

Development Weekend 33

CONFERENCE PROGRAMME

BODY CONTROL
PILATES®

Development Weekend
33

Sunday 27th September 2026

No. 11 Cavendish Square,
London, W1G 0AN

Less than two minutes' walk from Oxford Circus!



In Partnership with:



WELCOME TO THE BODY CONTROL PILATES DEVELOPMENT WEEKEND!

'Development Weekend' conferences have been a cornerstone of the Body Control Pilates professional development programme for over 30 years. Our 33rd Development Weekend in September 2026 offers a unique opportunity to come together with fellow Pilates professionals from around the UK and beyond and to recharge your teaching batteries.

Alongside over 40 workshops, lectures, and classes, there will also be an update on Sunday morning on the work of the Society for the Pilates Method with regard to the development of standards and Scopes of Practice for Pilates in conjunction with EMD UK, the National Governing body for our sector. This is being done ahead of the planned introduction in 2027 of the Sport England-led Professional Register for Pilates teachers and other fitness professionals.

With these important initiatives on the horizon, with the continued explosive growth in Pilates, and with the ever-present risk of teaching standards being watered down as a result of large classes, it's more important than ever that we all come together as a profession to develop our skills and knowledge and to reinforce the need for excellence and safety in the teaching of the Pilates Method.

With that in mind, it is our pleasure to invite you to join us on **Sunday September 27th 2026** at our amazing venue, 11 Cavendish Square, in the heart of London! In order to register, all we ask is that you hold, at a minimum, a Level 3 Pilates qualification (or equivalent).

We have a great line-up of presenters and topics this year. You will find full details of Sunday's programme in this brochure of all workshops, lectures, and classes running in the four blocks – and teas, coffees, and lunchtime food options are all included as part of your DW33 package!

You will also have the opportunity to visit all of our Partner Stands in the breaks, including **Balanced Body** and **Sissel UK** who have kindly provided all of the equipment and accessories used this weekend. You can find more details on all Partners on pages 8-11.

I very much hope that you can join us! If you would like to come along, please complete the Booking Form that has been emailed to you and email it back to us at dw@bodycontrolpilates.com You can also find payment details in this brochure.



If you have any questions at all, our team is here to help. Please give us a call on 020 7636 8900 or drop us an email at dw@bodycontrolpilates.com

With best wishes,



Lynne Robinson

DW33 HEADLINES

- Please check in upon arrival to collect your name badge and Welcome Pack. We'll give you your complimentary DW33 Delegate Pack when you come to the Opening Session in the Burdett Suite.
- Upon arrival, please leave any large bags etc in the cloakroom to the right of the main entrance. This will be staffed throughout the weekend!
- Early morning classes start at 9am on Sunday. Don't worry, if you arrive late, you can still join in!
- **Society for the Pilates Method (SPM) Sunday Update:** This will take place at 10.15am on Sunday in the Burdett Suite. It will give a lightning tour (20-minute) of how the SPM is involved in helping to improve standards in education. It will also look at the work being done with the wider industry to minimise the risks and to prevent damage to the hard-earned reputation of Pilates associated linked to the explosion of large Group Reformer classes.
- **A shorter Sunday lunchbreak:** to help us pack the maximum amount of content into Sunday, we are shortening the lunchbreak to one hour this year, probably with a buffet lunch available. We are still in discussion with the team at 11 Cavendish Square to finalise arrangements and will update everyone nearer the time.
- Please take time to visit our Partner Stands during the breaks.

CONFERENCE SCHEDULE

Sunday 27th September 2026

9.00 - 10.00 **Block 5 Classes**

10.15 - 10.40 **SPM Update**

10.45 - 12.15 **Block 6**

12.15 - 1.15 Lunch

1.15 - 2.45 **Block 7**

2.45 - 3.00 Break

3.00 - 4.30 **Block 8**

END

Complimentary tea/coffee will be served as follows:

- Between 8.30-10.30am
- During the lunch break

FEES

Please note that we cannot process your booking until we have received your fee payment.

The cost for attending for the day is £375.

This includes your **complimentary DW delegate bag of goodies (worth over £100)**, lunch and tea/coffee throughout the day.

Please note

- Our preferred method of payment is bank transfer, Paypal or Wise.
- Just transfer the relevant fee to us at the account below making sure that you include your name and 'DW33' as reference.
- We **MUST** receive your payment before we can process your application.
- Normal cancellation charges apply – see page 4. There is no charge if you cancel your booking before 25th August 2026.

Payment details

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**

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.

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.

WHEN BOOKING

- We have emailed an interactive Booking form to you - or you can [download it here](#). Please complete this and return it by **email** to dw@bodycontrolpilates.com. Remember to give alternative choices.
- Bookings are processed strictly on a date received and payment confirmed basis.
- If you do not give alternative session choices, you will be allocated a session according to availability. If you do not return your Booking Form in the first few days, it is highly unlikely that you will get all of your first-choice sessions.
- Whilst we will do our best to give you your first choices, this cannot be guaranteed for practical sessions in particular.
- Unless indicated, sessions are open to all levels of experience and ability. You must be Reformer-trained to attend Reformer workshops or have Reformer experience to join the Reformer classes. Please take this into account when selecting your sessions as it is your responsibility to book into the session that is right for you.
- When in sessions, it is for you to decide if you need to adapt or sit an exercise out to avoid the risk of injury. You are not expected to do anything outside your comfort zone.
- Remember that some of the content you learn at DW may be more suitable for you than for all of your clients. It is your call as to whether and how you apply what you have learnt to your future classes and sessions.
- By booking, you are deemed to have accepted the Cancellation Policy below.

CANCELLATION POLICY

The following charges will apply without exception for cancellations:

- On or before Tuesday 25th August 2026 **no charge**
- Between 26th August and 11th September 2026 **£50.00**
- On or after 12th September 2026 **£125.00**
- 'No show' **100% of fees paid**

We reserve the right to change the schedule in the event of presenter illness or cancellation. Should this happen, Body Control Pilates will not be liable for any refunds. When booking, you are deemed to have accepted this clause.

We will always do our best to be as understanding as possible regarding cancellations, but please bear in mind that we also have to meet cancellation charges set by our host venue.



ON THE DAY

- You will find a location map for Number 11 Cavendish Square below.
- [Oxford Circus](#) and [Bond Street](#) tube stations are a very short walk away. We'll plan to send a travel update out in the week ahead of the DW in case of any planned engineering work.
- There is [no on-site parking at the venue](#). There is a car park underneath Cavendish Square (Q-Park Oxford

