

ONLINE COURSES & WORKSHOPS FOR BCPA MEMBERS 2026		Time (UK)	Total Hours	Planned Tutor	Fees £	Fees £	CPD Points		
as at 07/03/26				(tutors may change)		(Academy)			
7th March	Saturday	Movement: Day 1 <b>NOW WITH RECORDING!</b>	10am-12pm & 1.30pm-4pm	4.5 hrs	Nathan Gardner	£215	£193.50	2 spaces left	A60 (Days 1&2)
		<b>SPECIAL OFFER! Book Movement starting 7/3 and Adaptations starting on 21/3 for just £330 (Academy members £297). Saving up to £100!</b>				See Special!!			
7th March	Saturday	Pilates and Breast Cancer Rehab: Foundation Day	10am-12.30pm & 1pm-3.30pm	5 hrs	Karen Robb			Fully booked	A30
8th March	Sunday	Pilates and Breast Cancer Rehab: Programmes Day (must have done Foundation)	10am-12.30pm & 1pm-3.30pm	5 hrs	Karen Robb			Fully booked	A30
8th March	Sunday	Movement: Day 2 <b>NOW WITH RECORDING!</b>	10am-12pm & 1.30pm-4pm	4.5 hrs	Nathan Gardner				
12th March	Thursday	CPR Basic Life Support - 18 months certification	12pm-3.15pm	3 1/4 hrs	Rob Fisher (Prime First Aid)			Fully booked	
17th March	Tuesday	CPR Basic Life Support - 18 months certification	12pm-3.15pm	3 1/4 hrs	Rob Fisher (Prime First Aid)			Fully booked	
20th March	Friday	Tom McCook: Creating a Balance <b>MASTERCLASS - with recording!</b>	4pm-5.30pm	1.5 hrs	Tom McCook			Fully booked	A15
21st March	Saturday	Adaptations: Day 1 (must have done 'Movement' first)	10am-12pm & 1.30pm-3.30pm	4 hrs	Nathan Gardner	£215	£193.50	3 spaces left	A60 (Days 1&2)
21st March	Saturday	Pilates for the Older Person: Day 1	10am-1pm & 2pm-4.30pm	5.5 hrs	Lorna Nicholson			Fully booked	A60 (Days 1&2)
22nd March	Sunday	Pilates for the Older Person: Day 2	10am-1pm & 2pm-4pm	5 hrs	Lorna Nicholson				
22nd March	Sunday	Adaptations: Day 2 (inc Workbooks Review)	10am-12pm & 1.30pm-3.30pm	4 hrs					
26th March	Thursday	CPR Basic Life Support - 18 months certification	9.30am-12.45pm	3 1/4 hrs	Rob Fisher (Prime First Aid)			Fully booked	
27th March	Friday	Exercise Strategies for Diastasis Recti <b>WITH RECORDING!</b>	10am-1pm	3 hrs	Sarah Warden	£115	£103.50	2 spaces left	A15
28th March	Saturday	Pilates for Bone Health	10am-12.30pm & 1.30pm-4pm	5 hrs	Louise Tallis			Fully booked	A30
28th March	Saturday	Pilates for Golfers	10am-12.30pm & 1.30pm-3.30pm	4.5 hrs	Jenny Tyler	£125	£112.50	2 spaces left	A30
10th April	Friday	Wendy LeBlanc-Arbuckle - Core as Relationship <b>WORKSHOP live from US</b>	3pm-6pm	3 hrs	Wendy LeBlanc-Arbuckle	£115	£103.50	Limited availability	A15
11th April	Saturday	Foam Roller	10am-12pm & 1pm-3pm	4 hrs	Kate Hodder	£125	£112.50	Good availability	A30
11th April	Saturday	Pilates and Neurodiversity: Day 1 <b>NEW COURSE!</b>	10am-12.30pm & 1.30pm-3.30pm	4.5 hrs	Shreya Vashisht & Sarah Warden			Fully booked	A60 (Days 1&2)
12th April	Sunday	Pilates and Neurodiversity: Day 2	10am-12.30pm & 1.30pm-3.30pm	4.5 hrs	Shreya Vashisht & Sarah Warden				
