



2026

The Pilates Gathering

Session Guide

Pilates workshops, master classes and a warm Scottish welcome — two days of learning, movement and global community in the heart of Stirling.



DATES

26 & 27 September

PRE-CONFERENCE

Workshops Thur 25th

LOCATION

Stirling, Scotland

THURSDAY 25 SEPTEMBER

Pre-Conference Workshops



WORKSHOP • CLAIRE SPARROW • 3 HOURS

HOPE For Your Pelvic Floor

Author of the bestselling book *HOPE for Your Pelvic Floor*, Claire Sparrow leads this practical, accessible workshop exploring pelvic health through a whole-body lens. Drawing directly from the concepts in her book, she brings pelvic health to life through simple explanation, guided movement and real-world application — blending short readings, discussion, Q&A and easy-to-integrate exercises.

Rather than isolating the pelvic floor, the workshop helps participants understand how breath, posture, movement and the wider body influence pelvic health. The exercises are gentle, effective and immediately applicable — supporting confidence, clarity and long-term wellbeing.

Suitable for anyone curious about their pelvic health — whether new to the topic or deepening their understanding.



LECTURE • EVA RINCKE • 3 HOURS

Boxing: How Joseph Became Joe

Boxing was an indispensable step on Joseph Pilates' path to professional bodywork. His first studio was a boxing school in Gelsenkirchen in 1919. In this workshop, we'll explore this little-known chapter of his life — looking at

historical sources about his experiences in the boxing world and getting to know him as a boxing coach, a referee and a professional fighter.

Let's dive deep into this exciting chapter of Joseph's life — and witness how he became Joe, the man who gave us the Pilates method.



We never stop learning — and what an amazing community within the Pilates industry we have.



PAST ATTENDEE



PRESENTER

Cameron Angus

MASTER CLASS • REFORMER & MAT

Reformer to Mat

The Pilates matwork has its foundations on the equipment. With Cameron we dive into the connections to the matwork from the reformer — linking repertoire to repertoire, and the magic of the springs to how you feel and embody the work in your body and your clients.

Drawing on his early, tough training with Jay Grimes and an obsession with the “feeling” of the method, Cameron adds another layer to both your practice and your teaching.

No Reformer experience necessary — just a passion for the method.

MAT SESSION

The Band as a Teacher

Thinking of the resistance bands not as resistance, but as facilitation and feedback. Let’s use the bands to find our moves.

A creative, tough, thought-provoking session that helps you and your clients find connections — and that wee bit extra with the mat moves.

All abilities and experience welcome.

LECTURE

Words That Move, Words That Heal, Words That Hurt, Words That Scare

The words we use are among the most powerful influences on the people we interact with — and on our own cognition. They can set in motion confidence and reduce fear and pain, while the wrong words carry a powerful nocebo: knotted, text neck, safe spine, protect your back.

Drawing on current neuroscience and pain research and 30 years of communicating with patients and clients, Cameron shows how we can powerfully change thinking and movement through the words we choose.

You’ll leave with lots of new practice ideas — and plenty to think about.

“

I thought Cameron’s session on Pilates rehab was fantastic.

”

PAST ATTENDEE



PRESENTER

Candace Bertram

MATWORK

The Body You Bring Today

Meeting yourself exactly where you are.

No two bodies move the same way, and no two people experience Pilates in the same way. This matwork session explores the idea that movement is personal. Together, we'll look beyond perfect shapes and idealised movement patterns to discover how Pilates can support the body you have today — expect thoughtful movement, practical exploration and a fresh perspective on what it means to truly meet yourself where you are.

CHAIR

The Unexpected Teacher

Lessons from the Pilates Chair.

The Pilates Chair encourages challenge, curiosity and connection. This session explores how the Chair develops strength, balance, control and confidence — while revealing habits we may not even realise we have. Whether you love the Chair or find it intimidating, come and discover why it remains one of the most powerful teachers in the Pilates system.



PRESENTER

Eva Rincke

LECTURE

Joseph Pilates — Roots

Joseph Pilates was born and raised in Mönchengladbach, Germany. When his father introduced him to gymnastics and weight lifting he found his passion — but it took decades until he was able to earn a living as a body expert.

Eva has toured this presentation around the Pilates world to promote factual knowledge about Joseph Pilates' life and work. His life story is fascinating, and it helps your understanding of the method to know where it all came from.

“ *Less is more. Pilates has absolutely no age limit!* ”

PAST ATTENDEE



PRESENTER

Claire Sparrow

MATWORK • ANTENATAL

Pre & Post Pilates on the Mat

Pregnancy and postpartum are pivotal moments to understand the changing body and pelvic floor. Drawing on her Whole Body Pelvic Health approach, Claire shows how

breath, posture and load translate into safe, intelligent mat teaching through pregnancy, birth recovery and beyond.

Practical and body-led — grounded in real movement, not fear-based messaging.

REFORMER

Pelvic Health on the Reformer

The Reformer changes everything about how the pelvic floor responds to load and support. Claire explores how springs, carriage and position shift pelvic floor strategy — helping

Teachers make intelligent, purposeful choices that support pelvic health without over-cueing, bracing or losing movement quality.

