

ONLINE COURSES & WORKSHOPS FOR BCPA MEMBERS 2026		Time (UK)	Total Hour	Planned Tutor	Fees £	Fees £	CPD Points	
as at 01/05/26				(tutors may change)		(Academy)		
PRINTED COURSE NOTES will be posted to all UK bookings made before 01/06/26		For bookings after 01/06/26 please add £20 for PRINTED COURSE NOTES (within UK). All fees below include pdf notes.						
6th May	Wednesday	CPR Basic Life Support - 18 months certification	9.30am-12.45pm	3 1/4 hrs	Rob Fisher (Prime First Aid)		Fully booked	
8th May	Friday	BackGood Low Back Pain: Day 1	10am-12pm & 2pm-4pm	5 hrs	Kyle Blackburn	£375	£337.50 5 spaces left	
9th May	Saturday	BackGood Low Back Pain: Day 2	10am-12pm & 2pm-4pm	5 hrs	Louise Tallis		A90 (Days 1-3)	
9th May	Saturday	Hypopresives for Pilates Teachers: Foundation Day	10am-12.30pm & 1.30-4pm	5 hrs	Abby Lord	£160	£144 5 spaces left	
		Hypopresives Special! Book Foundation on 9/5 and Day 2 'Mobilise your Fascia' on 10/5 or any later date for just £295 (Academy members £265)!!				See Special!!		
9th May	Saturday	Pilates for Children & Adolescents: Day 1 (see footer) NOW WITH RECORDING!	10am-12.30pm & 1.30-3.30pm	4.5 hrs	Sarah Warden	£245	£220.50 Good availability	
10th May	Sunday	Pilates for Children & Adolescents: Day 2	10am-12.30pm & 1.30-3.30pm	4.5 hrs	Sarah Warden		A60 (Days 1&2)	
10th May	Sunday	Hypopresives for Pilates Teachers Day 2: Mobilise your Fascia	10am-12.30pm & 1.30-4pm	5 hrs	Abby Lord	£160	£144 3 spaces left	
10th May	Sunday	BackGood Low Back Pain: Day 3	10am-12pm & 2pm-4pm	5 hrs	Louise Tallis		A30	
12th May	Tuesday	CPR Basic Life Support - 18 months certification	12pm-3.15pm	3 1/4 hrs	Rob Fisher (Prime First Aid)	£40	£40 5 spaces left	
15th May	Friday	Pilates and Mental Wellbeing	10.30am-12pm & 2pm-4pm	4.5 hrs	Lorna Nicholson	£140	£126 5 spaces left	
15th May	Friday	Breathing Mechanism and Core Control - Day 1 WORKSHOP with recording!	3pm-6pm	3hrs	Cara Reeser & Jeremy Laverdure	£260	£235 Early Bird	
16th May	Saturday	Breathing Mechanism and Core Control - Day 2 WORKSHOP with recording!	3pm-6pm	3hrs	Cara Reeser & Jeremy Laverdure		A60 (Days 1-3)	
16th May	Saturday	Reformer for Pre- & Postnatal Clients (must have done Pilates for Performance first)	10am-12.30pm	3 hrs	Sarah Warden	£115	£103.50 4 spaces left	
16th May	Saturday	Pilates and Breast Cancer Rehab: Foundation Day	10am-12.30pm & 1pm-3.30pm	5 hrs	Karen Robb	£140	£126 4 spaces left	
		Breast Cancer Rehab Special! Book Foundation on 16/05 or later for just £240 (Academy members £215)!!				See Special!!		
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 4 spaces left	
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 Good availability	
28th May	Thursday	CPR Basic Life Support - 18 months certification	12pm-3.15pm	3 1/4 hrs	Rob Fisher (Prime First Aid)	£40	£40 3 spaces left	
29th May	Friday	Understanding Medical Conditions	10am-12.30pm & 1.30-3.30pm	4.5 hrs	Kyle Blackburn	£125	£112.50 Good availability	
30th May	Saturday	Pilates and Hypertability: Foundation Day	10am-12.30pm & 2pm-4.30pm	5 hrs	Jane Simmonds & Mark Parfitt	£145	£130.50 6 spaces left	
		Hypertability SPECIAL! Book Foundation on 30/05 and Programmes on 13/06, 9/8 or a future date for £250 (Academy members £225)!!				See Special!!		
30th May	Saturday	Movement: Day 1 NOW WITH RECORDING!	10am-12pm & 1.30pm-4pm	4.5 hrs	Nathan Gardner	£215	£193.50 Good availability	
		SPECIAL OFFER! Book Movement starting 30/5 and Adaptations starting on 27/6 for just £330 (Academy members £297). Saving up to £100!!				See Special!!		
