

Matwork Certification Course April 2026: France (Perpignan)

Course Venue

Studio Pilates Yoga
125 Avenue Georges Guynemer
66000 Perpignan

[Studio Pilates Yoga | Studio Pilates Yoga - Perpignan - Saint Génis](#)

Owners: Céline Cipolat and Yoni Simani

Tuition Dates

The course kicks off with 12 in-person tuition modules as follows:

Block 1: Friday April 24th - Sunday April 26th 2026

Block 2: Friday May 8th - Sunday May 10th 2026

Block 3: Friday May 22nd - Sunday May 24th 2026

Block 4: Friday June 5th - Sunday June 7th 2026

All tuition days are planned to run from **10am – 4pm**

Course tuition will be led by senior UK Body Control Pilates tutors on all days and will be in English.

Part of the last tuition day will be delivered by Céline Cipolat and Yoni Simani, owners of Studio Pilates Yoga. Both are senior Body Control Pilates teachers.

What is covered during the tuition days?

The 12 tuition days on your course are broken down to cover the following content:

- **Introductory Module, including joints and planes of movement**
- **Pelvis and Spine**
- **Breathing and Relaxation**
- **Stability (Centring)**
- **Shoulder Girdle**
- **Hip and Knee**
- **Ankles, Feet, Wrists, Hands**
- **Classical Pilates**
- **Precision of Movement**
- **Client Enrolment and Assessment**
- **Lesson Plans and Teaching Skills & completing the course**
- **Review and practice of Group Teaching Techniques, including room set-up, cueing skills**
- **Completing the course, becoming part of the local Body Control Pilates teaching community; requirements to teach in France (this session will be led by Céline Cipolat and Yoni Simani)**



Supervised Teaching Weekends

These offer the opportunity for students to practise their teaching on other students in the group with a tutor giving feedback. Every student will have the opportunity to teach several exercises on each day. Dates are planned as follows:

Saturday July 4th & Sunday July 5th

Saturday July 25th & Sunday July 26th

Timing: 10am-4pm

Each Supervised Teaching Weekend will also include an informal 'Practical Assessment' for each student. This is a short and informal 1:1 session with the tutor where the student will discuss the 'Fundamentals' and a selection of key exercises with the tutor to demonstrate knowledge of those exercises.

Outside of these weekends, there will also be the possibility to do some supervised teaching with Céline Cipolat and Yoni Simani in their studio.

Students are also welcome to join any online (Zoom) supervised teaching workshops being run for UK students.

We also encourage students to work together with each other as much as possible (and to practise with friends and family) before and between the Supervised Teaching Weekend and before the Sign-Off Weekend.

'Final Sign-Off' Assessments

This is the end of the Supervised Teaching process. Each student will be asked to submit six Lesson Plans a minimum of three weeks before this weekend. They will be asked to teach 20 minutes from one of those plans to their fellow students, who will be the 'bodies'. Passing this means that the student is considered ready to teach once they have received their certificate (after also passing the anatomy exam and coursework).

The '**Final Sign-Off' Teaching Exams** are planned to take place on

Saturday August 22nd & Sunday August 23rd 2026

Timing 10am-3pm each day *

* All students are asked attend both days. Timing may vary slightly.

Other Assessments

In addition to the 'Final Sign-Off' assessment detailed above, each student must successfully complete the following:

- a multiple-choice Anatomy examination, taken online
- self-study work on Pilates theory (answering two short essay questions)

Successful completion of each of these three elements enables you to receive your Body Control Pilates Matwork Certification.

Upon gaining your certificate, you will be given the opportunity to join the Body Control Pilates Association, a membership body which currently has 1,300 members. You will find details below.

Course Fees

The fees for matwork teacher training courses in France will be **€3,950** or **€3,500** when paid in full at least six weeks before the course start date.

Special Introductory Offer for April 2026 course

For the course starting in April 2026, we are pleased to offer a special introductory Advance Payment price of **€2,950** when paid in full a minimum of six weeks before the course start date (see next page).

