

ONLINE COURSES & WORKSHOPS FOR BCPA MEMBERS 2026		Time (UK)	Total Hours	Planned Tutor	Fees £	Fees £	CPD Points
25th April	Saturday	Pilates for Performance	10am-12.30pm & 2pm-4pm	4.5 hrs Nathan Gardner	£140	£126	6 spaces left A30
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	6 spaces left 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	1 space left A90 (Days 1-3)
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 A90 (Days 1-3)
8th May	Friday	Back4Good Low Back Pain: Day 1	10am-1pm & 2pm-4pm	5 hrs Kyle Blackburn	£375	£337.50	6 spaces 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
9th May	Saturday	Hypopressives Special! Book Foundation 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)!!					
9th May	Saturday	Hypopressives for Pilates Teachers: Foundation Day	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 1 (see note in footer)	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			
12th May	Tuesday	CPR Basic Life Support - 18 months certification	12pm-3.15pm	3 1/4 hrs Rob Fisher (Prime First Aid)	£40	£40	New date! A30
15th May	Friday	Pilates and Mental Wellbeing	10.30am-1pm & 2pm-4pm	4.5 hrs Lorna Nicholson	£140	£126	5 spaces left 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 30/4 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 Inchover, 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	Good availability A30
17th May	Sunday	Breast Cancer Rehab Special! Book Foundation on 16/05 and Programmes on 17/05 or later for just £240 (Academy members £215)!!					
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	Good availability A30
17th May	Sunday	Breathing Mechanism and Core Control - Day 3 WORKSHOP with recording	3pm-6pm	3hrs Cara Reeser & Jeremy Laverdure			
20th 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! A30
22nd May	Friday	CPR Basic Life Support - 18 months certification	12pm-3.15pm	3 1/4 hrs Rob Fisher (Prime First Aid)	£40	£40	New date! A30
29th May	Friday	Understanding Medical Conditions	10am-12.30pm & 1.30-3.30pm	4.5hrs Kyle Blackburn	£125	£112.50	Good availability 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
30th May	Saturday	Hypermobility SPECIAL! Book Foundation on 30/05 and Programmes on 13/06, 9/8 or a future date for £250 (Academy members £225)!!					
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)
31st May	Sunday	SPECIAL OFFER! Book Movement starting 30/5 and Adaptations starting on 27/6 for just £330 (Academy members £297). Saving up to £100!!					
31st May	Sunday	Movement: Day 2 NOW WITH RECORDING!	10am-12pm & 1.30pm-4pm	4.5 hrs Nathan Gardner			
5th June	Friday	Pilates for Bone Health	10am-12.30pm & 1.30pm-4pm	5 hrs Louise Tallis	£125	£112.50	Fully booked A30
5th June	Friday	Ball (Gym Ball)	10am-12pm & 1pm-3pm	4 hrs Kate Hodder	£125	£112.50	5 spaces left 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
10th June	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! A30
13th June	Saturday	Pilates and Neurodiversity: 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 Vashisht & Sarah Warden	£40	£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	£40	£40	New date! A30
16th June	Tuesday	CPR Basic Life Support - 18 months certification	12pm-3.15pm	3 1/4 hrs Rob Fisher (Prime First Aid)	£40	£40	New date! A30
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	Good availability 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			
25th June	Thursday	CPR Basic Life Support - 18 months certification	9.30am-12.45pm	3 1/4 hrs Rob Fisher (Prime First Aid)	£40	£40	New date! A30
27th June	Saturday	Pilates for Bone Health	10am-12.30pm & 1.30pm-4pm	5 hrs Louise Tallis	£140	£126	Good availability 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	Good availability 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	Good availability A30
3rd July	Friday	Pregnancy 1	10am-12.30pm & 1.30pm-4.30pm	5.5 hrs Lynne Robinson	£140	£126	New date! A30
4th July	Saturday	Pregnancy Special! Book Preg 1 on 3/7 and Pregnancy 2 on 4/7 or a later date for just £230 (Academy members £200)!!					
