

Online Workshop & Masterclass Descriptions

This update: January 2026

Jenny Tyler – Pilates for Swimmers

February 2026 – details below

Kyle Blackburn – Sacroiliac Joint Dysfunction

February 2026 – details below

Kyle Blackburn – Mechanical Knee Pain

February 2026 – details below

Tom McCook Masterclass

March 2026 – details to follow

Wendy LeBlanc-Arbuckle – Core Relationship

April 2026 – details below

Cara Reeser & Jeremy Laverdure

May 2026 – details to follow

Please see our emails for availability and booking details

Pilates for Swimmers

An online workshop with

Jenny Tyler



Saturday 7th February 2026
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.

The Sacroiliac Joint - Pain, Pathology, and Pilates

An online workshop with

Kyle Blackburn MSc.



Friday 13th February 2026

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 highly popular, 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.

The Pilates Approach to Mechanical Knee Pain

An **online** workshop with

Kyle Blackburn MSc.



Friday 13th February 2026

1.30pm to 4.30pm

£110 (Academy Members pay £99)

BCPA MEMBERS ONLY

CPD: A15

This popular and very well-received workshop will explore the knee in the way that only Kyle can! It will have a very particular focus on mechanical knee pain, including arthritis, meniscal lesions, and patellofemoral pain. It will be a mix of theory and practical, so bring your knees with you!

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Core as Relationship: with Gravity, Ourselves, One Another, and Our Living Environment

an **online** workshop direct from North Carolina
with

Wendy LeBlanc-Arbuckle



Friday 10th April 2026

3pm to 6pm

£115 (Academy £103.50, Academy Plus £97.75)

BCP CPD: 15 List A points

ONLINE ON ZOOM. EXCLUSIVE TO BCPA MEMBERS

Early booking advised

Revolutionise your practice with an embodied approach to grounding, centering and uplift. When we shift from a biomechanical, pieces and parts, machine to be trained and fixed approach... to a biointelligent, body as a living process who KNOWS how to self-heal, self-organize and adapt, we meet ourselves in the present moment. This way of being with ourselves and clients moves beyond the “right/wrong approach” and opens a portal to collaborative teaching that is transformative for both teacher and client.

- Sense how gravity (Down the Back) - has a partner, ground reaction force (Up the Front)
- Discover how teaching from curiosity awakens nervous system co-regulation
- Experience movement as fascial matrix bodywork
- Ignite your innate brilliance and inner guide

ABOUT WENDY

Wendy LeBlanc-Arbuckle, RSME, NCPT, is an international leader in embodied movement with a 40-year background in holistic health and collaboration with distinguished pioneers in yoga, Pilates, Rolf Structural integration bodywork, somatic arts and sciences, dynamic breathwork, and energy medicine.

Wendy originally studied Pilates with Romana Kryzanowska and then with 4 other Pilates Elders, Kathy Grant, Ron Fletcher, Mary Bowen and Lolita San Miguel. These studies along with pioneering somatic mentors such as Emilie Conrad, Bonnie Bainbridge Cohen, Jaap van der Wal, Hubert Godard, and John Sharkey, etc., led to the creation of her 3CoreConnections® Embodied Awareness. This embodied approach to our living architecture allows practitioners of any movement or bodywork discipline to discover their innate wholeness by cultivating their authentic voice through the brilliant guidance of their fascial matrix awareness and biointelligent wisdom.

A founding member of the Pilates Method Alliance (PMA) and on the original role delineation committee for the PMA Exam (now NCPT Credential), she is also a founding member of the Fascia Research Society and the International Association of Structural Integrators (IASI).

Wendy mentors and teaches internationally. She lives in Asheville, North Carolina, with her soulmate and visionary artist and toymaker, Michael.

BODY CONTROL
PILATES®

Inspired by Spines

An online workshop with

Joanne Elphinston



Saturday 1st November 2025

10am-1.30pm

repeated on

Friday 7th November 2025

10am-1.30pm

£115 (Academy Members pay £103.50)

CPD: A30

So many people experiencing low back pain now seek their solution in Pilates, and trust in the skills and knowledge of their teachers. This can sometimes cause us to narrow our gaze to see the spine in isolation, but in natural, normal function, our spines are so much more than structures to be controlled.

Our spines dance with our entire body structure, our emotions and how we show up in the world. They are able to dynamically withstand loads that defy the delicacy of its individual structures. They connect, communicate and support, telling embodied stories about us as we interact with the environment around us.

Join Joanne as she shares with you her deep experience with spines, as a consultant clinician, international performance movement consultant, teacher and mentor. We will be exploring the connections between biomechanics, fascia, perception and emotion, feeling our way through layers of understanding, discovering new ways of seeing spines, and truly finding our inspiration in them.

This workshop includes a 30-minute Q&A session at the end.

ABOUT JOANNE

Beginning her professional journey in Australia over thirty years ago as a physiotherapist and coach, Joanne Elphinston is a movement philosopher, performance consultant and international lecturer in rehabilitation. She was Head of Performance Movement for the British Olympic Association's Coaching Olympic Gold programme, and from her wide-ranging work in elite sport and the performing arts, to her continued clinical interest in chronic and complex presentations, Joanne's path of inquiry lies in what connects us in the deeply human experience of movement.

Joanne is the creator of the JEMSÒ approach, a holistic method for integrating the science and the art of clinical and movement practice. Through two decades of prolific teaching across multiple countries, Joanne's work is now used by clinical and movement practitioners in a wide array of settings, and has underpinned an array of research projects in Sweden.

Joanne's books, including "Stability, Sport and Performance Movement", have been translated into a number of languages. Her most recent book, "The Power and the Grace: A Professional's Guide to Ease and Efficiency in Functional Movement", is available with a 12% discount using the code ELPHIN12 from Singing Dragon. (<https://uk.singingdragon.com>)

More information on Joanne's work and courses can be found on www.jemsmovement.com, on Facebook at JEMS, Linked In and on Instagram: @jemsjoanne

BODY CONTROL
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Ski Pilates

An online workshop led by

Lorna Nicholson



Saturday November 29th 2025

10am to 12.30pm & 1.30pm-3.30pm

£125 (Academy Members pay £112.50)

CPD: A30



Lorna is passionate about skiing, having learnt at the age of five. She holds a British Association of Snowsports instructor qualification and has been teaching skiing intermittently in Europe since 2006. Her other outdoor activities include rock climbing, on- and off-road biking and hill walking.

How many of your clients are crossing their fingers that they will be able to head off to the slopes for their annual ski holiday? Or maybe you are a keen skier yourself? This practical workshop will arm you with a wide range of Pilates exercises to help the skier prevent injury, improve their ski technique, and enjoy their time on the slopes. This is relevant to all levels of skiers, whether a beginner heading off for the first time or someone who has been skiing for years. Come ready to move, share ideas, and think creatively.

This workshop will cover:

- Biomechanics of skiing, looking at the joint and movement strategies of skiing.
- Consideration of the common technical challenges for a skier, based on Lorna's ski instructor experience, and how Pilates may influence this.
- Why do common ski injuries occur, and how Pilates may help injury prevention.



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). 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.