



BODY CONTROL  
PILATES®

## Body Control Pilates: A Symbol of Excellence in Pilates

Founded in 1995, Body Control Pilates is widely seen as a global benchmark for safe and effective teaching of the highest quality. It is Europe's largest professional Pilates organisation and has an international teaching network of over 1,400 teachers in 40 countries. All have completed a comprehensive training course in Body Control Pilates matwork and work to a laid-down Code of Practice governing teaching standards, professional ethics and continuing education. Our specialist 'Pilates for Golfers' teachers have undertaken further training in this area so you know that when you see our logo you are in excellent hands!

**“Our mission has been to bring the benefits of Pilates to everyone. To this end, we have created a method that is effective, safe and challenging: a method that is taught by teachers with unrivalled skills, knowledge and integrity.”**

**Lynne Robinson**  
co-founder of Body Control Pilates



“The Body Control Pilates for Golfers programme is really effective for improving performance and reducing the risk of injury. It helps to promote quality, range and control of movement and to enhance the golf swing.”

**Dr. Andrew Murray**  
Sports and Exercise Medicine Doctor  
European Tour and Challenge Tour Golf

Pilates is well known for the way it targets the deep postural muscles, building strength from the inside out, rebalancing the body and bringing it into correct alignment. It improves your posture, helping you to achieve **the perfect balance between strength and flexibility**.

It has become a key part of the training regime for elite athletes across a broad range of sports. In creating the ‘Pilates for Golfers’ programme Body Control Pilates has been able to draw on **20 years of experience** in working with teams and individual athletes at Olympic, international and elite level as well as helping those who play sport for recreation through our international network of more than 1,400 teachers.

We understand Pilates, we understand golf, and we know how Pilates can help to improve performance. We have created this programme for you!



“I have added Pilates to my training regime and it has done wonders with my shoulder turn.”

Pilates for Golfers client

## Why Pilates for Golfers?

**Body Control Pilates for Golfers** offers you a specially-adapted exercise programme that will help you to optimise your performance and improve your game.

It will enable you to:

- become more body aware
- improve swing efficiency and consistency and build core strength, enabling you to hit the ball farther
- reduce the risk of injury, prolonging your golfing career
- improve your general health and well being

## How do I begin?

Your Body Control Pilates for Golfers specialist teacher will offer a range of options tailored to suit your needs, including group classes, 1:1 sessions, and clinics and workshops.

## More Information

You can find more information by contacting your local specialist teacher. You can also learn more by visiting our website, where you can find more details on the ‘Pilates for Golfers’ programme, along with the location and contact details of our teachers.

[www.bodycontrolpilatesgolf.com](http://www.bodycontrolpilatesgolf.com)

Published by

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