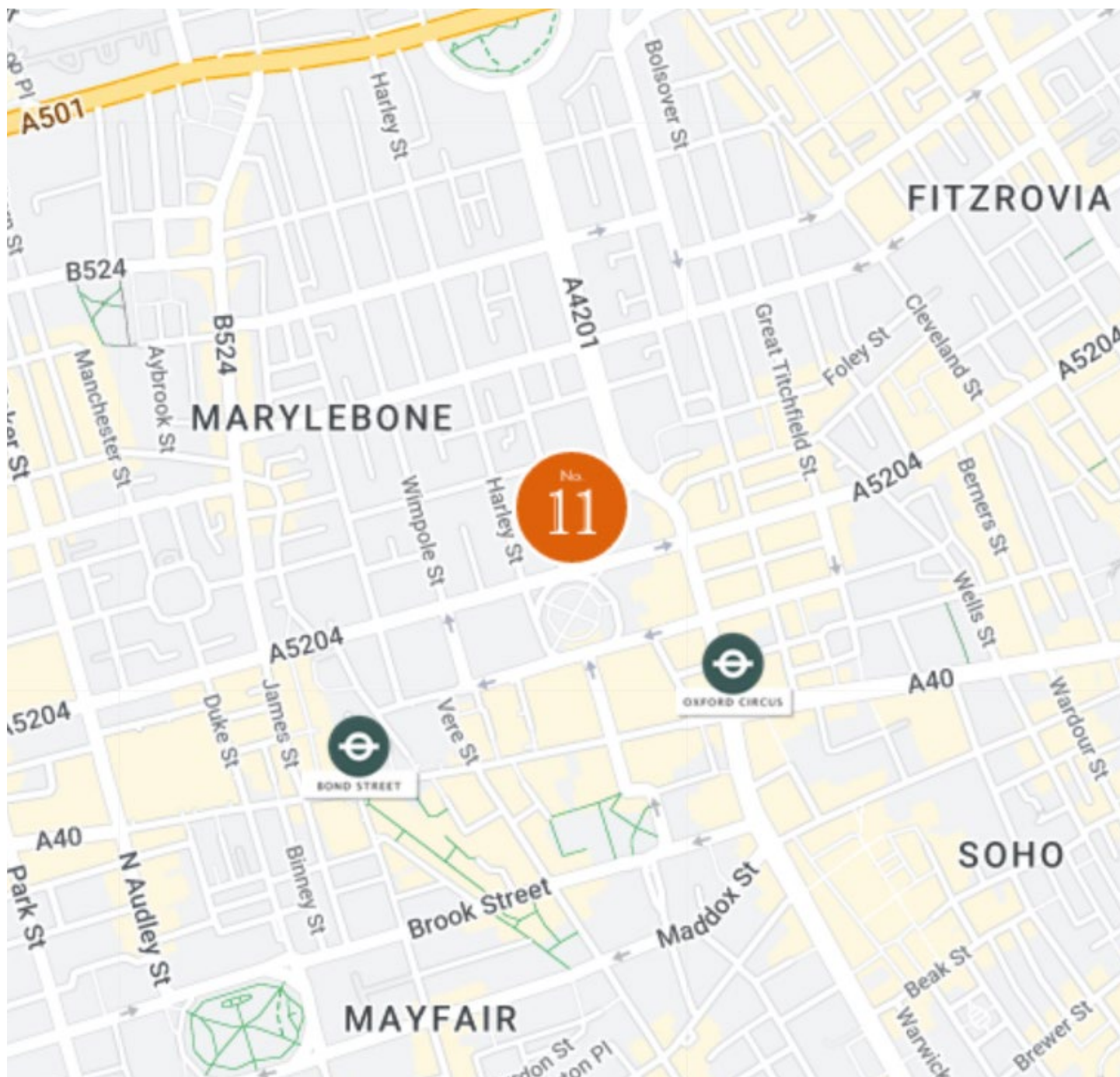
Street) that you can pre-book at better rates if you wish via this link: [London Oxford Street Parking | London Car Parks | Q-Park](#)

- Upon arrival at Number 11 Cavendish Square:
 - the entrance is at the end of the short cul-de-sac.
 - please leave any large bags or suitcases in the Conference

Cloakroom just to the right of the main entrance. You will be given a numbered ticket. The cloakroom is manned by venue staff through the weekend.

- go straight to the Registration Desk to pick up your name badge and Conference Pack.
- More detailed information will be given near the time.

Phone number for No. 11 Cavendish Square: [020 7307 2474](#), Event Manager for No. 11 Cavendish Square: [Mark MacDonald](#)



LOCAL HOTELS

There is a wide range of hotels within walking distance of Cavendish Square. Even hotels often used by our members when visiting the Body Control Pilates Centre, such as Hub by Premier Inn in Goodge Street and Covent Garden Travelodge, are just a 15-minute walk away.

For reference, the three closest hotels are just a couple of minutes' walk from the venue:

Gem Langham Court Hotel:

Radisson Blu Oxford Street

The Welbeck Hotel

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Save 20% on the hotel's best available rates when you book a room for your DW33 visit.

Interested? Please email reservations@thewelbeckhotel.com and quote 'Body Control Pilates'.

They will email a quote to you. This offer is subject to availability.

Z HOTELS – SPECIAL OFFER

SAVE 10% ON YOUR STAY!

Z Hotels are very reasonably priced. Their Tottenham Court Road hotel is 10-15 minutes' walk to Cavendish Square. **You can save 10% when booking online** at www.thezhotels.com Use code **BCPILATES**.

We understand that this code will work at other Z hotels.

MARBLE ARCH HOTEL by THISTLE

This is located in Bryanston Street, Marylebone, W1H 7EH. It's a 15 minute walk to Cavendish Square.

They are offering a special rate for the Friday and/or Saturday nights of DW:

Standard Double Room for sole use: **£215.00** per room per night (including VAT and breakfast)

Standard Double Room for double occupancy: **£230.00** per room per night (including VAT and breakfast)

Book direct with Group Reservations at the hotel on 0207 523 5060

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In Celebration of Our Partnership in Pilates and
the 2026 Development Weekend Conference,
Body Control Pilates members will receive:

- Exclusive discounts on lightly used demo equipment at Conference
- Post-Conference **free shipping*** on orders from our UK warehouse

*T&C apply. Contact Katya (below) for details.

For more information and pricing, please contact:
Katherine Ryzhova | +44 793 99 99 255



THANKS!

MAIN EQUIPMENT PARTNERS



A very special 'thank you' once again to our main equipment sponsor Balanced Body for the provision of Allegro Reformers, and other accessories for this year's conference.

For more information on the Balanced Body range of products, please visit their stand during the Development Weekend or scan the QR Code on their ad in this brochure. All product information can be found at www.pilates.com.

You can also pre-order conference equipment at a discount by contacting Katherine at Balanced Body UK. Please see the ad on the previous page for details



The natural way of Sweden

Thank you to Sissel for providing bands for the Delegate Bags and other workshop items.

You can buy workshop items at discounted prices at the Sissel stand.

THANKS!

CONFERENCE PARTNERS WITH STANDS

Thank you to our various conference partners for their support.
Please take the time during the breaks to visit their stands. Our partners include:



FitAccounts

Accountants for the fitness industry - you run the business, we run the numbers!

www.fitaccounts.co.uk



ILU Fitwear

Beautiful Activewear, Perfect for Pilates.

www.ilufitwear.com



Pilates34

Pilates 34 create premium grip socks designed to elevate your practice with style, stability, and confidence. Founded from a genuine love of Pilates and a mission to redefine how essentials should perform.

www.pilates34.co.uk



The Studio Edit

The Studio Edit helps UK Pilates studios increase retail with beautiful, practical, lifestyle-led products your clients already want - with great studio margins and no minimum order quantities.

the-studio-edit.co.uk



Water Junkie

Your go-to 24/7 wellness drink - playful name but serious ingredients - fuelled by functional mushrooms and botanical flavours.

www.waterjunkie.co.uk



Tropic

Tropic is an award-winning British company based in Surrey, creating naturally derived, high-performance skincare that's carbon negative, cruelty-free, vegan and ethically accredited.

www.tropicskincare.com

More partners to be announced soon!

THANKS!

DELEGATE BAGS

A special thank you to the following for generously supplying the items for your DW33 Delegate Bag.



CANS

Lightly sparkling spring water with a drop of real fruit.

www.cans.co.uk



Daily Dose

Daily Dose Juice. Cold Pressed. Made with whole fruit and vegetables.

www.dailydosejuice.co.uk



Elete

Pure electrolytes for clean, effective hydration.

www.eletewater.co.uk



Fodbods

Fuel your workouts without bloating with Fodbods' all natural, gut-loving protein bars.

www.fodbods.co.uk



Longbottom & Co

Longbottom & Co makes the world's finest tomato drinks. Real juice, properly spiced. The only question is whether to add liquor. And how much....

www.drinklongbottom.co.uk



Lifecykel

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LSKD is an Australian activewear brand on a mission to inspire people to be 1% better every day.

www.lskd.co



Mother's Earth

Protect What Matters. A cleaner way to do laundry.

www.mothersearth.com



NaturaleBio

NaturaleBio is an organic superfood brand inspired by nature, wellbeing and everyday rituals. From matcha to cacao and açai, our products are selected for their purity, quality and simplicity, helping people bring natural care into their daily lives.

www.naturalebio.com

THANKS!

DELEGATE BAGS

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Neutrient

takes your nutrition one step further with highly effective, professional-quality nutritional supplements at therapeutic doses.

www.neutrient.com



PureChimp

PureChimp is matcha that fits your life: simple, energizing, and always fun. Smooth, vibrant, and easy to enjoy, it brings a feel-good boost of energy and focus to your everyday moments — empowering you to enjoy the little things in the rush of daily life.

www.instagram.com/purechimp



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www.purition.co.uk



Viridian Nutrition

Ethical vitamins with an organic heart.

www.Viridian-Nutrition.com



Virtue Clean Energy Drinks

We create feel good daily rituals to help you feel your best.

