

Online Workshop & Masterclass Descriptions

This update: April 2026

Cara Reeser & Jeremy Laverdure –
Your Song is your Strength: Breathing Mechanism & Core Control
May 2026 – details below

Lorna Nicholson – Chronic Fatigue/PoTS
June 2026 – details below

Please see our emails for availability and booking details

Your Song is Your Strength: The Breathing Mechanism and Core Control

An **online** workshop with
Cara Reeser and Jeremy Laverdure
(3 hours a day over 3 days)



Friday 15th - Sunday 17th May 2026

3pm to 6pm daily (UK time) (Total of 9 hours)

Early Bird: £260 (Academy £235, Academy Plus £220)

Book and pay by April 17th 2026 (subject to availability)

Regular Price: £295 (Academy £265, Academy Plus £250)

BCP CPD: 60 List A points

A recording of all three sessions will be made available for 30 days to those who book, whether you are able to attend each session or not.

One current model of the body's "core" includes the abdominal and low back muscles, the thoracic diaphragm, and the pelvic floor. Because these muscles are also intimately involved in breathing, breath control and core control are inseparable. Understanding the implications of this model makes it easier to correctly and safely coach both Pilates exercises and functional movement.

In this Movement Science Made Simple course, we examine:

- How the abdominals, diaphragm, and pelvic floor work together as part of the breathing mechanism, and as movers and stabilisers of the lumbar spine and pelvis.
- The physiology of breathing, emphasising the interplay between voluntary and involuntary regulation.
- The role of intra-abdominal pressure in low back stability, and the necessity of both abdominal "hollowing" and abdominal "bracing" movement strategies.
- Supportive and stabilising functions of the pelvic floor, including its role in intra-pelvic stability.

Beginning with breathing exercises from Pilates, yoga, and physical therapy, we will build a strong foundation for our own movement. As the relationship between breath control and core control becomes clear, course participants will learn how breathing strategies can facilitate or undermine movement strategies.



ABOUT CARA

Cara Reeser has been teaching Pilates for close to 30 years. As a former dancer and dance movement educator you could say that she has been inspired by the moving body her entire life, and still is. Cara earned a BA from Sarah Lawrence College and an MFA in Dance, from New York University's Tisch School of the Arts. It was at NYU that Cara began her initial studies in the Pilates Method with first generation Master Teacher, Kathleen Stanford Grant. In 1993, Cara moved to Boulder, Colorado where she continued her Pilates training at The Pilates Center. After completing her training, Cara taught there for six years. In 1999 Cara opened her own studio, Pilates Aligned in Denver, Colorado, which she directed for 20 years. Cara is a Continuing Education provider for Pilates instructors offering a variety of workshops and mentoring programmes for professionals worldwide and online with Pilates Anytime. As a second-generation Pilates instructor and a lineage carrier of the Kathy Grant work. Cara is the lead teacher and director of a postgraduate training program called The Heritage Training. Cara was a member of the Department of Dance faculty at Naropa University for 15 years. She also danced and choreographed professionally for over 20 years. For the past 15 years she has been a dedicated student of the Yoga tradition, which has further inspired her interest in the science of movement and the body-mind connection. Cara currently lives in Brooklyn, NY where she teaches classes, sessions and workshops live and online.

ABOUT JEREMY

Jeremy Laverdure is a physical therapist and Pilates instructor based in New York City. Jeremy's Pilates teaching is informed by his training at The Pilates Center of Boulder, his many years as a yogi and dancer, and his study of Klein Technique with Barbara Mahler. As a physical therapist, he has developed an interest in chronic pain, applying the most current research in that area to his work. For 13 years, Jeremy was an owner of Sixth Street Pilates, a boutique Pilates studio in Manhattan. In 2014, he and Cara Reeser founded Movement Science Made Simple.

Pilates for Chronic Fatigue Syndrome, PoTS, and associated conditions

An online workshop led by

Lorna Nicholson



Saturday June 20th 2026

10am to 12.30pm & 1.30pm-3.30pm

£125 (Academy Members pay £112.50)

CPD: A30

This will be a practical and interactive workshop, covering:

- What are PoTS, ME/CFS? Aetiology, diagnosis, management and overlap.
- A brief look at HSD, hEDS and association with PoTS.
- Symptoms and how they may affect an individual in a Pilates class environment.
- Triggers which may exacerbate symptoms and how they can be managed in a class setting.
- We will consider the evidence for “exercise” in the management of these conditions, and barriers to exercise.
- How Pilates can help in the management of these conditions.
- Practical considerations when working with these client groups.
- We will also look at how Pilates teachers can offer psychological support.

Glossary:

PoTS: Postural Tachycardia Syndrome

HSD: Hypermobility Spectrum Disorder

hEDS: Hypermobile Ehlers-Danlos syndrome

ME/CFS: Myalgic encephalomyelitis/Chronic Fatigue Syndrome

ABOUT LORNA

Lorna has been working as a registered nurse since 1994, spending many years in Accident and Emergency, eventually becoming an Emergency nurse practitioner, specialising in muscular skeletal injuries. Lorna now works part-time as an Advanced Nurse Practitioner in a GP surgery. In 2006 she developed PoTS (Postural Tachycardia Syndrome) – and, as a result of the lack of information and patient support, she started the charity 'PoTS UK' offering evidence-based information, patient support, raising awareness, and promoting research (www.potsuk.org). Lorna has also presented at medical/nursing conferences to raise awareness of PoTS and has authored a number of journal articles on PoTS in the medical literature.

During this time, she started doing Pilates for herself, and soon realised the benefit of Pilates for those with PoTS as a form of activity they can participate in. As a result, she trained as a Body Control Pilates teacher, qualifying in 2016. Lorna has also gained her Level 4 Pilates certification.

She is now actively involved in promoting the benefits of Pilates for a wide range of conditions, including PoTS, Hypermobility Spectrum Disorder (HSD), Hypermobility Ehlers-Danlos Syndrome (hEDS), Chronic Fatigue Syndrome/Myalgic Encephalomyelitis (CFS/ME), and Fibromyalgia. She currently has a number of clients with these conditions.