

ONLINE COURSES & WORKSHOPS FOR BCPA MEMBERS 2026			Time (UK)	Total Hours	Planned Tutor	Fees £	Fees £		CPD Points
as at 26/08/26					(tutors may change)		(Academy)		
PRINTED COURSE NOTES are posted to all UK bookings that were made before 01/06/26			Please add £20 for PRINTED COURSE NOTES (within UK). All fees below include emailed pdf notes.						
26th August	Wednesday	CPR Basic Life Support - 18 months certification	9.30am-12.45pm	3 1/4 hrs	Rob Fisher (Prime First Aid)			Fully booked	
5th September	Saturday	Movement: Day 1	10am-12pm & 1.30pm-4pm	4.5 hrs	Nathan Gardner	£215	£193.50	1 space left	A60 (Days 1&2)
6th September	Sunday	SPECIAL OFFER! Book Movement starting 05/09 and Adaptations starting on 12/09 for just £330 (Academy members £297). Saving up to £100!!						See Special!!	
10th September	Thursday	Movement: Day 2	10am-12pm & 1.30pm-4pm	4.5 hrs	Nathan Gardner				
12th September	Thursday	CPR Basic Life Support - 18 months certification	12pm-3.15pm	3 1/4 hrs	Rob Fisher (Prime First Aid)	£40	£40	2 spaces left	
12th September	Saturday	Pilates for Bone Health	10am-12.30pm & 1.30pm-4pm	5 hrs	Louise Tallis			Fully booked	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	2 spaces left	A60 (Days 1&2)
13th September	Sunday	Adaptations: Day 2 (inc Workbooks Review)	10am-12pm & 1.30pm-3.30pm	4 hrs	Julia Crossman				
22nd September	Tuesday	CPR Basic Life Support - 18 months certification	12pm-3.15pm	3 1/4 hrs	Rob Fisher (Prime First Aid)	£40	£40	New date!	
26th September	Saturday	Development Weekend 33 (at 11 Cavendish Square, London)							
27th September	Sunday	Development Weekend 33 (at 11 Cavendish Square, London)							
2nd October	Friday	Matwork Certification Update Day	10am-12pm & 1.30pm-3pm	3.5hrs	Sarah Marks	£125	£112.50	Good availability	A30
3rd October	Saturday	Pilates and Breast Cancer Rehab: Foundation Day	10am-12.30pm & 1pm-3.30pm	5 hrs	Karen Robb			Fully booked	A30
4th October	Sunday	Pilates and Breast Cancer Rehab: Programmes Day (must have done Foundation)	10am-12.30pm & 1pm-3.30pm	5 hrs	Karen Robb			Fully booked	A30
7th October	Wednesday	CPR Basic Life Support - 18 months certification	9.30am-12.45pm	3 1/4 hrs	Rob Fisher (Prime First Aid)	£40	£40	New date!	
9th October	Friday	Back4Good Low Back Pain: Day 1	10am-1pm & 2pm-4pm	5 hrs	Kyle Blackburn	£375	£337.50	3 spaces left	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				
15th October	Thursday	CPR Basic Life Support - 18 months certification	12pm-3.15pm	3 1/4 hrs	Rob Fisher (Prime First Aid)	£40	£40	New date!	
17th October	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
17th October	Saturday	Hypermobility SPECIAL! Book Foundation on 17/10 and Programmes on 28/11 or a future date for £250 (Academy members £225)!!						See Special!!	
17th October	Saturday	Pilates for the Older Person: Day 1	10am-1pm & 2pm-4.30pm	5.5 hrs	Lorna Nicholson	£225	£202.50	Good availability	A60 (Days 1&2)
18th October	Sunday	Pilates for the Older Person: Day 2	10am-1pm & 2pm-4pm	5 hrs	Lorna Nicholson				
20th October	Tuesday	CPR Basic Life Support - 18 months certification	9.30am-12.45pm	3 1/4 hrs	Rob Fisher (Prime First Aid)	£40	£40	New date!	
23rd October	Friday	Pregnancy 1	10am-12.30pm & 1.30pm-4.30pm	5.5 hrs	Lynne Robinson	£140	£126	4 spaces left	A30
24th October	Saturday	Pregnancy Special! Book Preg 1 on 23/10 and Pregnancy 2 on 24/10 or 30/1/27 for just £230 (Academy members £200)!!						See Special!!	
24th October	Saturday	Pregnancy 2 (must have done Pregnancy 1)	10am-12.30pm & 1.30pm-4pm	5 hrs	Sarah Warden	£140	£126	6 spaces left	A30
31st October	Saturday	Pilates and Mental Wellbeing	10.30am-1pm & 2pm-4pm	4.5 hrs	Lorna Nicholson	£140	£126	Good availability	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	4 spaces left	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				
4th November	Wednesday	CPR Basic Life Support - 18 months certification	9.30am-12.45pm	3 1/4 hrs	Rob Fisher (Prime First Aid)	£40	£40	New date!	