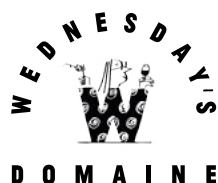
www.virtuedrinks.com



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www.waterjunkie.co.uk



Wednesday's Domaine

Wednesday's Domaine crafts modern wines for modern times. Our alcohol-free and mid-strength collection offers all the pleasure, flavour and occasion of wine, with a lighter approach to drinking. Thoughtfully made for people who value wellbeing, connection and feeling good - today and tomorrow.

www.wednesdaysdomaine.com



Body Control Pilates Central

The online resource for Pilates content

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exclusive videos

70+
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Apple TV, web

With masterclasses, tutorials, teaching tips, and workouts from the leading names in the industry, Body Control Pilates Central is packed full of Pilates inspiration for every Pilates teacher.

As part of our special Development Weekend offer, you can receive **25% off your first 6 months' subscription**, meaning you have full access to our content library for **less than £9 per month!**

Start your 7 day free trial and sign up today using the exclusive discount code **'DW33'**.



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The natural way



SPINEFITTER® by SISSEL® reformer training

The SPINEFITTER is the ideal partner for your reformer training sessions. Participants immediately feel the positive effects on their bodies. Thanks to the direct feedback the SPINEFITTER provides there is easy interpretation of mobility issues, muscle imbalances and weak areas. Participants independently recognise which muscles should be engaged and learn to perform movements more consciously. The result: successful and noticeable mobilisation and targeted relief of tension within the group – without any direct instruction.



SPINEFITTER® by SISSEL® mat training

Comprehensive back training – exercises with the SPINEFITTER by SISSEL

We will show you the exercises for the relevant indications, explain them in their overall context, and present exercise programmes. The workshop also covers anatomical principles, pathologies, and possible solutions, as well as instructions for your clients or participants.



SISSEL® OCTOCORE

The guided, supported movement sequences in multiple dimensions restore the natural interplay between fascia, muscles, tendons, and ligaments. The SISSEL OCTOCORE can support the treatment of postural dysfunctions and evasive movements. The integrated loops allow for extensive variation of functional training. In addition, it can be used as a support for Pilates and Yoga and is ideal to take along on trips. The SISSEL OCTOCORE offers individual adjustment possibilities and enables a powerful and multidimensional training.

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Unit 16D & E
Moderna Business Park
Mytholmroyd, Hebden Bridge
West Yorkshire. HX7 5QQ

01422 885 433
www.sisseluk.com



THE DW33 PROGRAMME

Sunday 27th September 2026

Block 5: Welcome Classes

9am – 10am

Matwork unless stated

5.1 Advanced Classical Mat Workout....sort of! Michael Fritzke & Ton Voogt

Think classical Pilates is only for the super advanced? Think again. This mat workout brings the original flow to every body—no gatekeeping, no perfection required. We'll move seamlessly from exercise to exercise, layering challenge as you go and letting you level up in real time to your own version of "classical." Expect a sweaty, smart, and satisfying ride that proves the method works.

5.2 Wake Up and Warm Up! Charlie Savage

Join Charlie for this balanced full body masterclass where you will move through spirals and transitions while waking up and warming up your mind and body.

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

Begin your Sunday morning with a gentle, restorative Pilates flow designed to wake up and stimulate your lymphatic system and stretch the puff away. Woven with a hint of ballet grace from Christie's own background, you will move through breath-led rhythmic, musical sequencing — fluid transitions, graceful pliés, articulate footwork, and deep, expansive stretches layered into the Pilates framework to enhance fluidity, glide, and drainage. This class is nurturing yet vibrant: restorative in pace, energising in spirit, and infused with Mediterranean warmth. You'll leave feeling lighter, longer, and glowing from the inside out.

5.4 Conchita's Morning Routine Conchita del Campo

What better way to start the day than with a dose of Conchita's cheeriness – this flowing class will include release work, finding your connection to your core, and preparing yourself for the Pilates Olympics that lie ahead!

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

By using the Franklin Mini Roller, AKA 'the Peanut, and exercises from our Body Control Pilates matwork repertoire, this morning class with Birthe will wake up your nervous system and soften the fascia structures in your body. Going from slow to dynamic movements, after this session, you should feel ready to move for the rest of the day.

5.6 Mindful Movement and Mobility with Matt Matt Marney

This flowing mat class with Matt is designed to gently prepare both body and mind for a full day of learning. Drawing on his experience as a Pilates teacher and mindfulness practitioner, Matt will guide you through a series of mindful movement and mobility exercises to help you arrive in the body, reduce unnecessary tension, and settle the mind.

This is not about intensity, but about creating a state that supports focus, learning, and performance throughout the day. Suitable for all levels.

5.7 Feel Good Flow Lottie Murphy

A feel-good, flowing matwork class designed to leave you brighter in your body and calmer in your mind. Moving through a full-body sequence with an emphasis on connection and joy, this class is a reminder of why we fell in love with Pilates in the first place.

REFORMER

5.8 Your Reformer Morning Warm-Up! Bridget Montague

A flowing Reformer morning class to help wake up your mind and body and get you ready for the intake of information that lies ahead of you!

 **INTERMEDIATE LEVEL (PREVIOUS REFORMER EXPERIENCE IS REQUIRED)**

SPM UPDATE

10.15am-10.40am

Society for the Pilates Method Update

The Burdett Suite

Join the SPM's Directors - Hana Jones, Michael King, Leigh Robinson – for a very brief update on the latest developments in and around Pilates in the UK and on the planned Sport England initiative to establish a Register of Teachers in the UK.

THE DW33 PROGRAMME

Sunday / Block 6 10.45am – 12.15pm

6.1 Rehabilitation after Spinal Surgery Matthew Ockendon

LECTURE

Matthew Ockendon is a spinal surgeon for the NHS, with a special clinical research interest in surgery as a result of degenerative conditions and tumours.

A full description for this session will be available soon but Matthew's focus will be on the do's and don'ts after spinal surgery, particularly when it comes to movement and exercise, and the beneficial role Pilates can play with recovery.

6.2 Giving Them Wings: The Upper Limb Reimagined Joanne Elphinston

LECTURE – THIS IS ALSO FOLLOWED BY OPTIONAL PRACTICAL WORKSHOP 7.8

Did you know that your foot or your hip can influence your ability to lift your arm? Or that the postural cue that seems so appropriate can block the natural biomechanics at the shoulder?

These are actually quite simple things to observe and address, but first, we need to see beyond isolated upper limb exercises to understand the interplay between the shoulder and the global body.

Join Joanne as she introduces you to the upper limb factors that rapidly change the game for so many people. She will be illustrating the concepts of fully integrated natural function that she teaches in her JEMS approach: how the whole body works together to create optimal upper limb movement, and how even our minds and emotions can influence our mechanics.

With her customary approach of wonder and whimsy, Joanne will explain the principles of functional force management, the ways in which we create and control forces in our upper quadrant for optimal support, strength and dexterity. With accessible and practical translation of the wider research base, she will blend the science and the art of working with global fascial relationships, biomechanics and emotion, as she shares with you how to talk to the brain in a language it understands to achieve rapid change and deeper understanding.

This is giving them wings.

6.3 Fascial Breath: Self-Regulation, Pressure and Movement Recalibration Ana Barretxeguren

LECTURE

Breath is often approached as a technique, yet it plays a far wider role in how we organise movement from within. In this session, Ana will explore the relationship between breath, fascia and autonomic regulation, placing the diaphragm within the broader relationships of the fascial matrix. This perspective can be particularly supportive for those navigating nervous system dysregulation or more complex and sensitive presentations, including chronic fatigue or connective tissue disorders.

Through a blend of fascial anatomy and embodied perspective, you will be invited to reconsider breath as a dynamic regulator of tone, responsiveness and whole-body organisation.

Ana will share relevant Moving Fascia® practices, including the use of soft tools, that can be directly applied within the Pilates environment to support interoceptive awareness, reduce unnecessary holding patterns and restore a sense of ease and adaptability in movement. These approaches can be integrated into both mat and equipment-based Pilates, offering a different way of observing and working with breath in your teaching.

6.4 Getting the best from your Box! Miranda Bass

PRACTICAL

(SUITABLE FOR BOTH STUDIO EQUIPMENT AND MAT TEACHERS – NOTE, YOU DO NOT NEED TO OWN A REFORMER OR THE BOX AS THERE IS AN AFFORDABLE, FLAT-PACKED ALTERNATIVE!)

