

## **Caroline North**

### **Professional Memberships**

- Member of the Body Control Pilates® Association (since 2009)
- Supervising Teacher for Body Control Pilates® (2012 - 2017)
- Register of Exercise Professionals UK

### **Body Control Pilates ® Qualifications**

- Body Control Pilates® Instructor - Matwork Level 3
- Pilates Reformer
- Pre- and Postnatal Pilates Programmes: Level 3
- Physical Activity (Pilates) and Health Considerations for the Older Adult: Level 3
- Bone Health: Understanding Physical Activity (Pilates) and its Impact on Bone Health: Level 3

### **Continued Professional Development**

#### **Pilates**

- Pilates and Pregnancy - Antenatal and postnatal programmes - Level 3
- Intermediate Matwork
- Standing Pilates
- Advanced Mathwork
- Rotation: The Lost Form in Function
- Sequenced Movement - Fascial Flow
- The Franklin Method - The Psoas - Beyond the Abdominals
- Pilates for the Older Person
- Pilates for Bone Health - Osteoporosis - Level 3
- Movement - Level 4
- Adaptations - Level 4
- Low Back Pain - Level 4
- Pilates for Performance
- Pilates for Runners
- Pilates and Hypermobility

#### **Pilates Equipment training - with Body Control Pilates ®**

- Spine Corrector and Pilates Arc
- Pilates Reformer
- Ladder Barrel
- Cadillac
- Chair

#### **Anatomy Trains ® & Art of Motion ®**

- Walking the Lines
- Anatomy Trains ® in Motion, Slings Essentials & Slings in Motion ® I, II & III

#### **Nordic Walking UK Qualifications**

- Nordic Walking and Fitness Instructor (CYQ): Level 2

#### **Stretch Therapy ™ Qualifications**

- Into the Stretch
- Stretch Teacher

#### **First Aid**

- Wilderness First Aid
- Emergency First Aid at Work