Good availability	A30
18th April	Saturday	Small Ball & Toning Circle	10am-12pm & 1pm-3pm	4 hrs	Kate Hodder	New date!	A30
18th April	Saturday	Plates and Scoliosis: Day 1	10am-12:30pm & 2pm-4pm	4.5 hrs	Louise Tallis	New date!	A30
18th April	Saturday	Pregnancy 1	10am-12:30pm & 1.30pm-4.30pm	5.5 hrs	Lyne Robinson	New date!	A30
19th April	Sunday	Pregnancy 2 (must have done Pregnancy 1)	10am-12:30pm & 1.30pm-4pm	5 hrs	Sarah Warden	New date!	A30
19th April	Sunday	Plates and Scoliosis: Day 2	10am-12:30pm & 1.30-4pm	5 hrs	Louise Tallis	New date!	A30
19th April	Sunday	Matwork Certification Update Day	10am-12pm & 1.30pm-3.30pm	3.5hrs	Sarah Marks	New date!	A30
25th April	Saturday	Musculoskeletal Problems and how Pilates can help	10am-12:30pm & 1.30-3.30pm	4.5 hrs	Kyle Blackburn	New date!	A30
25th April	Saturday	Plates and Hypmobility: Foundation Day	10am-12:30pm & 2pm-4.30pm	5 hrs	Jane Simmonds & Mark Parfitt	New date!	A30
25th May	Friday	Hypmobility SPECIAL Book Foundation on 25/04 and Programmes on 30/05 or a future date for £250 (Academy members £225!)	10am-1pm & 2pm-4pm	5 hrs	Kyle Blackburn	New date!	A90 (Days 1-3)
9th May	Saturday	Back4Good Low Back Pain: Day 1	10am-1pm & 2pm-4pm	5 hrs	Louise Tallis		A30
10th May	Sunday	Back4Good Low Back Pain: Day 2	10am-1pm & 2pm-4pm	5 hrs	Louise Tallis		A30
15th May	Friday	Title to be confirmed - Day 2 of 3 WORKSHOP with recording!	3pm-6pm	3hrs	Cara Reeser & Jeremy Laverdure	Not open for booking	A60 (Days 1-3)
16th May	Saturday	Title to be confirmed - Day 2 of 3 WORKSHOP with recording!	3pm-6pm	3hrs	Cara Reeser & Jeremy Laverdure		A30
17th May	Sunday	Title to be confirmed - Day 3 of 3 WORKSHOP with recording!	3pm-6pm	3hrs	Cara Reeser & Jeremy Laverdure		A30
30th May	Saturday	Plates and Hypmobility: Programmes Day (must have done Foundation!) with 15/12!	10am-12:30pm & 2pm-4.30pm	5 hrs	Jane Simmonds & Mark Parfitt	New date!	A30
External Assessment Fees for Pregnancy, Bone Health, Older Person, Children courses							
For insurance purposes you should take the Active IQ exam after attending these courses. Registration and assessment fees apply - see our 'Course Guide 2025' Section 8 for full details.							
Important changes to the 'Pilates for Children' course							
We no longer offer a Foundation Course ahead of the two tuition days. The content of that day is now self-study and will be sent to you ahead of the tuition weeks, which will start with a brief review of key 'Foundation Course' points.							