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			
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	9.30am-12.30pm	3hrs Kyle Blackburn			not open yet A15
17th July	Friday	Kyle Blackburn workshop - topic tba	1.30pm-4.30pm	3hrs Kyle Blackburn			not open yet A15
18th July	Saturday	Pilates in Prostate Cancer	10am-12.30pm & 1.30pm-4pm	5 hrs Karen Robb & Mark McCaffrey	£160	£144	New date! A30
25th July	Saturday	Pilates for Swimmers	10am-1pm	3hrs Jenny Tyler	£100	£90	New date! A15
25th July	Saturday	Pilates for Performance	10am-12.30pm & 2pm-4pm	4.5 hrs Nathan Gardner	£140	£126	New date! A30
26th July	Sunday	Performance Special! Book Performance on 25/7 and Runners on 26/7 or a later date or Dancers on 01/08 or a later date for just £230 (Academy members £200)!!					
26th July	Sunday	Pilates for Runners (must have done Pilates for Performance first)	10am-12.30pm & 2pm-4pm	4.5 hrs Nathan Gardner	£140	£126	New date! A30
1st August	Saturday	Pilates for Dancers (must have done Pilates for Performance first)	10am-12.30pm & 2pm-4pm	4.5 hrs Linda Gardner	£140	£126	New date! A30
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
8th August	Saturday	Hypopressives for Pilates Teachers: Foundation Day	10am-12.30pm & 1.30-4pm	5 hrs Abby Lord	£160	£144	6 spaces left A30
9th August	Sunday	Hypopressives Special! Book Foundation on 8/8 and Day 2: Mobilise your Fascia					
9th August	Sunday	Hypopressives for Pilates Teachers Day 2: Mobilise your Fascia	10am-12.30pm & 1.30-4pm	5 hrs Abby Lord	£160	£144	New date! A30
22nd August	Saturday	Matwork Certification Update Day	10am-12pm & 1.30pm-3pm	3.5hrs Sarah Marks	£125	£112.50	New date! A30
5th September	Saturday	Movement: Day 1 NOW WITH RECORDING!	10am-12pm & 1.30pm-4pm	4.5 hrs Nathan Gardner	£215	£193.50	New date! A60 (Days 1&2)
6th September	Sunday	SPECIAL OFFER! Book Movement starting 05/09 and Adaptations starting on 12/09 for just £330 (Academy members £297). Saving up to £100!!					
12th September	Saturday	Movement: Day 2 NOW WITH RECORDING!	10am-12pm & 1.30pm-4pm	4.5 hrs Nathan Gardner			
12th September	Saturday	Pilates for Bone Health	10am-12.30pm & 1.30pm-4pm	5 hrs Louise Tallis	£140	£126	New date! A30
12th September	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)
13th September	Sunday	Adaptations: Day 2 (inc Workbooks Review)	10am-12pm & 1.30pm-3.30pm	4 hrs Julia Crossman			
26th September	Saturday	Development Weekend 33 (at 11 Cavendish Square, London)					
27th September	Sunday	Development Weekend 33 (at 11 Cavendish Square, London)					
3rd October	Saturday	Pilates and Breast Cancer Rehab: Foundation Day	10am-12.30pm & 1pm-3.30pm	5 hrs Karen Robb	£140	£126	New date! A30
3rd October	Saturday	Breast Cancer Rehab Special! Book Foundation on 3/10 and Programmes on 4/10 or later for just £240 (Academy members £215)!!					
4th October	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
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
17th October	Saturday	Hypermobility SPECIAL! Book Foundation on 17/10 and Programmes on 28/11 or a future date for £250 (Academy members £225)!!					
7th November	Saturday	Spine Corrector & Pilates Arc	10am-12.30pm & 1.30pm-4pm	5 hrs Jacquie Biggs	£160	£144	New date! A30
7th November	Saturday	Buy a Balanced Body Pilates Arc for just £85 (excluding £15 UK p&p) when booking for this course - saving approx 50%! Subject to availability.					
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			
14th November	Saturday	Pilates for Performance	10am-12.30pm & 2pm-4pm	4.5 hrs Nathan Gardner	£140	£126	New date! A30
21st November	Saturday	Performance Special! Book Performance on 14/11 and Runners on 21/11 or a later date for just £230 (Academy members £200)!!					
21st November	Saturday	Pilates for Runners (must have done Pilates for Performance first)	10am-12.30pm & 2pm-4pm	4.5 hrs Nathan Gardner	£140	£126	New date! A30
26th 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