For payments made after that time or when payment is made in instalments, the course fees for April 2026 will be **€3,500**.

The fees include all elements of the course:

- Printed course notes (in English, given to you on the first tuition day)
- Access to online videos and matwork exercise videos
- Tuition days and Supervised Teaching Workshops, as published
- Written and practical assessments
- Certification

and

- **A credit of €150** that may be used to join online student classes and for any online or student workshops offered by Body Control Pilates UK – more details will be given to you during or just after your course tuition modules.
- 12 months 'Overseas' membership of the Body Control Pilates Association
- Four months' complimentary subscription to Body Control Pilates Central

Your fees do not include any external costs related to the **CQP assessment and certification** required by the French authorities. Details will be provided as to how you can obtain this once you have received your Body Control Pilates certificate.

Fees are broken down as follows:

Registration Fee: € 300

This is payable upon confirmation of your place on a course. Your place is not guaranteed until this payment is made. Please see the Terms and Conditions below.

Discounted Course Fees for Advance Payment: € 2,950

After having paid your Registration Fee, your balance is reduced to €2,650 providing that this is made in one payment.

This must be **cleared a minimum of six weeks** before your course start date **(by Friday March 13th 2026)**.

Please note that if you have not made your Advance Payment by the above date, you will automatically revert to a fee level of €3,500

Paying your Fees in instalments

After having paid your Registration Fee, your balance is reduced to €3,250.

This can be paid in three instalments, as follows:

by March 13th 2026: €1,250
by April 23rd 2026: €1,000
by May 21st 2026: €1,000

Please contact us if you would like to discuss a more extended plan.

All fees are payable to the Body Control Pilates Academy, based in London.

Payments can be made by debit card/credit card/American Express or by transfer using bank, Paypal, Wise.

Terms and Conditions

- Please see the Enrolment Form for specific refund conditions relating to the Registration Fee.
- Please note that in the case of early retirement from the course, or of failure to attend the course once confirmation of a place has been given by the Body Control Pilates Academy (BCPA) and accepted by the student, all previously paid fees are non-refundable. Where a student has pre-paid course fees in full under the 'Advance Payment Scheme', fees are non-refundable if the student fails to attend the course without reasonable prior notification (20 working days). In the case of early retirement during the tuition modules of the course a pro-rata refund will be considered for 'Advance Payment' students. Administration fees will apply.
- If you cancel your place on a course within 28 calendar days of the course start date, a cancellation charge of €750 will be applied.
- In the unlikely event that BCPA course management asks a student to leave a course, a consultation process will be initiated. Fees paid to that point in the course are non-refundable.
- BCPA operates a formal Complaints Procedure, with external redress, under which students may seek a hearing if they feel they have been unfairly treated in examinations or assessments.
- Should, on reasonable grounds, a student need more time to complete the assessments than has been allowed by the published course timetable, BCPA will use its best efforts to find an alternative plan for that student. If a student has not received certification within two years of the commencement of their course, BCPA reserves the right to remove their name from the register of current students. BCPA makes every effort to ensure that all students are fully supported through the course.

Registering for your course

You are asked to complete an Enrolment Form and email this to Ella Porter (Education Manager, Body Control Pilates Academy): ella.porter@bodycontrolpilates.com

Questions? More information?

Please contact either:

Céline Cipolat-Simani at

or

Ella Porter at ella.porter@bodycontrolpilates.com

For more information on Body Control Pilates, please visit

www.bodycontrolpilates.com



Enrolment Forms in French and English (you will be emailed an electronic version)



Matwork Teacher Training Course: France Formulaire d'inscription

Veuillez me réserver une place sur le cours à partir d'avril 2026. Je comprends que les frais totaux pour ce cours s'élèvent à 3 500 € et que, si j'opte pour les frais d'acompte réduits de 2 950 €, ce montant doit être payé et réglé au moins six semaines avant la date de début du cours, sauf accord contraire. Je paierai des frais d'inscription de 300 € immédiatement après la confirmation d'une place et j'accepte que ma place ne soit pas sécurisée tant qu'elle n'est pas payée. Dans le cas où j'annule ma place après le paiement des frais d'inscription mais avant le paiement du solde des frais, j'accepte que la somme de 150 € soit déduite du remboursement des frais administratifs. Si je commence un cours à une date ultérieure, cette déduction sera déduite de mes frais de scolarité. J'accepte les termes et conditions énoncés dans les termes et conditions. Je comprends qu'un supplément de frais et une évaluation pour CQP sont nécessaires pour enseigner légalement en France.

