STATE COOKSE	S & WORKSH	OPS FOR BCPA MEMBERS 2026	Time (UK)	Total Hours		<u>Fees £</u>	Fees £		CPD Points
as at 08/12/25 8th January	Thursday	CPR Basic Life Support - 18 months certification	9.30am-12.45pm	2 1 /4 hrs	(tutors may change) Rob Fisher (Prime First Aid)	£40	(Academy) £40	5 spaces left	
10th January	Saturday	Pilates for Bone Health	10am-12.30pm & 1.30pm-4pm	5 hrs	Louise Tallis	140	140	Fully booked	A30
14th January	Wednesday	CPR Basic Life Support - 18 months certification	9.30am-12.45pm		Rob Fisher (Prime First Aid)	£40	£40	Good availability	A30
16th January	Friday	Foam Roller	10am-12pm & 1pm-3pm	4 hrs	Kate Hodder	2-10	2-10	Fully booked	A30
16th January	Friday	Understanding Medical Conditions	10am-12.30pm & 1.30-3.30pm	4.5hrs	Kyle Blackburn	£125	£112.50	1 space left	A30
17th January	Saturday	Pilates with the Band - inc 4 Sissel bands (UK only). Exercise recording post-course!	10am-12pm & 1pm-3pm	4 hrs	Sarah Warden	£140	£126.00	5 spaces left	A30
17th January	Saturday	Pilates for the Older Person: Day 1	10am-1pm & 2pm-4.30pm	5.5 hrs	Lorna Nicholson			Fully booked	A60 (Days 1&2)
18th January	Sunday	Pilates for the Older Person: Day 2	10am-1pm & 2pm-4pm	5 hrs	Lorna Nicholson				
18th January	Sunday	Standing Pilates	10am-12pm & 1pm-3pm	4 hrs	Kathy King	£115	£99	2 spaces left	A30
20th January	Tuesday	CPR Basic Life Support - 18 months certification	12pm-3.15pm	3 1/4 hrs	Rob Fisher (Prime First Aid)	£40	£40	Good availability	
23rd January	Friday	Pregnancy 1	10am-12.30pm & 1.30pm-4.30pm	5.5 hrs	Lynne Robinson	£140	£126	5 spaces left	A30
		Pregnancy Special! Book Preg 1 on 23/1 and Pregnancy 2 on 31/1 or a later dat	e for just £230 (Academy members	E200)!!		See Special!			
24th January	Saturday	Pilates for Performance	10am-12.30pm & 2pm-4pm	4.5 hrs	Nathan Gardner	£140	£126	5 spaces left	A30
		Performance Special! Book Performance on 24/1 and Runners on 31/1 or a lat	er date or Dancers on a later date fo	r just £230 (	Academy members £200)!!	See Special!	!		
24th January	Saturday	Hypopressives for Pilates Teachers: Foundation Day	10am-12.30pm & 1.30-4pm	5 hrs	Abby Lord	£160	£144	Good availability	A30
		Hypopressives Special! Book Foundation on 24/1 and Day 2 'Mobilise your Fas		£295 (Acad	emy members £265)!!	See Special!	•		
25th January	Sunday	Hypopressives for Pilates Teachers Day 2: Mobilise your Fascia	10am-12.30pm & 1.30-4pm	5 hrs	Abby Lord	£160	£144	Good availability	A30
28th January	Wednesday	CPR Basic Life Support - 18 months certification	9.30am-12.45pm	3 1/4 hrs	Rob Fisher (Prime First Aid)	£40	£40	Good availability	
30th January	Friday	Back4Good Low Back Pain: Day 1	10am-1pm & 2pm-4pm	5 hrs	Kyle Blackburn			Fully booked	A90 (Days 1-3)
31st January	Saturday	Back4Good Low Back Pain: Day 2	10am-1pm & 2pm-4pm	5 hrs	Louise Tallis				
31st January	Saturday	Pregnancy 2 (must have done Pregnancy 1)	10am-12.30pm & 1.30pm-4pm	5 hrs	Sarah Warden	£140	£126	2 spaces left	A30
31st January	Saturday	Pilates for Runners (must have done Pilates for Performance first)	10am-12.30pm & 2pm-4pm	4.5 hrs	Nathan Gardner	£140	£126	Good availability	A30
1st February	Sunday	Back4Good Low Back Pain: Day 3	10am-1pm & 2pm-4pm	5 hrs	Louise Tallis	C435	5443.50	4 t-6	420
