

ONLINE COURSES & WORKSHOPS FOR BCPA MEMBERS 2026			Time (UK)	Total Hours	Planned Tutor	Fees £	Fees £	CPD Points
as at 30/03/26					(tutors may change)		(Academy)	
10th April	Friday	Wendy LeBlanc-Arbuckle - Core as Relationship WORKSHOP live from US	3pm-6pm	3 hrs	Wendy LeBlanc-Arbuckle			Fully booked A15
11th April	Saturday	Pilates and Neurodiversity: Day 1 NEW COURSE!	10am-12.30pm & 1.30pm-3.30pm	4.5 hrs	Shreya Vashiht & 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 Vashiht & 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)			Fully booked
16th April	Thursday	CPR Basic Life Support - 18 months certification	12pm-3.15pm	3 1/4 hrs	Rob Fisher (Prime First Aid)			Fully booked
17th April	Friday	Sacroiliac Joint Dysfunction & how Pilates can help WORKSHOP	9.30am-12.30pm	3hrs	Kyle Blackburn	£110	£99	6 spaces left A15
17th April	Friday	Pilates with the Band Exercise recording post-course!	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 & 2pm-3pm	4 hrs	Kate Hodder	£125	£112.50	5 spaces left A30
18th April	Saturday	Pilates and Scoliosis: Day 1	10am-12.30pm & 2pm-4pm	4.5 hrs	Louise Tallis	£225	£202.50	4 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
		Pregnancy Special Book Preg 1 on 18/4 and Pregnancy 2 on 19/4 or 4/7 for just £230 (Academy members £200)!!						See Special!!
19th April	Sunday	Pregnancy 2 (must have done Pregnancy 1)	10am-12.30pm & 1.30pm-4pm	5 hrs	Sarah Warden			Fully booked 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
		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)						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	6 spaces left A30
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	1 space left A30
8th May	Friday	Back4Good Low Back Pain: Day 1	10am-1pm & 2pm-4pm	5 hrs	Kyle Blackburn	£375	£337.50	1 space left 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
		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)!!						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	Good availability 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 WORKSHOP with recording!	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 WORKSHOP with recording!	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
		Breast Cancer Rehab Special Book Foundation on 16/05 and Programmes on 17/05 or later for just £240 (Academy members £215)!!						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 WORKSHOP with recording!	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	£145	£130.50	6 spaces left 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
		Hypermobility SPECIAL! Book Foundation on 30/05 and Programmes on 13/06 or a future date for £250 (Academy members £225)!!						See Special!!
30th May	Saturday	Movement: Day 1 NOW WITH RECORDING!	10am-12pm & 1.30pm-4pm	4.5 hrs	Nathan Gardner	£215	£193.50	Good availability A60 (Days 1&2)
		SPECIAL OFFER! Book Movement starting 30/5 and Adaptations starting on 27/6 for just £330 (Academy members £297). Saving up to £100!!						See Special!!
31st May	Sunday	Movement: Day 2 NOW WITH RECORDING!	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			New date! A30
5th June	Friday	Ball (Gym Ball)	10am-12pm & 1pm-3pm	4 hrs	Kate Hodder	£125	£112.50	New date! A30
6th June	Saturday	Pilates for Golfers	10am-12.30pm & 1.30pm-3.30pm	4.5 hrs	Jenny Tyler	£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 NEW COURSE!	10am-12.30pm & 1.30pm-3.30pm	4.5 hrs	Shreya Vashiht & 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 Vashiht & Sarah Warden			
20th June	Saturday	Pilates for ME/Chronic Fatigue, POTs, Associated Conditions WORKSHOP	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	Pilates for Bone Health	10am-12.30pm & 1.30pm-4pm	5 hrs	Louise Tallis	£140	£126	New date! A30
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			
28th June	Sunday	Understanding Neurological Disorders and how Pilates can help	10am-12.30pm & 1.30pm-3.30pm	4.5 hrs	Louise Tallis	£140	£126	New date! A30
3rd July	Friday	Pregnancy 1	10am-12.30pm & 1.30pm-4.30pm	5.5 hrs	Lynne Robinson	£140	£126	New date! A30
		Pregnancy Special Book Preg 1 on 3/7 and Pregnancy 2 on 4/7 or a later date for just £230 (Academy members £200)!!						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	£125	£112.50	New date! A30
11th July	Saturday	Standing Pilates	10am-12pm & 1pm-3pm	4 hrs	Kathy King	£125	£112.50	New date! A30
11th July	Saturday	Exercise Strategies for Diastasis Recti WITH RECORDING!	10am-1pm	3 hrs	Sarah Warden	£115	£103.50	New date! A15
17th July	Friday	Kyle Blackburn workshop - topic tba WORKSHOP	9.30am-12.30pm	3hrs	Kyle Blackburn			not open yet A15
17th July	Friday	Kyle Blackburn workshop - topic tba WORKSHOP	1.30pm-4.30pm	3hrs	Kyle Blackburn			not open yet A15
25th July	Saturday	Pilates for Swimmers WORKSHOP	10am-1pm	3hrs	Jenny Tyler	£100	£90	New date! A15
1st August	Saturday	Pilates with the Band Exercise recording post-course!	10am-12pm & 1pm-3pm	4 hrs	Sarah Warden	£140	£126	New date! A30
2nd August	Sunday	Foam Roller	10am-12pm & 1pm-3pm	4 hrs	Kate Hodder	£125	£112.50	New date! A30
7th August	Friday	Small Ball & Toning Circle	10am-12pm & 1pm-3pm	4 hrs	Kate Hodder	£125	£112.50	New date! A30
12th September	Saturday	Pilates for Bone Health	10am-12.30pm & 1.30pm-4pm	5 hrs	Louise Tallis	£140	£126	New date! A30
26th September	Saturday	Development Weekend 33 (at 11 Cavendish Square, London)						
27th September	Sunday	Development Weekend 33 (at 11 Cavendish Square, London)						
9th October	Friday	Back4Good Low Back Pain: Day 1	10am-1pm & 2pm-4pm	5 hrs	Kyle Blackburn	£375	£337.50	New date! A90 (Days 1-3)
10th October	Saturday	Back4Good Low Back Pain: Day 2	10am-1pm & 2pm-4pm	5 hrs	Louise Tallis			
11th October	Sunday	Back4Good Low Back Pain: Day 3	10am-1pm & 2pm-4pm	5 hrs	Louise Tallis			
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
		Hypermobility SPECIAL! Book Foundation on 17/10 and Programmes on 28/11 or a future date for £250 (Academy members £225)!!						See Special!!
7th November	Saturday	Pilates and Scoliosis: Day 1	10am-12.30pm & 2pm-4pm	4.5 hrs	Louise Tallis	£225	£202.50	New date! A60 (Days 1&2)
8th November	Sunday	Pilates and Scoliosis: Day 2	10am-12.30pm & 1.30-4pm	5 hrs	Louise Tallis			
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.								