

BODY CONTROL PILATES: ONLINE (ZOOM) COURSES & WORKSHOPS FOR PILATES TEACHERS			Time (UK)	Fees £	
as at 25/03/26					
27th March	Friday	Exercise Strategies for Diastasis Recti WITH RECORDING!	10am-1pm	£150	1 space left
28th March	Saturday	Pilates for Bone Health	10am-12.30pm & 1.30pm-4pm		Fully booked
28th March	Saturday	Pilates for Golfers	10am-12.30pm & 1.30pm-3.30pm		Fully booked
15th April	Wednesday	CPR Basic Life Support - 18 months certification	9.30am-12.45pm	£45	2 spaces left
16th April	Thursday	CPR Basic Life Support - 18 months certification	12pm-3.15pm		Fully booked
17th April	Friday	Pilates with the Band Exercise recording post-course!	10am-12pm & 1pm-3pm	£175	New date!
18th April	Saturday	Musculoskeletal Problems and how Pilates can help	10am-12.30pm & 1.30-3.30pm		Fully booked
18th April	Saturday	Small Ball & Toning Circle	10am-12pm & 1pm-3pm	£175	2 spaces left
18th & 19th April	Sat & Sun	Pilates and Scoliosis	10am-12.30pm & 2pm-4pm	£275	4 spaces left
18th April	Saturday	Pregnancy 1	10am-12.30pm & 1.30pm-4.30pm	£175	2 spaces left
19th April	Sunday	Pregnancy 2 (must have done Pregnancy 1)	10am-12.30pm & 1.30pm-4pm		Fully booked
25th April	Saturday	Pilates for Performance	10am-12.30pm & 2pm-4pm	£175	Good availability
26th April	Sunday	Pilates for Runners (must have done Pilates for Performance first)	10am-12.30pm & 2pm-4pm	£175	2 spaces left
28th April	Tuesday	CPR Basic Life Support - 18 months certification	12pm-3.15pm	£45	6 spaces left
2nd May	Saturday	Pilates for Dancers (must have done Pilates for Performance first)	10am-12.30pm & 2pm-4pm	£175	New date!
6th May	Wednesday	CPR Basic Life Support - 18 months certification	9.30am-12.45pm	£45	2 spaces left
9th May	Saturday	Hypopressives for Pilates Teachers: Foundation Day	10am-12.30pm & 1.30-4pm	£195	6 spaces left
9th & 10th May	Sat & Sun	Pilates for Children & Adolescents	10am-12.30pm & 1.30-3.30pm	£275	Good availability
10th May	Sunday	Hypopressives for Pilates Teachers Day 2: Mobilise your Fascia	10am-12.30pm & 1.30-4pm	£195	4 spaces left
15th May	Friday	Pilates and Mental Wellbeing	10.30am-1pm & 2pm-4pm	£175	New date!
15th, 16th & 17th May	Fri - Sun	Breathing Mechanism and Core Control with Cara Reeser with recording!	3pm-6pm	£295	New date!
16th May	Saturday	Reformer for Pre- & Postnatal Clients (must be Reformer, Pregnancy qualified)	10am-1pm	£150	6 spaces left
16th May	Saturday	Pilates and Breast Cancer Rehab: Foundation Day	10am-12.30pm & 1pm-3.30pm	£175	New date!
17th May	Sunday	Pilates and Breast Cancer Rehab: Programmes Day (must have done Foundation)	10am-12.30pm & 1pm-3.30pm	£175	New date!
29th May	Friday	Understanding Medical Conditions	10am-12.30pm & 1.30-3.30pm	£175	New date!
30th May	Saturday	Pilates and Hypermobility: Foundation Day	10am-12.30pm & 2pm-4.30pm	£175	6 spaces left
30th & 31st May	Sat & Sun	Movement NOW WITH RECORDING!	10am-12pm & 1.30pm-4pm	£275	Good availability
31st May	Sunday	Pilates for Bone Health	10am-12.30pm & 1.30pm-4pm		Fully booked
5th June	Friday	Pilates on the Ball (Gym Ball)	10am-12pm & 1pm-3pm	£175	New date!
12th June	Friday	Matwork Bridging Course (5 dates see details)	10am-12pm & 1.30pm-3.30pm	£1,275	6 spaces left
13th June	Saturday	Pilates and Hypermobility: Programmes Day (must have done Foundation)	10am-12.30pm & 2pm-4.30pm	£175	6 spaces left
20th June	Saturday	Pilates for ME/Chronic Fatigue, POTs, Associated Conditions WORKSHOP	10am-12.30pm & 1.30-3.30pm	£150	New date!
20th & 21st June	Sat & Sun	Pilates for the Menopause	10am-12.30pm & 1.30-3.30pm	£275	New date!
27th June	Saturday	Pilates for Bone Health	10am-12.30pm & 1.30pm-4pm	£175	New date!
27th & 28th June	Sat & Sun	Adaptations (must have done 'Movement' first)	10am-12pm & 1.30pm-3.30pm	£275	New date!
28th June	Sunday	Understanding Neurological Disorders and how Pilates can help	10am-12.30pm & 1.30pm-3.30pm	£175	New date!
3rd July	Friday	Pregnancy 1	10am-12.30pm & 1.30pm-4.30pm	£175	New date!
4th July	Saturday	Pregnancy 2 (must have done Pregnancy 1)	10am-12.30pm & 1.30pm-4pm	£175	New date!
4th & 5th July	Sat & Sun	Pilates for the Older Person	10am-1pm & 2pm-4.30pm	£275	New date!
11th July	Saturday	Exercise Strategies for Diastasis Recti WITH RECORDING!	10am-1pm	£150	New date!
1st August	Saturday	Pilates with the Band Exercise recording post-course!	10am-12pm & 1pm-3pm	£175	New date!
12th September	Saturday	Pilates for Bone Health	10am-12.30pm & 1.30pm-4pm	£175	New date!
17th October	Saturday	Pilates and Hypermobility: Foundation Day	10am-12.30pm & 2pm-4.30pm	£175	New date!
23rd October	Friday	Matwork Bridging Course (5 dates see details)	10am-12pm & 1.30pm-3.30pm	£1,275	New date!
7th & 8th November	Sat & Sun	Pilates and Scoliosis	10am-12.30pm & 2pm-4pm	£275	New date!
28th November	Saturday	Pilates and Hypermobility: Programmes Day (must have done Foundation)	10am-12.30pm & 2pm-4.30pm	£175	New date!