Drawing on 40 years' experience teaching Pilates and 33 years of both Studio and Matwork teacher-training, Miranda has come up with a number of clever and creative ways to use the Reformer Box as a versatile piece of 'stand alone' equipment. In this workshop, she will be using repertoire from the mat, Reformer and Wundachair, all of which can be transposed to the mat.

The box is an excellent way to make certain elements of the Pilates repertoire more easily accessible. By changing the forces of gravity and ranges of motion for instances where stiffness, injury, surgery or weakness do not allow your clients to perform the movements required in their full form, the box provides a raised platform (more easily accessed than the floor) where modifications can be applied. Working on the box will also aid students to work within the 'frame' or 'box', an integral part of the Pilates method.

In addition, the box can also be a means to challenge the more advanced student, helping to increase flexibility, balance, centring and strength. It is also a useful tool for you as a teacher!

There will be something for everybody during this session, whether you are a Studio instructor or a matwork teacher of any level. As with all Miranda's teaching, the concepts presented will all originate from Joe Pilates' proven method.

6.5 Cueing the Sensory Body: Fascia, Language and Touch

Georgina Sayer

PRACTICAL

This workshop with Georgina explores how the language and touch we use as teachers can profoundly influence how clients experience and organise their movement. Rather than simply instructing shape or position, effective cueing can enhance kinesthetic intelligence—a student's ability to sense, coordinate and refine movement from within.

The fascial system is the most sensory-rich “organ” in the body, densely populated with mechanoreceptors that constantly feed information about tension, pressure, vibration, shear and spatial orientation. When we cue effectively—whether through words or touch—we’re speaking directly to this sensory network, helping clients tune into the rich feedback their fascia provides.

Drawing on principles from FAMO Fascia Movement, you will explore cueing strategies that awaken this fascial sensitivity: imagery that invites exploration, sensory language that directs attention inward, and minimal, intentional tactile cues that help clients discover rather than correct.

Georgina will also address the post-Covid shift away from hands-on teaching. When used skillfully and consensually, touch remains one of our most powerful tools for developing movement awareness—you will explore how to use it sparingly, purposefully and effectively.

Through an experiential movement class and practical teaching breakdowns, participants will leave with concrete strategies to help clients move with greater sensory clarity, embodied awareness and self-organisation.

6.6 Kinetic Flow

Paul Howse

PRACTICAL

Our bodies are designed to move as a system. As Pilates instructors, we have the job of teaching our clients proprioception and feedback within their own bodies. We isolate and disassociate joints to help with this and, whilst it works, the body also needs to move as a kinetic chain. Each joint movement will lead eventually to another joint movement, and it is our job to allow this to happen. This will ultimately lead to more efficient flowing movements and a stronger body.

In this workshop with Paul, you will be moving utilising these kinetic chains and taking the body through bi-planar movements, changing the normal patterns we use. Paul has put together a range of exercises for you to explore – most follow the kinetic chain...and some he just loves and couldn't leave out!

6.7 Youthful Spine: Spinal Decompression & Health with ELDOA on the Mat

Tom McCook

PRACTICAL

In this workshop with Tom, you will learn a mobility progression and to embody and teach key ELDOA decompression exercises for the lumbar, thoracic and cervical spine. The postures combine diaphragmatic breathing and active tensioning of the global fascial system, together with tactile and verbal cueing, all designed to enhance awareness and bring about effective health benefits. These methods can be integrated into both your group classes and private sessions.

6.8 Pilates and the Lower Limb

Michael Gale

PRACTICAL

Drawing on his experience as both a physiotherapist and Pilates and movement teacher, this workshop with Michael offers a chance to revisit and refresh your knowledge of the anatomy and function of the hip, knee and ankle. Michael will apply his knowledge of biomechanics to matwork movements and consider common adverse biomechanical patterns.

6.9 Movement Connections: Teaching the Body as One System

Michael King

PRACTICAL

The body does not work in isolated parts. Using the Sissel Octocore, this workshop explores how movement in one area influences another and how recognising these connections can improve programming and teaching. Discover ways to create integrated movement patterns that support posture, efficiency and whole-body function.

6.10 Dynamic Balance

Michael Fritzke & Ton Voogt

PRACTICAL

The risk of falling increases after the age of 65, but balance can be trained and improved at any age. While many balance exercises are static, life is dynamic — and our training should be too. In this workshop, Michael and Ton explore how the body truly creates balance in motion and how to use dynamic exercises to train it effectively. You will learn which systems work together behind the scenes — from feet to core to eyes — and how to challenge them in fun, functional ways. Help your clients move with more confidence, stability, and ease — because better balance means better movement, and better movement means a better life.



NOTE – YOU WILL NEED TO BRING 5 TEN PENCE COINS...
DON'T WORRY, YOU CAN LEAVE WITH THEM AS WELL!

REFORMER

6.11 A Balancing Act – The Pilates Solution for Modern Posture

Hana Jones

With much of the population now spending so much time looking down at their devices, we are seeing more and more people coming into our classes with a 'slumped' posture. The effect of being in this position for long periods of time can be significant. In this Reformer session with Hana, you will discuss the impact this posture can have on our musculoskeletal balance and overall health and wellbeing. You will revisit the shoulder girdle and its relationship to the ribs and thoracic spine and then look at some ways of mobilising both of those areas. Hana will also explore how to introduce more thoracic extension into our classes with a range of exercises and movements that can help counteract this posture of our times, and ensure our clients have more ease and freedom in their bodies.



PRACTICAL – PLEASE NOTE YOU MUST BE REFORMER-QUALIFIED TO ATTEND THIS WORKSHOP.

THE DW33 PROGRAMME

Lunch: 12.15pm-1.15pm

Sunday / Block 7: 1.15pm – 2.45pm

7.1 The Shoulder - Taking the Complexity out of the Complex

James Earls

LECTURE - FOLLOWED BY OPTIONAL PRACTICAL WORKSHOP 8.7

The Shoulder - What is it? What does it consist of? Is it a place, a joint, or a vague amalgam of everything between the ribs and the neck?

If you have ever struggled to come to terms with the arrangement of tissues around the shoulder then this is the lecture for you. We will explore what is and what is not the 'shoulder' and show a simple way of breaking down the seemingly confusing arrangement of soft tissues in a way that makes sense for the wide range of movements available at the shoulder complex. We guarantee you will leave no longer feeling perplexed by this complex!

7.2 Sleep and Physical Activity

Sarah Gilchrist

LECTURE

Sleep is a foundational pillar of physical and mental health. Understanding why we sleep, what sleep is, and how it is regulated gives people the tools to improve their own sleep quality and consistency. Physical activity is one of the most effective behavioural strategies for enhancing sleep, and this workshop brings the two together in a practical, accessible way. This workshop will focus on educating the audience on the 'what, why and how' of sleep, along with information about how physical activity can aid sleep. The type, duration, intensity and frequency of physical activity will be discussed in relation to sleep, alongside differences in age. Attendees will also learn about practical strategies for improving sleep and signposts to when clinical intervention may be needed.

7.3 Biomechanics for Beginners

Russell Peters

LECTURE

Biomechanics can sometimes feel like a world of complex graphs, equations and unfamiliar terminology. This session strips it back to what really matters: how forces create, control and shape human movement.

Drawing on 20 years of teaching biomechanics, Russ will provide a clear and practical introduction to the key principles that underpin movement of the limbs and trunk. The session will explore how the body manages load, balance, posture and motion, and why understanding these principles can enhance the way practitioners observe and interpret movement.

By the end of this 90-minute session, attendees will have a clearer understanding of core biomechanical concepts including force, load, levers, centre of mass, centre of pressure

and movement vectors — or, put simply, you will know your centre of pressure from your X, Y and Z vectors.

This session is ideal for practitioners who want biomechanics explained in a practical, accessible and clinically relevant way.

7.4 Flow Mat: Creative Programming and Sequencing

Michael King

PRACTICAL

Explore how to create mat-based sessions that move beyond isolated exercises into a more connected and flowing experience. Learn how exercises can link together naturally while maintaining the principles of Pilates and keeping the focus on movement quality, education and purpose.

7.5 Creating a Bridge to Better Results in Pilates Mat: The Franklin Method and Pilates Movement Principles

Tom McCook

PRACTICAL

In this workshop, Tom will combine the Franklin Method of experiential anatomy and imagery with essential movement principles and exercises to improve your understanding of our design, and upgrade your movement skills, cueing, body awareness and muscular efficiency. You will apply these bridges Pilates mat exercises. These progressions create a safe and effective way to improve all levels of proficiency from the beginners to more advanced clients.

