

Development Weekend 33

BOOKING FORM

BODY CONTROL
PILATES®

Sunday 27th September 2026

No. 11 Cavendish Square,
London, W1G 0AN

Development Weekend

Less than two minutes' walk from Oxford Circus!



In Association with the Society
for the Pilates Method

PART 1 – BOOKING FORM

Your name: _____



We recommend saving this to your computer, completing it, saving again, and then emailing it as an attachment to dw@bodycontrolpilates.com

Please indicate your session order of preference by putting 1-4 in the boxes, where '1' is your first choice. Thanks. If you do not indicate reserve choices, we will allocate based on availability.

SUNDAY: 27TH SEPTEMBER 2026

Block 5

9.00am – 10.00am

WARM UP CLASSES

5.1

Advanced Classical Mat...Sort Of!
Michael Fritzke & Ton Voogt

5.2

Wake Up and Warm Up!
Charlie Savage

5.3

Glowing into Sunday: Lymphatic Flow
for a Lighter Body
Christie Themistocleous

5.4

Conchita's Morning Routine
Conchita del Campo

5.5

Wake Up Your Body – a Franklin Mini
Roller Class
Birthe Brosolat

5.6

Mindful Movement and Mobility
Matt Marney

5.7

Feel Good Flow
Lottie Murphy

5.8

REFORMER
Morning Warm-Up
Bridget Montague

Block 6

10.45am – 12.15pm

6.1

LECTURE
Rehabilitation after Spinal Surgery
Matthew Ockendon

6.2

LECTURE
Giving Them Wings: The Upper Limb
Reimagined
Joanne Elphinston

6.3

LECTURE
Fascial Breath
Ana Barretxeguren

6.4

Getting the Best from your Box!
Miranda Bass

6.5

Cueing the Sensory Body: Fascia,
Language and Touch
Georgina Sayer

6.6

Kinetic Flow
Paul Howse

6.7

Youthful Spine
Tom McCook

6.8

Pilates and the Lower Limb
Michael Gale

6.9

Movement Connections: Teaching the
Body as One System
Michael King

6.10

Dynamic Balance
Michael Fritzke & Ton Voogt

6.11

REFORMER
A Balancing Act – A Pilates Solution for
Modern Posture
Hana Jones

Block 7

1.15pm – 2.45pm

7.1

LECTURE
The Shoulder - Taking the Complexity
out of the Complex
James Earls

7.2

LECTURE
Sleep and Physical Activity
Sarah Gilchrist

7.3

LECTURE
Biomechanics for Beginners
Russell Peters

7.4

Flow Mat: Creative Programming and
Sequencing
Michael King

7.5

Creating a Bridge to Better Results in
Pilates Mat
Tom McCook

7.6

Moving Fascia on the Mat: The Diaphragm
and Whole-Body Organisation
Ana Barretxeguren

7.7

Bring on the Toning Balls!
Charlie Savage

7.8

Finding your Wings: The Upper Limb
Experienced
Joanne Elphinston

7.9

Pelvic Powerhouse
Nathan Gardner

7.10

A Balancing Act – A Pilates Solution for
Modern Posture (The Mat Session)
Hana Jones

7.11

REFORMER
Advanced Classical Reformer
Michael Fritzke & Ton Voogt

Block 8

3.00pm – 4.30pm

8.1

LECTURE
May the Force Be With You:
Biomechanics and Posture
Russell Peters

8.2

LECTURE
The Lifecycle of Women's Sleep
Sarah Gilchrist

8.3

Front, Back and Sides
Conchita del Campo

8.4

Finding Balance
Michael Gale

8.5

Release & Reconnect: From Tension to
Integrated Support
Michael Fritzke & Ton Voogt

8.6

The 3D Mat: A Biotensegrity Approach
to Pilates
Brenda Nassali-Liston

8.7

The Shoulder – Making the Complex
Move
James Earls

8.8

In Honour of the Foot
Hana Jones

8.9

The Pilates Principles in a Modern Context
Matt Marney

8.10

REFORMER
Improving Health and Function
Tom McCook

PART 2 – LETTING US KNOW ABOUT YOUR PAYMENT FOR DW33

PAYMENT DETAILS

Your name

How much are you paying?

Please tick this box if you already made a Priority Booking payment of £150

Please let us know how you are paying:

I am making a bank transfer (BACS or IBAN)

I am paying by Wise

I am paying via Paypal

I will call the Body Control Pilates office on 020 7636 8900 to pay by card (debit, credit, Amex)

I understand that my booking cannot be processed until payment is received or, in the case of international payments, has been notified.

Date

All done?

When you have completed the Booking and Payment Form, please save it to your computer and then email it as an attachment to dw@bodycontrolpilates.com

If you have technical problems, please feel free to email your choices and payment confirmation in the body of an email to dw@bodycontrolpilates.com

See you there!

BANK TRANSFERS

Account: Body Control Pilates Association
Sort Code: 30-97-49
Account: 01451272

INTERNATIONAL BANK TRANSFERS

Body Control Pilates Association,
Lloyds Bank, Sevenoaks, Kent
BIC: LOYDGB21125
IBAN: GB74 LOYD 3097 4901 451272

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 set up a transfer to the above UK bank account.

CREDIT CARD/AMEX

Please call the office on:
+44 (0)20 7636 8900

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. Please give 'DW33' as the reference.

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