15th April	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	
16th April	Thursday	CPR Basic Life Support - 18 months certification	12pm-3.15pm	3 1/4 hrs	Rob Fisher (Prime First Aid)	£40	£40	3 spaces left	
17th April	Friday	Sacroiliac Joint Dysfunction & how Pilates can help <b>WORKSHOP</b>	9.30am-12.30pm	3hrs	Kyle Blackburn	£110	£99	6 spaces left	A15
17th April	Friday	Pilates with the Band <b>Exercise recording post-course!</b>	10am-12pm & 1pm-3pm	4 hrs	Sarah Warden	£140	£126	Good availability	A30
18th April	Saturday	Musculoskeletal Problems and how Pilates can help	10am-12.30pm & 1.30-3.30pm	4.5 hrs	Kyle Blackburn	£140	£126	1 space left	A30
18th April	Saturday	Small Ball & Toning Circle	10am-12pm & 1pm-3pm	4 hrs	Kate Hodder	£125	£112.50	4 spaces left	A30
18th April	Saturday	Pilates and Scoliosis: Day 1	10am-12.30pm & 2pm-4pm	4.5 hrs	Louise Tallis	£225	£202.50	6 spaces left	A60 (Days 1&2)
18th April	Saturday	Pregnancy 1	10am-12.30pm & 1.30pm-4.30pm	5.5 hrs	Lynne Robinson	£140	£126	3 spaces left	A30
		<b>Pregnancy Special! Book Preg 1 on 18/4 and Pregnancy 2 on 19/4 or 4/7 for just £230 (Academy members £200)!</b>				See Special!!			
19th April	Sunday	Pregnancy 2 (must have done Pregnancy 1)	10am-12.30pm & 1.30pm-4pm	5 hrs	Sarah Warden	£140	£126	1 space left	A30
19th April	Sunday	Pilates and Scoliosis: Day 2	10am-12.30pm & 1.30-4pm	5 hrs	Louise Tallis				
19th April	Sunday	Matwork Certification Update Day	10am-12pm & 1.30pm-3pm	3.5hrs	Sarah Marks	£125	£112.50	3 spaces left	A30
25th April	Saturday	Pilates for Performance	10am-12.30pm & 2pm-4pm	4.5 hrs	Nathan Gardner	£140	£126	Good availability	A30
		<b>Performance Special! Book Performance on 25/4 and Runners on 26/4 or a later date or Dancers on 02/05 or a later date for just £230 (Academy members £200)</b>				See Special!!			
26th April	Sunday	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
28th April	Tuesday	CPR Basic Life Support - 18 months certification	12pm-3.15pm	3 1/4 hrs	Rob Fisher (Prime First Aid)	£40	£40	New date!	
2nd May	Saturday	Pilates for Dancers (must have done Pilates for Performance first)	10am-12.30pm & 2pm-4pm	4.5 hrs	Linda Gardner	£140	£126	Good availability	A30
6th May	Wednesday	CPR Basic Life Support - 18 months certification	9.30am-12.45pm	3 1/4 hrs	Rob Fisher (Prime First Aid)	£40	£40	New date!	
8th May	Friday	Back4Good Low Back Pain: Day 1	10am-1pm & 2pm-4pm	5 hrs	Kyle Blackburn	£375	£337.50	Good availability	A90 (Days 1-3)
9th May	Saturday	Back4Good Low Back Pain: Day 2	10am-1pm & 2pm-4pm	5 hrs	Louise Tallis				
9th May	Saturday	Hypopressives for Pilates Teachers: Foundation Day	10am-12.30pm & 1.30-4pm	5 hrs	Abby Lord	£160	£144	6 spaces left	A30
		<b>Hypopressives Special! Book Foundation on 9/5 and Day 2 'Mobilise your Fascia' on 10/5 or any later date for just £295 (Academy members £265)!</b>				See Special!!			
