Featured here:

VoiceGym for Pilates Teachers
Alexander Evans
February 2027

Moving Fascia
Ana Barretxeguren
April 2027

Venue:

Body Control Pilates Centre, London, WC1A 2HH
Or a local venue

Please see our emails for booking and payment details, or please:

- **call us on 020 7636 8900**
- **email us at info@bodycontrolpilates.com**

VoiceGym® for Pilates Teachers

with

Alexander Evans

FACE TO FACE WORKSHOP!



Body Control Pilates Centre, London

Friday 5th February 2027

10am-4.30pm

£170 (Academy **£153;** Academy Plus **£144.50**)

GROUP LIMITED TO 8 MAX!

CPD: A30

"Amazing - everyone should do it!"
"An inspirational presenter"

As Pilates teachers, the voice is an essential tool in the practice of teaching. Yet maintenance of the voice is often neglected. This 6-hour workshop (including breaks) will introduce you to **VoiceGym**, an established programme of exercises that helps develop and maintain the voice. The programme was put together by Angela Caine using the principles of Pilates, Alexander Technique and functional anatomy, coupled with years of dealing with troubled voices, including her own.

The workshop will cover three key areas of VoiceGym:

1. Whole body exercises to connect the voice, body and brain.
2. Face muscle exercises focusing on tongue posture and jaw translation
3. Useful techniques and tools on how to introduce voicework in to one's own teaching practice.

This will be an informative and energising day tailored to the needs of Pilates teachers and with much focus on 'play'. It will include a **'Troubleshooting' section** – tips on how to beat common ailments and keep yourself teaching.

Attendees receive the recently updated **VoiceGym Manual**.

Group size will be limited to ensure maximum benefit for each participant.

ABOUT ALEX:
Director VoiceGym Limited, VoiceGym Instructor, Body Control Pilates Teacher

Alexander is director of VoiceGym. Alexander met Angela Caine the founder of VoiceGym whilst studying for his degree in music at Southampton University and on graduating he continued to study and teach VoiceGym at the Voice and Body Centre.

He collaborated with Angela for 18 years primarily studying the effects of dentistry and structural misalignment in 'performance' and has taught and help develop VoiceGym and Early VoiceGym. He has coached leading west end artists, opera singers and international recording artists, including Shania Twain in preparation for her residency at Caesars Palace, Las Vegas, as well as dentists, osteopaths, doctors, lawyers and teachers and comedians!

Alexander is a founder member of the **Dynamic Smile** team in Hungary where he has helped set up the first VoiceGym in an orthodontic practice, and visits regularly to teach. Along with VoiceGym workshops in the UK and abroad, he also currently runs VoiceGym teacher training workshops for Body Control Pilates and has presented at their Development Weekends.

He has also forged his own career as an actor/singer performing in West End Musicals, UK and international tours.

Please see our emails for availability and booking details

BODY CONTROL PILATES®

Announcing a one-day ‘Moving Fascia’ workshop

with

Ana Barretxeguren



at

Impact Dance Studio, Bloomsbury

A one-minute walk from the Body Control Pilates Centre

Friday April 23rd 2027

10am-5pm (includes breaks)

£245 (Academy £220.50, Academy Plus £208.25)

CPD: A30

ONLY OPEN TO BCPA MEMBERS

After her extremely well-received DW33 sessions, we are delighted to welcome Ana back for this workshop for Body Control Pilates teachers. Early booking is strongly advised.

The workshop will use Ana’s ‘Moving Fascia’ balls – these will be provided and will be available to purchase at a discounted price directly after the workshop.

ABOUT ANA

Ana Barretxeguren is the founder and creator of Moving Fascia®, a somatic movement method that brings fascia research, embodied anatomy and sensory exploration into dialogue. She is a Pilates teacher, somatic educator and myofascial release practitioner, with a Postgraduate Diploma in Anatomical Sciences from the University of Edinburgh. Her work has evolved through more than two decades of movement teaching, mentoring and hands-on clinical practice, alongside ongoing engagement with fascia research. This experience informs a distinctive approach to movement education, exploring the relationships between fascia, sensory awareness, breath and movement organisation. Ana teaches internationally and has developed a comprehensive Moving Fascia educational programme, including Moving Fascia Foundations, the Moving Fascia Embodied Anatomy Diploma and an accredited teacher training pathway. Her work supports movement teachers and manual therapists in deepening their understanding of fascia and developing more responsive, adaptable approaches to movement education

Description

How can a deeper understanding of fascia enrich the way we experience, explore and teach Pilates? This full-day, mat-based workshop introduces Moving Fascia, exploring how a sensory and relational understanding of fascia can enrich movement awareness and Pilates practice. Through guided practice, we will use the Moving Fascia balls as adaptable sensory tools, investigating how contact, weight, support and breath inform proprioceptive and interoceptive awareness, and exploring their relationship with autonomic regulation and movement organisation. Guided by the principles of Moving Fascia, we will explore fresh perspectives on the relationships between fascia, sensory awareness and movement, and how these can enrich observation, cueing and teaching. Participants will discover new ways of approaching familiar Pilates practice through sensory enquiry, expanding their movement vocabulary and exploring how to create conditions for adaptability, reorganisation and a more responsive dialogue with movement.

Please see our emails for availability and booking details

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