7.6 Moving Fascia® on the Mat: The Diaphragm and Whole-Body Organisation

Ana Barretxeguren

PRACTICAL

This mat-based session explores the diaphragm within a wider fascial context, offering a practical approach to how breath shapes movement throughout the body.

Through guided Moving Fascia® practices, you will explore key fascial relationships of the diaphragm and how these shape tone, coordination and organisation.

The Moving Fascia® balls will be used to meet the body with greater specificity, offering sensory input that supports orientation, interoceptive awareness and adaptability. These practices can be integrated into mat-based Pilates to support a range of clients, particularly those presenting with guarding patterns, whether experiencing immobility or excessive mobility, bringing greater ease and responsiveness into movement.

THE DW33 PROGRAMME

7.7 Bring on the Toning Balls!

Charlie Savage

PRACTICAL

Join Charlie for a Toning Ball workshop packed full of ideas to challenge and inspire your clients, and bring variety to your classes. These portable 0.5kg balls add load to exercises to help build strength, tone and bone density. They are also great for release work – your clients will love them as much as you! This workshop is suitable for all teachers, regardless of the length of time you have been running classes.

7.8 Finding Your Wings: The Upper Limb Experienced

Joanne Elphinston

PRACTICAL – ATTENDANCE OF LECTURE 62 IS RECOMMENDED BUT NOT ESSENTIAL

The shoulder is one of our most expressive and emotional joints. Its structural mobility means that it is dependent upon its connections to the rest of the body for its stability. Scapular and rotator cuff exercises are not enough.

This workshop will be a playful but purposeful exploration of your upper limb and its relationships with the global body. Joanne will explore reflexive, sensory and coordinative techniques, encouraging you to personally experience the effects of different cues in your body, while uncovering new neuromuscular patterns and connections.

There will be no stretch band exercises and no scapular setting: this is an investigation of natural, organic movement, integrating mind, emotions and body, with techniques and explorations you can apply with your clients straight away.

7.9 Pelvic Powerhouse: Glute Function, Movement Precision & Dynamic Control Without Squeezing!

Nathan Gardner

PRACTICAL

‘Power is force expressed through movement - If there is no movement, there is no powerhouse.’

“Engage your glutes” may be one of the most overused cues in movement teaching, and targeting them for strengthening is certainly one of the most common objectives in both clinical and performance-focused training settings...but are conscious glute activation strategies and isolated strengthening approaches really the best pathway to better movement function, or is improved movement organisation the missing piece?

This highly practical workshop explores the role of the gluteal complex through the lens of movement function, rather than isolated muscle recruitment or hypertrophy-focused training agendas. Through a practical exploration of pelvic movement mechanics, participants will discover far more than four isolated muscles in need of “strengthening.”

We will explore:

- Functional roles of the gluteal complex beyond “activation”
- The relationship between pelvis, balance, and force production
- How glute function contributes to movement efficiency and precision
- Why isolated activation strategies may have limited transferability to functional movement applications
- Dynamic exercise strategies that encourage integrated movement solutions
- Practical teaching applications for Pilates settings

Expect standing work, balance tasks, locomotion-focused movement challenges, and integrated movement sequences designed to build meaningful movement capacity. You will gain practical takeaways, movement exploration experience, and immediately usable teaching ideas that will change the way you approach functional training in a Pilates setting.

7.10 A Balancing Act – The Pilates Solution for Modern Posture (The Matwork Session)

Hana Jones

PRACTICAL

With much of the population now spending so much time looking down at their devices, we are seeing more and more people coming into our classes with a ‘slumped’ posture. The effect of being in this position for long periods of time can be significant. In this mat-based workshop with Hana, you will discuss the impact this posture can have on our musculoskeletal balance and overall health and wellbeing. Hana will revisit the shoulder girdle and its relationship to the ribs and thoracic spine and then look at some ways of mobilising both of those areas. With a little help from foam rollers and overballs, you will also explore how to introduce more thoracic extension into our classes with a range of exercises and mat movements that can help counteract this posture of our times, and ensure our clients have more ease and freedom in their bodies.

REFORMER

7.11 Advanced Classical Reformer

Michael Fritzke & Ton Voogt

Social media might make the Reformer look like the Wild West — flashy, fast, and full of tricks. But is that truly advanced? In this workshop, Michael and Ton return to the original Advanced Reformer repertoire as defined by the Pilates Elders: strong, precise, athletic, and purposeful work built on control and mastery. No trends. No circus. Just the real thing. Let’s bring “advanced” back to the studio.



PLEASE NOTE YOU MUST BE REFORMER-QUALIFIED TO ATTEND THIS WORKSHOP SESSION

THE DW33 PROGRAMME

Sunday / Block 8

3pm – 4.30pm

8.1 May the Force Be With You: Biomechanics and Posture

Russell Peters

LECTURE

Building on the introductory principles from the first session — although attendance at the first lecture is not essential — this 90-minute presentation explores how biomechanics can be used to solve real-world movement problems.

Using applied examples and case studies from sport, clinical movement and performance settings, Russ will show how biomechanical thinking can help us understand posture, loading, control and compensation. From elite athletic performance, including work linked to Cristiano Ronaldo, through to the physics of the golf swing, the session will demonstrate how movement analysis can reveal what the eye alone may miss.

The lecture will also translate biomechanical concepts into practical takeaways for Pilates practitioners, helping attendees consider how ideas such as force, alignment, load transfer, balance and trunk control can inform their work with clients.

The aim is not to turn Pilates practitioners into biomechanics researchers, but to offer useful tools from the biomechanics toolbox that can support observation, reasoning and practice.

8.2 The Lifecycle of Women's Sleep

Sarah Gilchrist

LECTURE

Maintaining good sleep is a crucial yet often underrated pillar of a person's wellbeing and general health. Despite this, there is limited guidance on how and why the various phases women experience in their lifetime may impact their quality of sleep, and what can be done to improve it. This session will offer a practical and accessible guide to female sleep health across the lifetime, including key stages such as menstruation, working life, birth, perimenopause, and menopause. It will also address sleep disorders, pain, and the impact poor sleep may have on mental health. Attendees will learn about practical strategies for improving sleep and signposts to when clinical intervention may be needed.

8.3 Front, Back and Sides

Conchita del Campo

PRACTICAL

Have fun and be mentally stimulated while engaging your Front and Back Lines simultaneously, for increased cohesion, connection, coordination, stability and overall effectiveness in your exercises. You will be including your agonists and antagonists to make the exercises more challenging and strengthening, without needing equipment.

8.4 Finding Balance

Michael Gale

PRACTICAL

In this practical workshop session, Michael will use his training as both a physiotherapist and Pilates teacher to help you to gain a better understanding of the physiology of balance. You will consider how to assess balance with your clients, how to train balance within Pilates mat repertoire and how to understand which clients require adaptations. Packed full of knowledge and ideas which you can put straight into practice when you return to work on Monday!

8.5 Release & Reconnect: From Tension to Integrated Support

Michael Fritzke & Ton Voogt

PRACTICAL

Before true connection and control can happen, excess tension needs to be addressed. In this workshop, Michael and Ton use spiky balls to release overactive, gripping tissues that interfere with efficient movement patterns. From there, the Triadball becomes a powerful tool to guide the body into more precise, supported, and integrated connections. You will explore how to shift clients from holding to sensing, from tension to responsiveness, and ultimately to more intelligent, organised movement. Walk away with practical strategies to help your clients move with greater ease, clarity, and control.

8.6 The 3D Mat: A Biotensegrity Approach to Pilates

Brenda Nassali-Liston

PRACTICAL

In this workshop, Brenda will explore familiar Pilates exercises through the lens of biotensegrity. You will look at how this concept can help us to discover more joint space, connectivity and stability. Participants will experience matwork through biotensegrity principles, discovering new possibilities for creating stability, mobility, connection and flow.

8.7 The Shoulder - Making the Complex Move

James Earls

PRACTICAL

Using the soft tissue patterns explored in his earlier lecture, James will take to the mats and consolidate the learning with observation, assessments and movement explorations. You will learn how to manipulate movement into the body to create predictable reactions at a distance, and understand the relationships between each joint of the shoulder complex and the rest of the body at a much deeper level.

Attendance of lecture 7.1 is recommended but not essential.

THE DW33 PROGRAMME

8.8 In Honour of the Foot

Hana Jones

PRACTICAL

From the moment we begin to walk in our first year until we take our last steps, our feet act as our interface with the earth to support us and propel us forward through life.