31st May	Sunday	Movement: Day 2 NOW WITH RECORDING!	10am-12pm & 1.30pm-4pm	4.5 hrs	Nathan Gardner			
31st May	Sunday	Pilates for Bone Health	10am-12.30pm & 1.30pm-4pm	5 hrs	Louise Tallis		Fully booked	
5th June	Friday	Ball (Gym Ball)	10am-12pm & 1pm-3pm	4 hrs	Kate Hodder	£125	£112.50 5 spaces left	
6th June	Saturday	Pilates for Golfers	10am-12.30pm & 1.30pm-3.30pm	4.5 hrs	Jenny Tyler	£125	£112.50 New date!	
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!	
13th June	Saturday	Pilates and Hypertability: Programmes Day (must have done Foundation)	10am-12.30pm & 2pm-4.30pm	5 hrs	Jane Simmonds & Mark Parfitt	£145	£130.50 Good availability	
13th June	Saturday	Pilates and Neurodiversity: Day 1 NEW COURSE!	10am-12.30pm & 1.30pm-3.30pm	4.5 hrs	Shreya Vashisht & Sarah Warden	£240	£216 5 spaces left	
14th June	Sunday	Pilates and Neurodiversity: Day 2	10am-12.30pm & 1.30pm-3.30pm	4.5 hrs	Shreya Vashisht & Sarah Warden		A60 (Days 1&2)	
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!	
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!	
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	
21st June	Sunday	Pilates for the Menopause: Day 2	10am-12.30pm & 1.30-3.30pm	4.5 hrs	Sarah Warden		A60 (Days 1&2)	
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!	
27th June	Saturday	Pilates for Bone Health	10am-12.30pm & 1.30pm-4pm	5 hrs	Louise Tallis	£140	£126 Good availability	
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	
28th June	Sunday	Adaptations: Day 2 (inc Workbooks Review)	10am-12pm & 1.30pm-3.30pm	4 hrs	Julia Crossman		A60 (Days 1&2)	
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	
3rd July	Friday	Pregnancy 1	10am-12.30pm & 1.30pm-4.30pm	5.5 hrs	Lynne Robinson	£140	£126 New date!	
		Pregnancy Special! Book Preg 1 on 3/7 and Pregnancy 2 on 4/7 or a later date for just £230 (Academy members £200)!!				See Special!!		
4th July	Saturday	Pregnancy 2 (must have done Pregnancy 1)	10am-12.30pm & 1.30pm-4pm	5 hrs	Sarah Warden	£140	£126 New date!	
4th July	Saturday	Pilates for the Older Person: Day 1	10am-12pm & 2pm-4.30pm	5.5 hrs	Lorna Nicholson	£225	£202.50 New date!	
5th July	Sunday	Pilates for the Older Person: Day 2	10am-12pm & 2pm-4pm	5 hrs	Lorna Nicholson		A60 (Days 1&2)	
11th July	Saturday	Standing Pilates	10am-12pm & 1pm-3pm	4 hrs	Kathy King	£125	£112.50 New date!	
11th July	Saturday	Exercise Strategies for Diastasis Recti WITH RECORDING!	10am-12pm	3 hrs	Sarah Warden	£115	£103.50 New date!	
17th July	Friday	Kyle Blackburn workshop - topic tba WORKSHOP	9.30am-12.30pm	3hrs	Kyle Blackburn		not open yet	
17th July	Friday	Kyle Blackburn workshop - topic tba WORKSHOP	1.30pm-4.30pm	3hrs	Kyle Blackburn		not open yet	
18th July	Saturday	Pilates in Prostate Cancer	10am-12.30pm & 1.30pm-4pm	5 hrs	Karen Robb & Mark McCaffrey	£160	£144 New date!	
25th July	Saturday	Pilates for Swimmers WORKSHOP	10am-12pm	3hrs	Jenny Tyler	£100	£90 New date!	
25th July	Saturday	Pilates for Performance	10am-12.30pm & 2pm-4pm	4.5 hrs	Nathan Gardner	£140	£126 New date!	
		Performance Special! Book Performance on 25/7 and Runners on 26/7 or a later date or Pilates on 01/08 or a later date for just £330 (Academy members £200)!!				See Special!!		
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!	
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!	
1st August	Saturday	Pilates with the Band EXERCISES RECORDING POST-COURSE!	10am-12pm & 1pm-3pm	4 hrs	Sarah Warden	£140	£126 New date!	
