

Save the date, reserve your place and save up to **£50** with 'priority booking'

Development Weekend 33 is just six months away!

In association with the Society for the Pilates Method,
we invite you to join us for a day of workshops, lectures,
and classes in the heart of London.

BODY CONTROL
PILATES®

Development Weekend
33

PRIORITY BOOKING NOW OPEN! SAVE UP TO £50

Sunday 27th September 2026

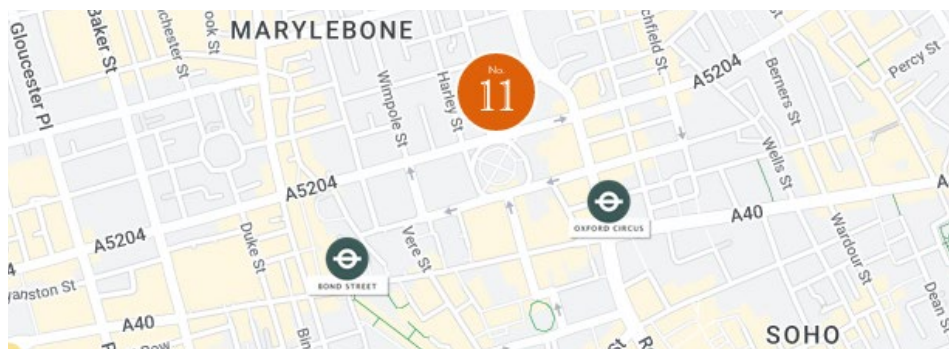
No. 11 Cavendish Square, London, W1G 0AN



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OVER 35 SESSIONS TO CHOOSE FROM!

Held regularly since 1996, the Body Control Pilates Development Weekend has become the largest Pilates event of its kind in the UK. Approximately 300 delegates attend each day. Whilst the Saturday is exclusively available to Body Control Pilates Association members, we are once again very pleased to open the Sunday to all qualified Pilates teachers holding, at a minimum, a Level 3 Pilates matwork qualification.

There are four blocks during the day with each block having nine lectures, workshops, or classes that you can choose from when booking. Complimentary refreshments are served in the morning breaks and during lunch.

PARTNERING WITH THE SPM

The Sunday of Development Weekend will run in association with the Society for the Pilates Method. **The SPM's Directors (Hana Jones, Leigh Robinson, Michael King) will take part in a short Panel Session in the morning** to discuss the current 'State of the Nation' for Pilates in the UK, to update on industry developments, and to answer any questions.

HOW MUCH DO I NEED TO PAY NOW?

The deposit to join the scheme is **£150** and can be paid from now onwards. You can then select your preferred sessions when the programme is released in June.

Please note that Priority Booking spaces are subject to availability. The £150 will be deducted from the total fees payable for your booking when the final programme is released.

HERE'S HOW TO RESERVE YOUR PLACE NOW AND GET PRIORITY BOOKING!

We'll be releasing the full Sunday programme in June. We expect the day to fill quickly so, with this in mind, we are pleased to offer a limited number of Priority Booking places. This enables you to get head of the rush!

Your booking window for the Sunday of Development Weekend will open ahead of that for other Pilates Teachers and you will save £50 on fees.

PRIORITY BOOKING PEACE OF MIND GUARANTEE

If you decide up to one month before Development Weekend that you cannot attend, your £150 and any further fees paid will be repaid to you in full.

FEES

We are pleased to be able to keep fees well below those of equivalent conferences and, as usual, the contents of our renowned **complimentary Delegate Bags will have a value of around £100.**

Fees include all refreshments and food served during breaks on Sunday. If you sign up for Priority Booking, your balance payment of £175 will be due when you book your sessions.

DW33 PRIORITY BOOKING RATE

STANDARD RATE

Sunday

£325

£375

OUR GUEST PRESENTERS

The following guest presenters are already confirmed as part of our DW33 presenter line-up:



Ana Barretxeguren
FOUNDER, MOVING FASCIA



Hana Jones
PILATES FOUNDATION & SPM DIRECTOR



James Earls
BORN TO WALK



Joanne Elphinston MCSP
JEMS MOVEMENT SPECIALIST



Lottie Murphy
LOTTIE MURPHY PILATES



Matthew Ockendon
SPINAL SURGEON



Michael Fritzsche & Ton Voogt (USA)
PHOENIX, ARIZONA



Michael King
MK PILATES & SPM DIRECTOR



Russell Peters
LECTURER IN ANATOMY & BIOMECHANICS



Dr. Sarah Gilchrist
PHYSIOLOGIST AND SLEEP EXPERT



Suzanne Scott
MOVEMENT SPECIALIST FOR ELITE ATHLETES



Tom McCook (USA)
MOUNTAIN VIEW, CALIFORNIA

OUR BODY CONTROL PILATES PRESENTERS

We are delighted to have the following Body Control Pilates presenters delivering sessions on the Sunday: Birthe Brosolat, Brenda Nassali-Liston, Bridget Montague, Charlie Savage, Christie Themistocleous, Conchita del Campo, Georgina Sayer, Matt Marney, Miranda Bass, Nathan Gardner and Paul Howse.

BOOKING YOUR DEVELOPMENT WEEKEND SESSIONS

We expect to release the full programme in the second half of June. The booking window for all sessions will open at that time.

HOW TO PAY YOUR PRIORITY BOOKING DEPOSIT (£150)

Please remember that this is subject to availability.

PAY BY CARD (DEBIT/CREDIT/AMEX)

Please call our team on 020 7636 8900 (weekdays only) to pay by card. We will process your payment and take a record of your name and contact details if we don't already have them. You will receive a receipt and confirmation by email.

PAY BY BANK TRANSFER OR PAYPAL

Please email us at dw@bodycontrolpilates.com to let us know you would like Priority Booking. We will send you a return email with details of how to pay by bank transfer, Paypal, or Wise. If you prefer, we can email a payment link to you.

Please remember that you must be a qualified Pilates Teacher to book and attend.

THANK YOU TO OUR LEAD EQUIPMENT PARTNERS



HERE'S A SNAPSHOT OF DW32 LAST YEAR. DON'T MISS OUT!