As Pilates teachers, we give a lot of focus to all of the other support structures of our bodies, but how much time do we have during a class for the intrinsic aspects of our feet? By offering your clients a deeper experience of their feet and how they function, they will come to understand what a difference regularly mobilising and tending them can have on their long-term physical balance and ease of movement, and the importance of looking after them outside of their Pilates classes.

In this experiential workshop, Hana will look again at the structures of the feet and ankles and their role in ensuring we can move freely. You will explore some ways of mobilising and caring for them so they can stay flexible, responsive and supportive throughout our lives. You will need a theraband, tennis ball and a small towel - and a willingness to touch your own feet!

8.9 The Pilates Principles in a Modern Context: Attention, Precision, Control and the Nervous System

Matt Marney

PRACTICAL

In today's world, attention is fragmented, cognitive load is high, and many clients struggle to stay focused, even for the duration of a class.

As well as being a Pilates teacher, Matt is an experienced mindfulness and meditation teacher. He also works with large organisations and corporates to reduce stress and increase well-being within the workplace. Through this work, it has become clear how the modern environment is influencing both the nervous system and the way people move and learn.

In this workshop, Matt revisits the Pilates principles and explores why they may be more relevant now than ever. Rather than adding more exercises, the session focuses on how:

- improving attention can enhance control
- increasing precision can create challenge without adding load
- using breath and tempo can influence the nervous system

This practical session will help you use the principles more deliberately, creating classes that are not only effective physically, but also supportive of the demands placed on the modern nervous system.

REFORMER

8.10 Improving Health and Function with the Franklin Method and Reformer (Spine & Shoulder Focus)

Tom McCook

This workshop integrates a Franklin Method-based warm-up with focused exploration of the spine and shoulders to deepen understanding of movement, refine cueing, and enhance motor learning and efficiency. Participants will engage in relevant functional Reformer exercises designed to improve alignment, muscle activation, strength, and balance. This series is a wonderful counterbalance to modern lifestyles of excessive sitting and head forward posture. It also incorporates hands-on techniques to elevate teaching effectiveness, equipping you with practical strategies to better support your clients' progress and positive change.



PRACTICAL – PLEASE NOTE YOU MUST BE REFORMER-QUALIFIED TO ATTEND THIS SESSION.



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Face to face schedule ➞



DW33: YOUR PRESENTERS

Ana Barretxeguren



Ana Barretxeguren is a Pilates teacher, somatic educator, and myofascial release practitioner with a background in anatomical sciences. She is the creator of the Moving Fascia® method, a movement-based approach to fascia that integrates somatic awareness, breath, and nervous system regulation. Her work is shaped by two decades of teaching and mentoring practitioners, alongside extensive hands-on clinical practice and ongoing engagement with fascial research. This combination informs a rigorous yet relational approach to movement education, supporting adaptability, resilience, and responsive recalibration rather than technique. Ana supports Pilates teachers in expanding their understanding of fascia, refining cueing, and working more skilfully with load, touch, and adaptable tools such as the Moving Fascia® balls. She teaches internationally and runs a full educational pathway for movement professionals, including teacher training and the online Moving Fascia LAB. Alongside her teaching, Ana continues to work in private practice, maintaining a close connection to clinical reality. Her one-to-one work integrates Pilates with fascial-informed movement and somatic enquiry.

Birthe Brosolat



Birthe Brosolat has been teaching movement for more than 35 years. Based in Copenhagen, Denmark, Birthe qualified with Body Control Pilates in 2008 and further as a Matwork Master Teacher and Studio Master Teacher. Furthermore, she certified as a Franklin Method Movement Educator Levels 1-4 and Moving Fascia® Teacher.

Birthe finds the body and the mind endlessly fascinating. She thrives in learning new insights and getting 'nerdy' about how the body and the mind work and how they communicate with each other to create good and efficient movement. She believes that movement should be fun and make you feel good - and that is what she likes to bring across in her teaching.

Birthe focuses on bringing awareness to how we move and, if necessary, creating a change in our movement patterns to make movement more enjoyable, allowing us to maintain a healthy body and mind. Exploring the tools to bring about awareness and create change is the driver of combining her knowledge of Pilates, Fascia and The Franklin Method.

Brenda Nassali-Liston



Brenda trained as a dancer at London Contemporary Dance School and has performed as both a contemporary and hip hop dancer professionally. She was introduced to Pilates at Dance College and it helped her throughout her dance career to recover from injuries including an achilles tendon rupture. It also helped to prepare and repair her body during both of her pregnancies.

Brenda completed her Pilates teacher training with Body Control Pilates in 2017 and her thirst for knowledge of the body and movement continues to inform her teaching and benefits her clients with what she continues to bring into the studio. After initially training as a Body Control Pilates Teacher, her journey as a teacher has taken her down many paths which has shaped her teaching style and toolkit. Major influences have been Katy Bowman's work, Karin Gurtner and Tom Myers' work, Jill Miller's work, Madeline Black's work and the work of Gary Ward & James Earls, all of whom have helped to refine her knowledge and love of the masterpiece that is the human foot and the fascinating biomechanics and fascial connections of the entire body. She enjoys teaching beginners right through to advanced movers & movement teachers.

Bridget Montague



Bridget Montague has been teaching Pilates since 2001. Her career in movement began at an early age with dance training in her home countries, Ireland and Sweden. This led to Dance College in London at the Rambert School. While working as a professional dancer she developed a keen interest in injury prevention and the workings of the human body, leading to her studying Anatomy & Physiology and Massage and creating and leading workshops on Relaxation and Awareness.

The next progression was Pilates. Since qualification, Bridget has worked for Body Control Pilates as a senior studio teacher, independently in London and internationally, teaching classes and 1:1 Pilates to private and corporate clients, sports professionals, dancers and Pilates teachers. Bridget is now responsible for co-ordinating and managing the Body Control Pilates Studio Equipment Programme.

A few years ago, Bridget enrolled at The University of Westminster on the Therapeutic Bodywork BSc course and studied Myofascial Release, Neuromuscular Techniques and the Therapeutic Relationship. This continues to inform her practice as a Pilates teacher and Bodywork Therapist.

DW33: YOUR PRESENTERS

Charlie Savage



Charlie has been teaching Body Control Pilates for more than 20 years. Before taking a break to raise a family, she was a senior member of our teacher training team and has now resumed this role. Her Pilates experience started at the age of 11 while training at the Royal Ballet Lower and Upper Schools and continued throughout her professional ballet and contemporary dance career.

Charlie has a Level 4 Further Education Teaching Qualification and taught A Level and GCSE Dance and BTEC Dance, Choreography and Physical Theatre in various colleges. She was also involved in preparing and examining students for A Level and GCSE Dance for AQA examination board.

Christie Themistocleous



Christie grew up in Cyprus and studied at the University of Iowa, USA and then at the College of the Royal Academy of Dance, London. She holds a BA Honours degree from the RAD and the University of Durham in the Art and Teaching of Ballet, the Licentiate RAD and the Associate ISTD.

She began her career as a Ballet dancer and Teacher until a burn injury left her on a wheelchair for some time. She discovered Pilates and retrained her body to learn how to walk and dance again.

She did her initial training with Power Pilates USA in New York City, in the classical Pilates repertoire. In 2014 she completed the Conversion course with Body Control Pilates and in 2016 she passed her Master training exam.

Christie teaches in her own studio in Nicosia and does a lot of online teaching as well. Her classes amalgamate the Body Control Pilates Syllabus with the Classical repertoire and also include Yoga and Ballet Fitness.

She teaches men and women of all ages and does lots of “special population” classes (menopause, pregnancy, runners and of course dancers). In 2025, she created her own manual of “Pilates for dancers” for the students of the Degree in Modern Ballet of the Royal Conservatory of Scotland.

She keeps an ongoing cooperation with the RCS and also teaches Pilates for dancers to the young dancers of the “Nicosia/Lefkosia Youth Ballet”.

She's the mother of 12 year-old Anna Maria and loves to travel and be at the beach.