NOM TÉLÉPHONE MOBILE

ADRESSE E-MAIL

DATE DE NAISSANCE

DATE DE DÉBUT DU COURS **AVRIL 2026**

CODE POSTAL

Suivez-vous actuellement des classes avec un professeur de Body Control Pilates? Si oui, avec qui et depuis combien de temps?

Merci de donner des détails sur toute autre expérience de Pilates:

Suite en arrière

BODY CONTROL PILATES®

Veillez fournir des détails sur d'autres qualifications ou expériences pertinentes:

Veillez indiquer toutes les blessures ou problèmes de santé (notamment liés au cou, au dos et à la colonne vertébrale) que vous avez eu, ou dont nous devrions être informés:

Veillez nous faire savoir si vous avez des besoins d'apprentissage supplémentaires auxquels nous devons répondre ?

Quelle est la principale raison pour laquelle vous vous entraînez pour devenir professeur de Body Control Pilates?

Avez-vous d'autres commentaires?

Je comprends que les cours et les notes de cours seront en anglais

BON POUR ACCORD _____ DATE _____

Veillez retourner votre formulaire rempli et signé à:

Body Control Pilates Academy
35 Little Russell Street, London WC1A 2HH, England

or scan and email to ella.porter@bodycontrolpilates.com
All information will be treated in the strictest of confidence.

Matwork Teacher Training Course: France Enrolment Form

Please reserve a place for me on the course starting in April 2026. I understand that the total fees for this course are €3,500 and that, should I opt for the discounted Advance Payment fee of €2,950, this amount must be paid and cleared at least six weeks before the course start date, unless agreed otherwise. I will pay a €300 Registration Fee immediately upon confirmation of a place and accept that my place is not secured until this is paid. In the event that I cancel my place after payment of the Registration Fee but before the balance of fees is paid, I accept that the sum of €150 shall be deducted from the refund of the Fee to cover administration costs. If I commence a course at a later date this deduction will be credited against my tuition fees. I accept the Terms and Conditions stated in the Schedule of Fees.

NAME	<input type="text"/>	MOBILE PHONE	<input type="text"/>
ADDRESS	<input type="text"/> <input type="text"/> <input type="text"/>	EMAIL	<input type="text"/>
		DATE OF BIRTH	<input type="text"/>
		START DATE OF COURSE	APRIL 2026 <input type="text"/>
POST CODE	<input type="text"/>		

Do you currently attend classes with a Body Control Pilates teacher? If so, with whom and for how long?

Please give details of any other Pilates experience:

Please turn over to complete the section overleaf

BODY CONTROL PILATES®

Please give details of other qualifications or relevant experience:

Please list any injuries or health problems (particularly related to neck, back, and spine) that you have, or have had, that we should be aware of:

Please let us know if you have any additional learning needs that we need to accommodate?

What is your main reason for training to be a Body Control Pilates teacher?

Do you have any other comments?

How did you first hear about the Body Control Pilates training courses?

- | | | |
|--|---|--|
| <input type="checkbox"/> Body Control Pilates website | <input type="checkbox"/> Internet search engine | <input type="checkbox"/> Your (Body Control) Pilates teacher |
| <input type="checkbox"/> From a friend / word of mouth | <input type="checkbox"/> Advertisement | <input type="checkbox"/> Other |

SIGNED IN AGREEMENT

DATE

Please return your completed and signed form to:

Body Control Pilates Academy
35 Little Russell Street, London WC1A 2HH, England

or scan and email to ella.porter@bodycontrolpilates.com
All information will be treated in the strictest of confidence.