6th November	Friday	Standing Pilates	10am-12pm & 1pm-3pm	4 hrs	Kathy King	£125	£112.50	Good availability	A30
7th November	Saturday	Pilates for Golfers	10am-12.30pm & 1.30pm-3.30pm	4.5 hrs	Jenny Tyler	£125	£112.50	4 spaces left	A30
7th November	Saturday	Spine Corrector & Pilates Arc	10am-12.30pm & 1.30pm-4pm	5 hrs	Jacque Biggs	£160	£144	4 spaces left	A30
7th November	Saturday	Buy a Balanced Body Pilates Arc for just £85 (excluding £35 UK p&p) when booking for this course - saving approx 50%! Subject to availability							
7th November	Saturday	Pilates and Scoliosis: Day 1	10am-12.30pm & 2pm-4pm	4.5 hrs	Louise Tallis	£225	£202.50	New date!	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
14th November	Saturday	Performance Special! Book Performance on 14/11 and Runners on 21/11 or a later date for just £230 (Academy members £200)!!						See Special!!	
14th November	Saturday	Pilates for Children & Adolescents: Day 1 (see footer) NOW WITH RECORDING!	10am-12.30pm & 1.30-3.30pm	4.5 hrs	Sarah Warden	£245	£220.50	New date!	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				
20th November	Friday	Foam Roller	10am-12pm & 1pm-3pm	4 hrs	Kate Hodder	£125	£112.50	New date!	A30
21st November	Saturday	Pilates with the Band	10am-12pm & 1pm-3pm	4 hrs	Sarah Warden	£140	£126	New date!	A30
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
29th November	Sunday	Exercise Strategies for Diastasis Recti	10am-1pm	3 hrs	Sarah Warden	£115	£103.50	New date!	A15
5th December	Saturday	Movement: Day 1	10am-12pm & 1.30pm-4pm	4.5 hrs	Nathan Gardner	£215	£193.50	New date!	A60 (Days 1&2)
6th December	Sunday	SPECIAL OFFER! Book Movement starting 05/12 and Adaptations in January (or later) for just £330 (Academy members £297). Saving up to £100!!						See Special!!	
2027		Movement: Day 2	10am-12pm & 1.30pm-4pm	4.5 hrs	Nathan Gardner				
9th January	Saturday	Pilates for Bone Health	10am-12.30pm & 1.30pm-4pm	5 hrs	Louise Tallis	£140	£126	New date!	A30
10th January	Sunday	Understanding Neurological Disorders and how Pilates can help	10am-12.30pm & 1.30pm-3.30pm	4.5 hrs	Louise Tallis	£140	£126	New date!	A30
16th January	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)
17th January	Sunday	Adaptations: Day 2 (inc Workbooks Review)	10am-12pm & 1.30pm-3.30pm	4 hrs	Julia Crossman				
23rd January	Saturday	Hypopressives for Pilates Teachers: Foundation Day	10am-12.30pm & 1.30-4pm	5 hrs	Abby Lord	£160	£144	New date!	A30
24th January	Sunday	Hypopressives Special! Book Foundation on 23/1 and Day 2 'Mobilise your Fascia' on 24/1 or any later date for just £295 (Academy members £265)!!						See Special!!	
24th January	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
29th January	Friday	Pregnancy 1	10am-12.30pm & 1.30pm-4.30pm	5.5 hrs	Lynne Robinson	£140	£126	New date!	A30
30th January	Saturday	Pregnancy Special! Book Preg 1 on 29/1 and Pregnancy 2 on 30/1 or a later date for just £230 (Academy members £200)!!						See Special!!	
30th January	Saturday	Pregnancy 2 (must have done Pregnancy 1)	10am-12.30pm & 1.30pm-4pm	5 hrs	Sarah Warden	£140	£126	New date!	A30
6th February	Saturday	Pilates and Neurodiversity: Day 1	10am-12.30pm & 1.30pm-3.30pm	4.5 hrs	Shreya Vashisht & Sarah Warden	£240	£216	New date!	A60 (Days 1&2)
7th February	Sunday	Pilates and Neurodiversity: Day 2	10am-12.30pm & 1.30pm-3.30pm	4.5 hrs	Shreya Vashisht & Sarah Warden				

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External Assessment Fees for Pregnancy, Bone Health, Older Person, Children courses

For insurance purposes you should take the Active IQ exam after attending these courses. Registration and assessment fees apply - see our 'Course Guide 2026' Section B for full details.

Important changes to the 'Pilates for Children' course

We no longer offer a Foundation Course ahead of the two tuition days. The content of that day is now self-study and will be sent to you ahead of the tuition weekend, which will start with a brief review of key 'Foundation Course' points.