

Feedback from Matwork Teacher Training Course Graduates in 2025 and 2026

The following comments were received from students who completed our Matwork Teacher Training course within the last 18 months.

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“I’ve just picked up my certificate! What a feeling to have worked tirelessly and finally achieved this goal with the care, guidance and superb education that Body Control Pilates offers. Now on to teach and plan my next level of training. Thank you 😊”

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“I can honestly say that my training with BCP has been one of the best decisions I have ever made. After leaving teaching due to burnout, I never imagined I would rediscover a true passion. However, Body Control Pilates helped me find that spark again, and Pilates has since become a huge and fulfilling part of my life.

“From the very beginning, I was impressed. My first telephone conversation with Ella was welcoming and informative, and the course administration throughout was consistently efficient and well organised. The module manuals are exceptional—comprehensive and rich in knowledge, yet presented in a way that feels clear, concise, and accessible for beginners without being overwhelming.

The tutors delivering the online modules were outstanding. Each brought their own expertise and personality to the teaching, while maintaining consistency in content and reference to the manuals. The level of support during these modules was excellent—no question ever felt too small, and responses were always thoughtful and thorough.

Although initially nerve-wracking, my visits to the London studio were always positive experiences. I was made to feel welcome from the outset, and the nurturing environment, combined with constructive and encouraging feedback, made each visit incredibly worthwhile. The support from supervising teachers was also fantastic—I feel very fortunate to have worked with such supportive individuals. Every teaching experience was handled positively, with clear and encouraging guidance for development.

Since qualifying, I have continued to be impressed by the range and quality of CPD courses available. The tutors remain highly knowledgeable, supportive, and genuinely invested in helping students grow.

I am only at the beginning of my journey, but I feel excited and confident about what lies ahead. I look forward to continuing to develop my skills and becoming the very best teacher I can be—with BCP’s ongoing support!”

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“Thoroughly loved the course and have recommended it to other people to do. I miss it now it’s over. It would be great if there could be a studio gathering for those who have qualified in the last year- so we could share experiences, give advice to each other and not feel quite so isolated once we’ve passed. Can’t wait to start Level 4 with BCP!”

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“I honestly feel so grateful to have completed the Basic Mat training with BCP. The training is incredibly thorough, and each tutor brings something different to the table in terms of feedback style. You really get the sense that everyone genuinely cares about Pilates and your development.

Everything about the process was extremely well executed. It was truly one of the best experiences of my life, and I’m so grateful to everyone at BCP. Thank you.”

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“The Body Control Pilates teacher training course was a very positive experience for me. When I first received my welcome pack with all the manuals, I genuinely wondered whether I would be able to do it. However, from my very first Zoom session with Lynne Robinson, those doubts quickly disappeared. She was wonderful and immediately made me feel relaxed and supported.

The course structure and flexibility is extremely well organised, and everything truly came together in the way Lynne had promised. All of the staff and tutors are highly professional, approachable and supportive, with very quick responses whenever help was needed.

The tutors are exceptional. What mattered most to me was never feeling that any question was silly or unimportant. They always took the time to explain not just the *how*, but the *why*, ensuring real understanding. Their encouragement and positive feedback helped me to build confidence as a teacher.

Each section of the course connects extremely well, gradually forming a complete picture and leading to a thorough and well-rounded understanding by the end.

I also loved attending the London studio sessions, where I always felt welcome and supported. I honestly cannot think of any suggestions for improvement. I would recommend this course with complete confidence to anyone looking to become a Pilates teacher.”

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“Thank you so much, it’s been very hard at times but I’ve loved every minute . It’s the best thing I’ve ever done .

Just wanted to say a massive thank you to you for all your help along the way . The help and advice you’ve given has been invaluable and I’m so grateful for all the changes you made with my CD’s / workshops when I was recovering from surgery . It really wasn’t an easy time, but I was so glad of your support .

Thinking about doing Reformer next !!! But we will see!”

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“The level of training is outstanding and teachers’ expertise is top tier.”

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“My experience of training for my Mat instructor certificate at Body Control Pilates was highly enjoyable and pleasurable. Not only were the tutors knowledgeable, they were friendly, encouraging, and supportive, whether that was in the studio, on zoom, or over email. The office team was also very helpful, friendly, and quick to respond to any questions I had. Thanks to the quality and depth of the content of the course, I feel confident in my knowledge and capabilities, and ready to teach.”

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Overall, Body Control Pilates was an incredibly insightful, engaging and fantastic experience.

All the teachers are exceptional, incredibly knowledgeable and helpful - they could not have been kinder.

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Depth of Knowledge: I am incredibly pleased I chose Body Control. The depth of understanding I've gained is significant; compared to other teachers I have met, I feel my foundational knowledge is much more robust.

Expert Tuition: The tutors are exceptionally knowledgeable, and the program of study—while complex to navigate initially—is incredibly thorough. Once all the strands clicked into place, the curriculum made sense and everything has value.

Helpful Team: It has been lovely to feel supported by the admin team as well as the tutors.

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