

## Your CPD Guide for the 2026 Membership Year

The next Body Control Pilates Association membership year runs from March 1st 2026 to February 28th 2027.

'CPD' stands for Continued Professional Development, or ongoing training and practice.

**Your annual CPD requirement as a member of the Body Control Pilates Association is:**

- UK Members:** 90 points, of which 60 must be List A (see next page)
- Overseas Members:** 50 points, of which at least 30 must be List A
- Associate Members:** No requirement while you are an Associate Member (not teaching)

You can gain CPD Points from online and face to face activities.

You can also gain 20 List A CPD Points for each subscription year to Body Control Pilates Central. A maximum of 30 List B points can be gained in your membership year by attending third-party courses, workshops, or training that are relevant to your skills and knowledge as a Body Control Pilates Teacher.

### IT'S ALSO WORTH NOTING THAT...

- Newly qualified teachers need only gain 90 CPD Points in the first two years of membership (50 Points if Overseas).
- 'Excess Points' cannot be carried over into the following year unless with pre-agreement. The only standard exception to this is where a course taken offers more than 90 points, such as Reformer 1 (30 points can be carried over into the next year) and Reformer 2 (10 points can be carried over into the next year).
- If a member fails to gain sufficient CPD Points due to reasonable and mitigating circumstances they can apply for a Points Exemption. This is awarded solely at the discretion of the Body Control Pilates Association directors. The BCPA still operates the 'Mitsi Pippa Bursary' to support members in their professional development where they are suffering from financial difficulties. Conditions apply – please email Leigh Robinson ([leigh.robinson@bodycontrolpilates.com](mailto:leigh.robinson@bodycontrolpilates.com)) for more details.
- Associate Members are exempted from the CPD requirement for a maximum of one year.

### ANY QUESTIONS?

In the first instance, please send an email to Lynn Edmonstone ([lynn.edmonstone@bodycontrolpilates.com](mailto:lynn.edmonstone@bodycontrolpilates.com)) or give the team a call on +44 (0)20 7636 8900.



## Qualifying Activities for CPD Points

Please contact us if you attended a course that is not listed here.

### List A

#### COURSES

Adaptations.....	60
Advanced Matwork.....	30
Ball (Gym Ball).....	30
Band.....	30
Bone Health.....	30
Breast Cancer Foundation.....	30
Breast Cancer Programmes.....	30
Cadillac 1 and 2.....	60 each
Cadillac 3.....	30
Chair 1 and 2.....	60 each
Children's Programmes (inc. Foundation notes).....	60
Comprehensive Studio Workshop.....	15
Dancers.....	30
Diastasis Recti.....	15
Foam Roller.....	30
Golfers.....	30
Hypermobility Foundation.....	30
Hypermobility Programmes.....	30
Hypopressives Foundation.....	30
Hypopressives Mobilising Fascia (Day 2).....	30
Intermediate Matwork.....	60
Ladder Barrel.....	30
Low Back Pain Back4Good.....	90
Matwork Certification Update Day.....	30
Matwork Evolution.....	30
Menopause.....	60
Mental Wellbeing.....	30
Movement.....	60
Musculoskeletal Problems.....	30
Neurodiversity.....	60
Older Person.....	60
Performance.....	30
Precision of Movement.....	30
Pregnancy 1 and 2.....	30 each
Prostate Cancer.....	30
Reformer 1.....	120
Reformer 2.....	100
Reformer Bridging.....	60
Reformer Evolution.....	30
Reformer Group Teaching.....	30
Reformer Pre- & Postnatal.....	30

Reformer Review & Exam Prep Day.....	30
Reformer Review Workshop.....	15
Reformer Supervised Teaching Workshop..	15
Runners.....	30
Scoliosis.....	60
Small Ball and Toning Circle.....	30
Spine Corrector & Pilates Arc.....	30
Standing Pilates.....	30
Understanding Medical Conditions.....	30
Understanding Neurological Conditions..	30
Understanding Pain Syndromes.....	30

#### QUALIFICATIONS/CERTIFICATIONS GAINED

Back4Good Practitioner.....	30
Comprehensive Studio Certification.....	40
Hypermobility.....	10
Level 2 Children.....	30
Level 3 Bone Health.....	30
Level 3 Older Person.....	30
Level 3 Pregnancy.....	30
Level 4 Pilates.....	40
Matwork Master Teacher.....	30
Mental Wellbeing.....	10
Reformer Certification.....	50
Reformer Group Teaching.....	15
Studio Master Teacher Certification.....	40

#### DEVELOPMENT WEEKEND:

Both days.....	60
Saturday or Sunday only.....	30

#### WORKSHOPS RUN BY BODY CONTROL

##### PILATES

4 hours or more up to 1 day.....	30
3 hours or less.....	15

#### CLASSES RUN BY BODY CONTROL PILATES

Teacher Class.....	5
Fabulous Friday (per class).....	5
Private 1:1 Sessions (per hour).....	5
Group Class (public).....	3

#### BODY CONTROL PILATES CENTRAL

12-Month Subscription.....	20
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*CPD Points for new courses or for workshops will be advised at the time of publication.*

### List B

- Third Party courses or workshops (not run by Body Control Pilates). Must be relevant to your Pilates teaching.
- Marketing or social media workshops offered by Body Control Pilates
- Classes or privates with another Pilates Teacher (face to face or live online – not streamed)

#### COURSE OR WORKSHOPS

4 hours or more up to 1 day.....	30
3 hours or less.....	15
Private Sessions (per hour).....	5
Group Classes with another teacher (per hour).....	3
Studio Sessions with another teacher (per hour).....	3
Training as a physio, osteopath or chiropractor Per academic year.....	30