

ONLINE COURSES & WORKSHOPS FOR BCPA MEMBERS 2026		Time (UK)	Total Hours	Planned Tutor	Fees £	Fees £	CPD Points		
as at 30/05/26				(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.							
30th May	Saturday	Pilates and Hypermobility: Foundation Day	10am-12.30pm & 2pm-4.30pm	5 hrs	Jane Simmonds & Mark Parfitt	£145	£130.50	3 spaces left	A30
		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	10am-12pm & 1.30pm-4pm	4.5 hrs	Nathan Gardner	£215	£193.50	Good availability	A60 (Days 1&2)
		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	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	A30
5th June	Friday	Ball (Gym Ball)	10am-12pm & 1pm-3pm	4 hrs	Kate Hodder			Fully booked	A30
6th June	Saturday	Pilates for Golfers	10am-12.30pm & 1.30pm-3.30pm	4.5 hrs	Jenny Tyler	£125	£112.50	Good availability	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	Good availability	
13th June	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	4 spaces left	A30
13th June	Saturday	Pilates and Neurodiversity: Day 1	10am-12.30pm & 1.30pm-3.30pm	4.5 hrs	Shreya Vashist & Sarah Warden	£240	£216	5 spaces left	A60 (Days 1&2)
14th June	Sunday	Pilates and Neurodiversity: Day 2	10am-12.30pm & 1.30pm-3.30pm	4.5 hrs	Shreya Vashist & Sarah Warden				
16th June	Tuesday	CPR Basic Life Support - 18 months certification	12pm-3.15pm	3 1/4 hrs	Rob Fisher (Prime First Aid)	£40	£40	Good availability	
20th June	Saturday	Pilates for ME/Chronic Fatigue, POTs, Associated Conditions	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	Good availability	
27th June	Saturday	Pilates for Bone Health	10am-12.30pm & 1.30pm-4pm	5 hrs	Louise Tallis	£140	£126	3 spaces left	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	Good availability	A30
		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	4 spaces left	A30
4th July	Saturday	Pilates for the Older Person: Day 1	10am-1pm & 2pm-4.30pm	5.5 hrs	Lorna Nicholson	£225	£202.50	4 spaces left	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	Good availability	A30
11th July	Saturday	Exercise Strategies for Diastasis Recti	10am-1pm	3 hrs	Sarah Warden	£115	£103.50	Good availability	A15
17th July	Friday	Sacroiliac Joint Dysfunction & how Pilates can help	9.30am-12.30pm	3hrs	Kyle Blackburn	£110	£99	New date!	A15
		Special! Book both of Kyle's workshops on 17/7 for just £180 (Academy £162)							
17th July	Friday	Shoulder Pathology & how Pilates can help	1.30pm-4.30pm	3hrs	Kyle Blackburn	£110	£99	New date!	A15
18th July	Saturday	Pilates in Prostate Cancer	10am-12.30pm & 1.30pm-4pm	5 hrs	Karen Robb & Mark McCaffrey	£160	£144	Good availability	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	Good availability	A30
		Performance Special! Book Performance on 25/7 and Runners on 26/7 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	Good availability	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	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
		Hypopressives 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)!!							
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	10am-12pm & 1.30pm-4pm	4.5 hrs	Nathan Gardner	£215	£193.50	New date!	A60 (Days 1&2)
		SPECIAL OFFER! Book Movement starting 05/09 and Adaptations starting on 12/09 for just £330 (Academy members £297). Saving up to £100!!							
6th September	Sunday	Movement: Day 2	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
		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
		Hypermobility SPECIAL! Book Foundation on 17/10 and Programmes on 28/11 or a future date for £250 (Academy members £225)!!							
23rd October	Friday	Pregnancy 1	10am-12.30pm & 1.30pm-4.30pm	5.5 hrs	Lynne Robinson	£140	£126	New date!	A30
		Pregnancy Special! Book Preg 1 on 23/10 and Pregnancy 2 on 24/10 or a later date for just £230 (Academy members £200)!!							
24th October	Saturday	Pregnancy 2 (must have done Pregnancy 1)	10am-12.30pm & 1.30pm-4pm	5 hrs	Sarah Warden	£140	£126	New date!	A30
31st October	Saturday	Pilates for the Menopause: Day 1	10am-12.30pm & 1.30-3.30pm	4.5 hrs	Patsy Westcott	£225	£202.50	New date!	A60 (Days 1&2)
1st November	Sunday	Pilates for the Menopause: Day 2	10am-12.30pm & 1.30-3.30pm	4.5 hrs	Sarah Warden				
7th November	Saturday	Spine Corrector & Pilates Arc	10am-12.30pm & 1.30pm-4pm	5 hrs	Jacque Biggs	£160	£144	New date!	A30
		Buy a Balanced 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	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
		Performance Special! Book Performance on 14/11 and Runners on 21/11 or a later date for just £230 (Academy members £200)!!							
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!	A60 (Days 1&2)
15th November	Sunday	Pilates for Children & Adolescents: Day 2	10am-12.30pm & 1.30-3.30pm	4.5 hrs	Sarah Warden				
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
27th November	Friday	Reformer for Pre- & Postnatal Clients (must be Reformer, Pregnancy qualified)	10am-1pm	3 hrs	Sarah Warden	£115	£103.50	New date!	A15
28th 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