Conchita del Campo



Conchita started training in Pilates in 1972 with Dreas Reyneke and Alan Herdman. She used the Pilates Method to complement her professional dancing career with Ballet Rambert, Scottish Ballet, London City Ballet, Ballet International, Royal Opera Ballet and other companies in England and abroad. She has performed with Margot Fonteyn and Rudolf Nureyev and partnered Wayne Sleep. She has also danced and choreographed for trade shows, pop videos, films, TV commercials and a West End Musical. She taught ballet and Pilates to the dance students at the London Studio Centre for 29 years. She is now directing her own Body Control Studio in Swiss Cottage, London and is involved in teaching workshops and masterclasses internationally. Conchita has been a member of the Body Control Pilates education team, presenting workshops around the UK and at BCPA Development Weekends. She was an examiner and is a member of the Pilates Foundation. Alongside her Pilates teaching she is a fully qualified Craniosacral therapist and ballet teacher for the Royal Academy of Dance. She still occasionally performs and teaches Classical, Regional and Flamenco Spanish dancing, and is one of the Directors, the Organiser, and an international examiner for the Spanish Dance Society.

Georgina Sayer



Georgina discovered her love for Pilates in 1999 and qualified a year later with Body Control Pilates in Matwork, later adding full certification on all apparatus including Reformer, Cadillac, Wunda Chair and Barrels. She is a certified Advanced FAMO Fascia Movement teacher with Art of Motion and completed her Slings Diploma in 2024. This fascia-focused approach brings a holistic dimension to her teaching, helping clients release tension, improve posture, and move with greater ease.

As well as teaching clients of all levels, Georgina has been a Body Control Pilates teacher trainer for many years, sharing her knowledge and passion with the next generation of instructors.

Hana Jones



Pilates has been at the centre of Hana's physical self-practice for 50 years. It continues to offer her new insights and understanding as her body changes with the passing years.

Having trained as an apprentice to Gordon Thomson when he opened his first studio in Covent Garden in late 1982 and through her subsequent experiences as a studio owner and teacher trainer, regularly returning to the anatomy of the body in movement and the fundamental principles of the Pilates Method has helped Hana to keep evolving as a teacher.

Hana loves working with Pilates teachers who are curious and who want to continue learning and growing in order to keep their own teaching interesting and lively.

DW33: YOUR PRESENTERS

James Earls



James Earls is a writer, lecturer and bodyworker specialising in Myofascial Release and Structural Integration. Increasing the understanding and practice of manual therapy has been a passion of James' since he first started practising bodywork over 20 years ago. Throughout his career James has travelled widely to learn from the best educators in his field,

including Thomas Myers, developer of the Anatomy Trains concept. James and Tom founded Kinesis UK, which co-ordinates Anatomy Trains and Kinesis Myofascial Integration training throughout Europe, and together they authored 'Fascial Release for Structural Balance,' the definitive guide to the assessment and manipulation of fascial patterns. James teaches a range of courses across the UK and Europe as the Founder of 'Born to Walk'. He is a regular lecturer at conferences and workshops around the world. Renowned for his relaxed and humorous style, James is a popular presenter whose subject is applicable for a wide-ranging audience that includes osteopaths, physiotherapists, massage therapists and movement therapists. James recently published his synthesis of myofascial theory, movement and Anatomy Trains in the well-received text 'Born to Walk'.

Joanne Elphinston



Beginning her professional journey in Australia over thirty years ago as a physiotherapist and coach, Joanne Elphinston is a movement philosopher, performance consultant and international lecturer in rehabilitation. She was Head of Performance Movement for the British Olympic Association's Coaching Olympic Gold programme, and from her wide-ranging work in elite

sport and the performing arts, to her continued clinical interest in chronic and complex presentations, Joanne's path of inquiry lies in what connects us in the deeply human experience of movement.

Joanne is the creator of the JEMSO approach, a holistic method for integrating the science and the art of clinical and movement practice. Through two decades of prolific teaching across multiple countries, Joanne's work is now used by clinical and movement practitioners in a wide array of settings and has underpinned an array of research projects in Sweden. Joanne's books, including "Stability, Sport and Performance Movement", have been translated into a number of languages. Her most recent book, "The Power and the Grace: A Professional's Guide to Ease and Efficiency in Functional Movement", is available with a 12% discount using the code ELPHIN12 from Singing Dragon. (<https://uk.singingdragon.com>). More information on Joanne's work and courses can be found on www.jemsmovement.com, on Facebook at JEMS, Linked In and on Instagram: @jemsojoanne

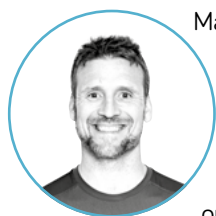
Lottie Murphy



Lottie Murphy is a Pilates teacher with over a decade of experience and the founder of Lottie Murphy Pilates, a thriving online studio, YouTube channel and community with thousands of members worldwide. Qualified in Matwork and Equipment Pilates with Body Control Pilates, and holding a BA (Hons) in

Dance and Performance, Lottie's teaching is rooted in the belief that movement should feel good - not perfect, not punishing, just good. Known for her warm, clear and approachable style, she has built a global community around mindful, joyful Pilates that fits into real life, doesn't feel intimidating and is fun and playful.

Matt Marney



Matt Marney has been working in the well-being space for over 20 years. He is a personal trainer, group exercise/Pilates instructor and meditation teacher. This unique blend and experience give's Matt an appreciation and understanding of the mind body connection and its role in promoting optimal health, wellbeing and performance.

Matt began his training with Body Control Pilates in 2013, completing both our Matwork and Studio Equipment courses, and is now one of our Matwork Certification Course tutors. He also runs other development courses where he shares his experience with movement teachers and fitness professionals. This role ensures Matt is up to date with the latest research and developments in the industry and he delivers this knowledge with passion and enthusiasm.

After training hundreds of clients over the years, Matt realised the same misconceptions about health and wellbeing came up time and again therefore he decided to start a corporate wellbeing company, Wellness Education Dubai in the hope he could educate and motivate more people. He realised taking the right information and motivation to groups at the workplace could be more impactful and he enjoys educating and inspiring groups to become empowered and create agency (for individuals) to make real change.

If you want to sample this passion and enthusiasm then take a listen to Matt's podcast which is another vehicle Matt uses to educate and motivate people more people. The Matt Marney Podcast is available on apple and Spotify.

Matthew Ockendon



Matthew Ockendon is a spinal surgeon at The Robert Jones and Agnes Hunt Orthopaedic Hospital NHS Foundation Trust in Shropshire. His clinical research Interests include spinal surgery with a particular interest in degenerative conditions and tumours, and treating all areas of the spine from cervical to coccyx.

He is a Fellow of the Royal College of Surgeons, and a member of the British Orthopaedic Association (BOA), British Medical Association (BMA) and British Association of Spinal Surgeons (BASS).

DW33: YOUR PRESENTERS

Michael Fritzke & Ton Voogt



Michael and Ton are internationally recognised Pilates Master Teachers, presenters, educators, consultants, and innovators. They both worked with Romana Kryzanowska, one of Joseph Pilates protégés, for over ten years in New York City, where they were Teacher Trainers for her original international Pilates certification program, and were the Supervising

Instructors for the Pilates Studio in New York City. Since 1996, Ton and Michael have collaborated, specialising in the Pilates method. Together they co-founded ZENIRGY, and developed and created the revolutionary TRIADBALL™, Pilates TRIADBALL™ Manual, numerous DVDs (commercial and educational) and set up several independently owned and operated Pilates certification programs in Norway, Austria, The Netherlands, Portugal, England and Costa Rica. Together they serve on a task force for Inner IDEA, the advisory board of AFPA and were consultants for the National Pilates Program at Equinox. In their private practice, they have worked with numerous A-list celebrities. They have also collaborated with a wide range of Physical Therapists to integrate the Pilates method into patient-based therapy programs. Ton and Michael have appeared on ABC, NBC, FOX, Oxygen, and Lifetime and their work has been featured in numerous magazines and newspapers, including Pilates Style, Self, More, Time Out New York, New York Post, and others. Ton has a Bachelor of Science degree in Physical Education and is a certified Pilates Instructor, Pilates Teacher Trainer, Personal Trainer, ACE Group Fitness Instructor, gravitypilates® trainer and gravitygroup:strength trainer. He is a former member of the Dutch National Gymnastics team, and former performer with international stage, film, and television credits. Michael is a certified Pilates Instructor, Pilates Teacher Trainer, Personal Trainer, gravitypilates® trainer and gravitygroup:strength trainer and Reiki Practitioner. He is a former performer, with Broadway, national and international credits as a performer, dance-captain, stage manager, and resident director.