9th May	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	New date!	A60 (Days 1&2)
10th May	Sunday	Pilates for Children & Adolescents: Day 2	10am-12.30pm & 1.30-3.30pm	4.5 hrs	Sarah Warden				
10th May	Sunday	Hypopressives for Pilates Teachers Day 2: Mobilise your Fascia	10am-12.30pm & 1.30-4pm	5 hrs	Abby Lord	£160	£144	5 spaces left	A30
10th May	Sunday	Back4Good Low Back Pain: Day 3	10am-1pm & 2pm-4pm	5 hrs	Louise Tallis				
15th May	Friday	Pilates and Mental Wellbeing	10.30am-1pm & 2pm-4pm	4.5 hrs	Lorna Nicholson	£140	£126	New date!	A30
15th May	Friday	Breathing Mechanism and Core Control - Day 1 <b>WORKSHOP with recording!</b>	3pm-6pm	3hrs	Cara Reeser & Jeremy Laverdure	£260	£235	Early Bird to 17/4	A60 (Days 1-3)
16th May	Saturday	Breathing Mechanism and Core Control - Day 2 <b>WORKSHOP with recording!</b>	3pm-6pm	3hrs	Cara Reeser & Jeremy Laverdure				
16th May	Saturday	Reformer for Pre- & Postnatal Clients (must be Reformer, Pregnancy qualified)	10am-1pm	3 hrs	Sarah Warden	£115	£103.50	Good availability	A15
16th May	Saturday	Pilates and Breast Cancer Rehab: Foundation Day	10am-12.30pm & 1pm-3.30pm	5 hrs	Karen Robb	£140	£126	New date!	A30
		<b>Breast Cancer Rehab Special! Book Foundation on 16/05 and Programmes on 17/05 or later for just £240 (Academy members £215)!</b>				See Special!!			
17th May	Sunday	Pilates and Breast Cancer Rehab: Programmes Day (must have done Foundation)	10am-12.30pm & 1pm-3.30pm	5 hrs	Karen Robb	£140	£126	New date!	A30
17th May	Sunday	Breathing Mechanism and Core Control - Day 3 <b>WORKSHOP with recording!</b>	3pm-6pm	3hrs	Cara Reeser & Jeremy Laverdure	£125	£112.50	New date!	A30
29th May	Friday	Understanding Medical Conditions	10am-12.30pm & 1.30-3.30pm	4.5hrs	Kyle Blackburn	£125	£112.50	New date!	A30
30th May	Saturday	Pilates and Hypermobility: Foundation Day	10am-12.30pm & 2pm-4.30pm	5 hrs	Jane Simmonds & Mark Parfitt	£145	£130.50	6 spaces left	A30
		<b>Hypermobility SPECIAL! Book Foundation on 30/05 and Programmes on 13/06 or a future date for £250 (Academy members £225)!</b>				See Special!!			
30th May	Saturday	Movement: Day 1 <b>NOW WITH RECORDING!</b>	10am-12pm & 1.30pm-4pm	4.5 hrs	Nathan Gardner	£215	£193.50	Good availability	A60 (Days 1&2)
		<b>SPECIAL OFFER! Book Movement starting 30/5 and Adaptations starting on 27/6 for just £330 (Academy members £297). Saving up to £100!</b>				See Special!!			