2nd August	Sunday	Foam Roller	10am-12pm & 1pm-3pm	4 hrs	Kate Hodder	£125	£112.50 New date!	
7th August	Friday	Small Ball & Toning Circle	10am-12pm & 1pm-3pm	4 hrs	Kate Hodder	£125	£112.50 New date!	
8th August	Saturday	Hypopresives for Pilates Teachers: Foundation Day	10am-12.30pm & 1.30-4pm	5 hrs	Abby Lord	£160	£144 6 spaces left	
		Hypopresives Special! Book Foundation on 8/8 and Day 2 'Mobilise your Fascia' on 9/8 or any later date for just £295 (Academy members £265)!!				See Special!!		
9th August	Sunday	Hypopresives for Pilates Teachers Day 2: Mobilise your Fascia	10am-12.30pm & 1.30-4pm	5 hrs	Abby Lord	£160	£144 New date!	
22nd August	Saturday	Matwork Certification Update Day	10am-12pm & 1.30pm-3pm	3.5hrs	Sarah Marks	£125	£112.50 New date!	
5th September	Saturday	Movement: Day 1 NOW WITH RECORDING!	10am-12pm & 1.30pm-4pm	4.5 hrs	Nathan Gardner	£215	£193.50 New date!	
		SPECIAL OFFER! Book Movement starting 05/09 and Adaptations starting on 12/09 for just £330 (Academy members £297). Saving up to £100!!				See Special!!		
6th September	Sunday	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!	
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!	
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!	
		Breast Cancer Rehab Special! Book Foundation on 3/10 and Programmes on 4/10 or later for just £240 (Academy members £215)!!				See Special!!		
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!	
9th October	Friday	BackGood Low Back Pain: Day 1	10am-12pm & 2pm-4pm	5 hrs	Kyle Blackburn	£375	£337.50 New date!	
10th October	Saturday	BackGood Low Back Pain: Day 2	10am-12pm & 2pm-4pm	5 hrs	Louise Tallis		A90 (Days 1-3)	
11th October	Sunday	BackGood Low Back Pain: Day 3	10am-12pm & 2pm-4pm	5 hrs	Louise Tallis			
17th October	Saturday	Pilates and Hypertability: Foundation Day	10am-12.30pm & 2pm-4.30pm	5 hrs	Jane Simmonds & Mark Parfitt	£145	£130.50 New date!	
		Hypertability SPECIAL! Book Foundation on 17/10 and Programmes on 28/11 or a future date for £250 (Academy members £225)!!				See Special!!		
23rd October	Friday	Pregnancy 1	10am-12.30pm & 1.30pm-4.30pm	5.5 hrs	Lynne Robinson	£140	£126 New date!	
		Pregnancy Special! Book Preg 1 on 23/10 and Pregnancy 2 on 24/10 or a later date for just £230 (Academy members £200)!!				See Special!!		
24th October	Saturday	Pregnancy 2 (must have done Pregnancy 1)	10am-12.30pm & 1.30pm-4pm	5 hrs	Sarah Warden	£140	£126 New date!	
7th November	Saturday	Spine Corrector & Pilates Arc	10am-12.30pm & 1.30pm-4pm	5 hrs	Jacquie Biggs	£160	£144 New date!	
		Buy a Balance Body Pilates Arc for just £85 (excluding £15 UK p&g) 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!	
8th November	Sunday	Pilates and Scoliosis: Day 2	10am-12.30pm & 1.30-4pm	5 hrs	Louise Tallis		A60 (Days 1&2)	
14th November	Saturday	Pilates for Performance	10am-12.30pm & 2pm-4pm	4.5 hrs	Nathan Gardner	£140	£126 New date!	
		Performance Special! Book Performance on 14/11 and Runners on 21/11 or a later date for just £330 (Academy members £200)!!				See Special!!		
14th November	Saturday	Pilates for Children & Adolescents: Day 1 (see footer) NOW WITH RECORDING!	10am-12.30pm & 1.30-3.30pm	4.5 hrs	Sarah Warden	£245	£220.50 New date!	
15th November	Sunday	Pilates for Children & Adolescents: Day 2	10am-12.30pm & 1.30-3.30pm	4.5 hrs	Sarah Warden		A60 (Days 1&2)	
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!	
28th November	Saturday	Pilates and Hypertability: Programmes Day (must have done Foundation)	10am-12.30pm & 2pm-4.30pm	5 hrs	Jane Simmonds & Mark Parfitt	£145	£130.50 New date!	