6th February	Friday	Matwork Certification Update Day	10am-12pm & 1.30pm-3pm	3.5hrs	Sarah Marks	£125	£112.50	4 spaces left	A30
6th February	Friday	Pilates for the Menopause: Day 1	10am-12.30pm & 1.30-3.30pm	4.5 hrs	Anna Anscombe	£225	£202.50	4 spaces left	A60 (Days 1&2)
7th February	Saturday	Pilates for the Menopause: Day 2	10am-12.30pm & 1.30-3.30pm	4.5 hrs 3hrs	Sarah Warden	£100	£90	Cond avail-1-10-	A15
7th February	Saturday	Pilates for Swimmers WORKSHOP	10am-1pm		Jenny Tyler			Good availability	A15
7th February	Saturday	Spine Corrector & Pilates Arc	10am-12.30pm & 1.30pm-4pm	5 hrs	Jacquie Biggs	£140	£126	1 space left	A30
12th February	Thursday	CPR Basic Life Support - 18 months certification	12pm-3.15pm	3 1/4 hrs	Rob Fisher (Prime First Aid)	£40	£40	Good availability	1
13th February	Friday	Sacroiliac Joint Dysfunction & how Pilates can help WORKSHOP	9.30am-12.30pm	3 1/4 IIIS 3hrs	Kyle Blackburn	£110	£99	1 space left	A15
13th February	Friday		1.30pm-4.30pm	3 hrs	Kyle Blackburn	EIIU	133	Fully booked	A15
14th February	Saturday	Pilates Approach to Mechanical Knee Pain WORKSHOP  Ball (Gym Ball)	10am-12pm & 1pm-3pm	4 hrs	Jacquie Biggs	£125	£112.50	Good availability	A30
18th February	Wednesday	CPR Basic Life Support - 18 months certification	9.30am-12.45pm		Rob Fisher (Prime First Aid)	£40	£40	Good availability	A30
20th February	Friday	Foam Roller	10am-12pm & 1pm-3pm	4 hrs	Kate Hodder	£125	£112.50	4 spaces left	A30
21st February	Saturday	Pilates for Children & Adolescents: Day 1 (see note in footer)	10am-12.30pm & 1.30-3.30pm	4.5 hrs	Sarah Warden	£245	£220.50	Good availability	A60 (Days 1&2)
22nd February	Sunday	Pilates for Children & Adolescents: Day 2	10am-12.30pm & 1.30-3.30pm	4.5 hrs	Sarah Warden	1243	1220.30	GOOG availability	AGO (bays 1&2)
24th February	Tuesday	CPR Basic Life Support - 18 months certification	12pm-3.15pm		Rob Fisher (Prime First Aid)	£40	£40	Good availability	
27th February	Friday	Precision of Movement for Teachers FIRST TIME ONLINE!	10am-12pm & 1.30pm-3pm	3.5 hours	Sarah Marks	£140	£126	1 space left	A30
28th February	Saturday	Pilates for Bone Health	10am-12.30pm & 1.30pm-4pm	5 hrs	Louise Tallis	2240	LILU	Fully booked	A30
1st March	Sunday	Understanding Neurological Disorders and how Pilates can help	10am-12.30pm & 1.30pm-3.30pm	4.5 hrs	Louise Tallis	£140	£126	1 space left	A30
					Nathan Gardner				
7th March	Saturday	Movement: Day 1 NOW WITH RECORDING!	10am-12pm & 1.30pm-4pm	4.5 hrs		£215	£193.50	4 spaces left	A60 (Days 1&2)
7th March	Saturday		10am-12pm & 1.30pm-4pm 8 for just £330 (Academy members £			£215 See Special!	£193.50	4 spaces left	A60 (Days 1&2)
7th March 7th March	Saturday Saturday	Movement: Day 1 NOW WITH RECORDING!  SPECIAL OFFER! Book Movement starting 7/3 and Adaptations starting on 21/3  Pilates and Breast Cancer Rehab: Foundation Day	for just £330 (Academy members £	297). Saving					A60 (Days 1&2) A30
		SPECIAL OFFER! Book Movement starting 7/3 and Adaptations starting on 21/3		297). Saving	up to £100!!	See Special!	İ	4 spaces left 2 spaces left	
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External assessment rees for Pregnancy, sone Health, Guer Person, Unioren 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 B for full details.

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