31st May	Sunday	Movement: Day 2 <b>NOW WITH RECORDING!</b>	10am-12pm & 1.30pm-4pm	4.5 hrs	Nathan Gardner				
31st May	Sunday	Pilates for Bone Health	10am-12.30pm & 1.30pm-4pm	5 hrs	Louise Tallis	£140	£126	1 space left	A30
5th June	Friday	Ball (Gym Ball)	10am-12pm & 1pm-3pm	4 hrs	Kate Hodder	£125	£112.50	New date!	A30
13th June	Saturday	Pilates and Hypermobility: Programmes Day (must have done Foundation)	10am-12.30pm & 2pm-4.30pm	5 hrs	Jane Simmonds & Mark Parfitt	£145	£130.50	Good availability	A30
13th June	Saturday	Pilates and Neurodiversity: Day 1 <b>NEW COURSE!</b>	10am-12.30pm & 1.30pm-3.30pm	4.5 hrs	Shreya Vashisht & Sarah Warden	£240	£216	Good availability	A60 (Days 1&2)
14th June	Sunday	Pilates and Neurodiversity: Day 2	10am-12.30pm & 1.30pm-3.30pm	4.5 hrs	Shreya Vashisht & Sarah Warden				
20th June	Saturday	Pilates for ME/Chronic Fatigue, POTS, Associated Conditions <b>WORKSHOP</b>	10am-12.30pm & 1.30-3.30pm	4.5 hrs	Lorna Nicholson	£125	£112.50	New date!	A30
20th June	Saturday	Pilates for the Menopause: Day 1	10am-12.30pm & 1.30-3.30pm	4.5 hrs	Patsy Westcott	£225	£202.50	New date!	A60 (Days 1&2)
21st June	Sunday	Pilates for the Menopause: Day 2	10am-12.30pm & 1.30-3.30pm	4.5 hrs	Sarah Warden				
27th June	Saturday	Adaptations: Day 1 (must have done 'Movement' first)	10am-12pm & 1.30pm-3.30pm	4 hrs	Nathan Gardner	£215	£193.50	New date!	A60 (Days 1&2)
28th June	Sunday	Adaptations: Day 2 (inc Workbooks Review)	10am-12pm & 1.30pm-3.30pm	4 hrs	Julia Crossman				
3rd July	Friday	Pregnancy 1	10am-12.30pm & 1.30pm-4.30pm	5.5 hrs	Lynne Robinson	£140	£126	New date!	A30
		<b>Pregnancy Special! Book Preg 1 on 3/7 and Pregnancy 2 on 4/7 or a later date for just £230 (Academy members £200)!</b>				See Special!!			
4th July	Saturday	Pregnancy 2 (must have done Pregnancy 1)	10am-12.30pm & 1.30pm-4pm	5 hrs	Sarah Warden	£140	£126	New date!	A30
4th July	Saturday	Pilates for the Older Person: Day 1	10am-1pm & 2pm-4.30pm	5.5 hrs	Lorna Nicholson	£225	£202.50	New date!	A60 (Days 1&2)
5th July	Sunday	Pilates for the Older Person: Day 2	10am-1pm & 2pm-4pm	5 hrs	Lorna Nicholson				
26th September	Saturday	Development Weekend 33 (at 11 Cavendish Square, London)							
27th September	Sunday	Development Weekend 33 (at 11 Cavendish Square, London)							
17th October	Saturday	Pilates and Hypermobility: Foundation Day	10am-12.30pm & 2pm-4.30pm	5 hrs	Jane Simmonds & Mark Parfitt	£145	£130.50	New date!	A30
		<b>Hypermobility SPECIAL! Book Foundation on 17/10 and Programmes on 28/11 or a future date for £250 (Academy members £225)!</b>				See Special!!			
28th November	Saturday	Pilates and Hypermobility: Programmes Day (must have done Foundation)	10am-12.30pm & 2pm-4.30pm	5 hrs	Jane Simmonds & Mark Parfitt	£145	£130.50	New date!	A30
<b>External Assessment Fees for Pregnancy, Bone Health, Older Person, Children courses</b>									
For insurance purposes you should take the Active IQ exam after attending these courses. Registration and assessment fees apply - see our 'Course Guide 2026' Section B for full details.									
<b>Important changes to the 'Pilates for Children' course</b>									
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 weekend, which will start with a brief review of key 'Foundation Course' points.									