

BCPA Members only: save the date, reserve your place and save up to £65 with 'priority booking'

Development Weekend 33 is just six months away!

Join us for this very special coming together of
the Body Control Pilates community.

BODY CONTROL
PILATES®

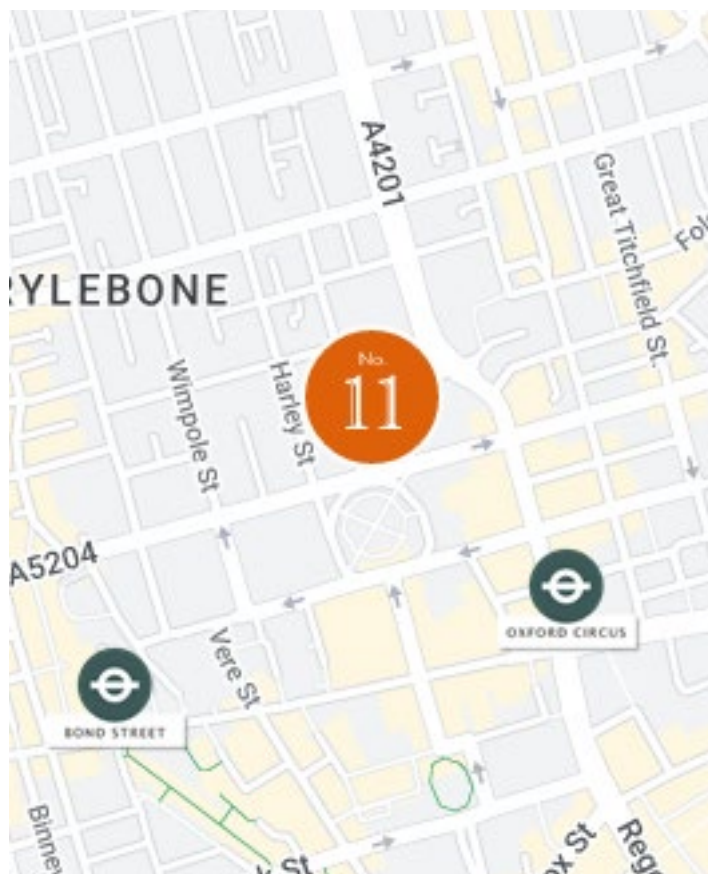
Development Weekend
33

PRIORITY BOOKING NOW OPEN! SAVE UP TO £65

Saturday 26th & Sunday 27th September 2026 | No. 11 Cavendish Square, London, W1G 0AN



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

We're really pleased to be heading back to 11 Cavendish Square in September 2026 for our 33rd Development Weekend. Located in the heart of London, our members have given excellent feedback on the venue for the two Development Weekends held there so far.

We'll be releasing the full programme in early June and, as we expect both days to be fully booked, we're once again giving a **maximum of 100 members** the opportunity to get ahead of the rush and sign up for the Priority Booking scheme.

Your booking window for DW33 sessions will open ahead of general bookings and you will save up to £65 on fees.

The deposit to join the scheme is **£150** and can be paid from now onwards. You do not need to decide at this stage whether you are coming for one or both days.

Please note that Priority Booking spaces are subject to availability. The £150 will be deducted from the total fees payable for your DW33 booking when the final programme is released.

Priority Booking Peace of Mind: If you decide up to one month before DW33 that you cannot attend, your £150 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 Saturday and Sunday.

DW33 PRIORITY BOOKING RATE

STANDARD RATE

Full weekend	£395 (Balance to pay £245)	£460
Saturday only	£285 (Balance to pay £135)	£325
Sunday only	£285 (Balance to pay £135)	£325

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



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



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 joining us for the weekend: Anna Henderson, Birthe Brosolat, Brenda Nassali-Liston, Bridget Montague, Charlie Savage, Christie Themistocleous, Conchita del Campo, Diane Aben, Georgina Sayer, Jacquie Biggs, Jazzi Craddock, Kate Hodder, Kathy King, Louise Tallis, Matt Marney, Melanie Christou, Miranda Bass, Nathan Gardner, Paul Howse, and Sarah-Louise Warden.

WHEN CAN I BOOK MY DW33 SESSIONS?

As mentioned, we expect to release the full programme in early 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 as there is a limit of **100 Priority Booking places**.

BANK

Please make payment by transfer (please give 'DW33' as the reference) to:

FROM UK BASED BANKS:

Body Control Pilates Association

Lloyds Bank

Sort code: 30-97-49

Account number: 01451272

FROM INTERNATIONAL BANKS:

Body Control Pilates Association

Lloyds Bank, Sevenoaks, Kent

BIC: LOYDGB21125

IBAN: GB74 LOYD 3097 4901 451272

CARD

If you want to use pay by card (debit, credit, Amex), please call the team on +44 (0)20 7636 8900 (weekdays, ideally between 9.30am and 4pm). Sorry, credits cannot be used.

PAYPAL

You can also pay by card by going to www.paypal.com and entering the email address sarahb@bodycontrol.co.uk – click on 'Goods and Services' and you can pay by debit or credit card. This will come through to our Academy account. Again, please give 'DW33' as the reference.

WISE

If you're paying from outside the UK, why not have a look at www.wise.com as this is a quick and low-cost way of transferring money. You just need to register and you can then set up a transfer to our UK bank account.

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