Michael Gale MACP



Michael was a contemporary dancer who trained at London Contemporary Dance School, graduating in 1999. Alongside his work in contemporary dance Michael moved into teaching Pilates and other exercise forms. He qualified with the Pilates Foundation. Knowing he wanted to learn more about the science of

human movement and with his longing to help others, he decided to train as a Physiotherapist and graduated in 2008. Michael worked as a Pilates Physiotherapist before joining the NHS to further develop his skills and career.

In 2020, following his Master's degree, Michael joined the Musculoskeletal Association of Chartered Physiotherapists and became a registered practitioner with the British Association of Performing Arts Medicine (BAPAM). In 2023 Michael was recognised as a Health Education England Advanced Practitioner.

Michael continues to work in the NHS in central London within musculoskeletal physiotherapy as a Clinical Specialist where he treats the local patients including professional performers.

Michael King



Michael King, a pioneering figure in the world of Pilates, boasts over 45 years of experience in the field. Originating from a dance background at the London School of Contemporary Dance, Michael's journey in Pilates began in 1982 when he established Body Control Studios, affiliated with Pineapple Dance Studios in Covent Garden, London.

Following a stint at the Houston Ballet Company's Pilates studio in Texas, where he managed operations until 1990, Michael traversed the USA, training with luminaries like Carola Trier and Romana Kryzanowska. His influence expanded to the Voight Centre in LA, Winsor Pilates, and private studios in the L.A. area. Returning to Europe in 1995, Michael founded the Pilates Institute UK, later establishing his training school, Michael King Pilates (MK Pilates), and contributing significantly to global standards.

Renowned for his expertise, Michael's training programs are now disseminated in over 30 countries. As the founder and Director of the Pilates Institute UK until 2008, his legacy endures through MK Pilates, impacting Pilates education internationally.

Michael continues to shape the future of Pilates through My Academy.pro. Together with Body Control Pilates' Leigh Robinson and Hana Jones from Pilates Foundation, Michael is a founder member of the Society for the Pilates Method (SPM), an alliance of the UK's leading Pilates training providers, formed in 2020 with the goal of protecting the reputation and integrity of the Pilates Method through the knowledge, skills, and passion of its registered teachers, and through the comprehensive educational programmes that are offered to them.

Miranda Bass



Miranda comes from a dance background and trained to be a Pilates teacher in 1988. She began by teaching classes at Lewisham College and, latterly, students at Middlesex University as part of their Performing Arts BA.

Miranda has led the Body Control Pilates teacher training team in the past and has written several courses for Body Control Pilates. Alongside her private work, Miranda teaches weekly classes for teachers at the Body Control Pilates Centre in London. Her first book "The Complete Classic Pilates Method" was published by Pan Macmillan.

DW33: YOUR PRESENTERS

Nathan Gardner



Nathan is a highly accomplished UK-based Pilates teacher and teacher trainer, specialising in performance enhancement, injury prevention, and recovery. With a master's degree in dance science and over 35 years of multidisciplinary experience in physical and mental conditioning, Nathan has earned a reputation for his innovative and pragmatic approach to movement training, emphasising functional movement which meets the specific needs of his clients.

As founder of the KineticNRG Movement Teaching Academy, Nathan provides comprehensive training, continuing professional development (CPD), and peer support designed for movement professionals. The creator and principal lecturer for the Level 4 Pilates and Performance programmes at Body Control Pilates, Nathan continues to be an active member of their Teacher Training Team, where he supports the next generation of teachers looking to advance their skills and knowledge beyond their initial training.

In addition to his teacher training roles, Nathan is a key member of the treatment and performance enhancement department at The Urdang, City St. George's, University of London's Department of Performing Arts. He is also a member of the university's teaching faculty delivering a dance conditioning module to musical theatre students and actively involved in research focused on improving teaching practices in dance education settings.

Paul Howse



Paul began practising Pilates in 1999 after sustaining a sports-related injury to his spine. He had previously spent 15 years as an engineer, but, following his injury, he decided to retrain as a Pilates teacher. Paul has been teaching Body Control Pilates since 2003 and is now a member of the Body Control

Pilates Education tutor team for matwork and small equipment courses. Paul teaches classes and 1:1s at the Body Control Pilates Centre and at his studio in Esher, Surrey. He has a wealth of experience in dealing with injuries and still has a keen interest in sport, having completed numerous marathons, half marathons and a full Ironman. He spends much of his time working with athletes helping them attain their full potential. Paul studies biomechanics and believes good movement is the key to a healthy body.

Russell Peters



As a Senior Lecturer in Human Anatomy at the University of Bristol, Russell teaches undergraduate medical and anatomy students about the relationship between structure and function and how these interact to influence musculoskeletal performance and injury.

His background in Sport and Exercise Biomechanics has given him the opportunity to work with individual athletes such as Cristiano Ronaldo, as well as with Olympic squads and commercial companies, including Hi-Tec, Adidas and the UK Ministry of Defence.

In an academic capacity, Russell has led Sport & Exercise Biomechanics programmes at both Kingston and Birmingham Newman Universities and designed and delivered degree programmes at undergraduate, postgraduate, and professional level.

Russell is motivated by the challenge of translating biomechanical insights into practical, usable MSK applications, to help those of us working with movement - whether as sport and exercise or Pilates professionals - understand how injuries happen, what we can do to avoid them and which strategies are effective to improve human performance.

Dr Sarah Gilchrist



Dr Sarah Gilchrist spent over 20 years working in the UK high performance sport industry, latterly as a Technical Lead for the UK Sports Institute and Senior Physiologist with British Rowing. Her doctorate specialised in sleep and athletic performance and she now provides consultancy on a range of performance areas, particularly relating to sleep. She is a previous

Chair of the Chartered Association of Sport and Exercise Sciences Accreditation Committee and is a High Performance Sport Accredited practitioner. She is on the Advisory Board of The Sleep Charity and Author of 'The Essential Guide to Women's Sleep: Supporting Healthy Sleep Practices for Wellbeing and Performance'.

DW33: YOUR PRESENTERS

Tom McCook



Tom McCook, Founder and Director of Center of Balance in Mountain View, CA, is an internationally-recognized Pilates Master Teacher and movement specialist. Beginning his full-time career in personal training in 1984, Tom designs programs for health and life performance for a range of clients, from Silicon Valley executives and

Olympic athletes, to active seniors and people looking for solutions to their imbalances and injuries.

Tom's unique approach synthesizes over 30 years of fitness training, Pilates, body therapy, Somatics, the Franklin Method of experiential anatomy and imagery, Yoga, meditation and Life Coaching. His fascination with movement began at an early age playing sports and growing up in a large athletic family with 11 siblings. Tom's teaching focus is to inspire and empower people to access their mind/body intelligence with a practical understanding of their own anatomy through movement, self-touch and concentration. These skills go beyond exercise to cultivate presence, dignity and being responsive and resilient in life. His long and successful history working with athletes include the Stanford women's swim team and four Olympic Gold medal swimmers.

Tom has been leading teacher trainings in the Pilates Method since 2001 at Center of Balance, recognized as a premier movement, body therapy and education center. Tom is also a sought-after international presenter at conferences, retreats and studios worldwide. He is on the teaching staff for the Franklin Method Institute, a groundbreaking education system for improving movement potential, health and mind/body mastery. Tom also reaches an international student audience through his online classes and tutorials on PilatesAnytime.com

Tom lives on the coast outside of San Francisco with his wife and business partner, Karen deMoor.

WHAT NEXT?

We hope that you will join us for what is set to be a very special day and, as ever, we strongly recommend that you book your place as soon as possible. While the booking window will remain open until midday on **Friday 18th September 2026**, the earlier you book the greater the chance of you getting into your preferred sessions.

Here's what you need to do...

The Booking and Payment Form has been sent as a separate document to this DW33 brochure.

Save this to your computer, fill in the required information, save again, and email it as an attachment to dw@bodycontrolpilates.com

BOOKING FORM:

For each of the blocks please give your preference by putting 1-4 in your four preferred sessions, where '1' is your first choice. We will always do our utmost to give you your first or second preference.

If you prefer, you are of course welcome to print this off, complete it, and post it to us at DW33, Body Control Pilates Centre, 35 Little Russell Street, London, WC1A 2HH.

MAKING YOUR PAYMENT:

Due to expected demand for places, we must receive your payment (or notification of payment if you live outside the UK) before we can book you in. Payment details can be found on **page 3** of this brochure.



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