CHAIR

Beyond the Repertoire on the Chair

Many Teachers narrow their repertoire over time, avoiding Chair exercises that feel complex or physically draining to teach. Claire breaks down Chair work in real time, mapping

progressions that expand your range while protecting your own body and energy.

Leave with a connected system — not isolated choreography — and a way of teaching that sustains you, session after session.



There is a community of lovely Pilates Teachers out there! You've helped me find more confidence and freedom to be who I am with my teaching.

PAST ATTENDEE



PRESENTER

Suus Janssen

REFORMER

Foundational Standing & Balances on the Reformer

Instagram tells us Reformer Pilates is all lunges, splits and high jumping.

Standing moves and balances are certainly part of the original repertoire for the Reformer, and like all true Pilates exercises,

building a strong foundation is central. In this session you'll learn the benefits of fixing the foundations, making your workout safe, well-structured and effective.

CHAIR

EXO® Chair — explore its versatility as it was intended ~ Slastics™

Get ready for a total body workout on the EXO Chair. You'll be adding resistance in this session by using the Slastix and using the split pedal in a variety of unique ways, all while training your upper body, lower body and core!

The Slastics make the Exo Chair one of the most versatile, space-saving pieces of apparatus.

MATWORK

Flow & Transitions

Knowing the repertoire is essential. Thinking about the spaces in between and the flow from one to another is what sets your teaching apart from someone who simply reads off a list.

This is where you can address your individual client's needs, and where your own style and flair come to the fore.

“

I really understood for the first time what feeling Pilates in my body means — and what length means. Teachers say it to clients without really explaining it. ”

PAST ATTENDEE



PRESENTER

Joakim Valsinger

CHAIR

Big Results on a Small Frame

Joseph Pilates designed the Chair to bring his method into the average apartment in New York City. The small footprint of this ingenious apparatus saves space without making it insignificant.

Achieve big results and have fun on the Chair. The pivoting pedal and angled spring inside a rigid frame create a unique box of opportunities.

REFORMER

The Nemesis Session: Reformer Edition

This session invites attendees to submit their nemesis exercises on the Reformer. We'll work through options and variations, and explore how we can take your least favourite exercise in the direction of becoming your biggest success.

CONFERENCE VILLAGE PILATES STUDIO

Pilates for the Disabled Child

Joakim's son Albie has Prader-Willi Syndrome. His challenges include low muscle tone, developmental disability and poor coordination. What he lacks in skill he makes up for in enthusiasm — and he loves Pilates.

We're sure Pilates has helped him improve his capacity, and this free-flow session around the mock-up Pilates studio is a display of

what he gets up to. Observe Albie as he tackles what should be very easy exercises in new and innovative ways. The Balanced Body apparatus have special features that support small, uncoordinated bodies.

Please note: this session might be cancelled or cut short depending on how the subject goes with his daily routine.

MAT

SpineFitter on the Mat

Open to everyone who wants an early morning workout! This 45-minute wake-up session introduces SPINEFITTER and gives you all the benefits of a fun matwork class, as well as tips and tricks on how to use this amazing piece of kit.

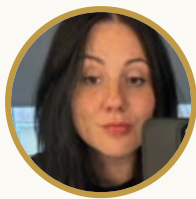
Self-massage, instability, support, feedback, challenge and assistance — all intensifying the conversation between you and the mat.



I learned that I can simplify but still make my classes challenging.



PAST ATTENDEE



PRESENTER

Caterina Romano

Founder of Beautysnap · Marketing & Communication Specialist

LECTURE & HANDS-ON TUTORIALS

Socialise Your Gathering

Social media is a vast field where many Pilates Teachers feel left behind. We're great at making people feel good through movement — we can be less confident about shouting how good we are.

Both of these sessions are stand-alone tutorials, but attending both will give you a fuller picture of social media success.

TUTORIAL 1

Skills & Strategy

This session helps you create a framework for authentic and engaging content, with real-time tutorials and hands-on assistance.

Attendees will be sent preparatory notes before the Gathering and guided through content-creation huddles throughout the two-day event.

TUTORIAL 2

Shoot & Share

This session helps you capture video and image content that best describes you and your personal attributes — and they are many!

Attendees will be sent preparatory notes before the Gathering and guided through content-creation huddles throughout the two-day event.

You'll walk away with ideas and content — ready to post.

“ You helped me be more creative — I feel more confident in my teaching now. I am my USP! ”

PAST ATTENDEE

EACH MORNING • FOR EVERYONE

The Teacher in You

The Pilates Gathering is famous for bringing attendees and presenters together as equals. Each day opens with a guided discussion on what truly makes a great Pilates Teacher — full of ice-breakers, interaction and team-building tasks that Cameron and Joakim have drawn from their military backgrounds.

Who are you as a Pilates Teacher? Who do you serve? What do you need to get the very best from these two days — and how can a shared experience leave a lasting mark on the way you move your own practice, and your business, forward?

Come ready to connect, reflect and rediscover the Teacher you already are.



FRIDAY EVENING • SOCIAL EVENT

Friday Night Dinner & Ceilidh

ceilidh /pronounced kay-lee/

A ceilidh is a traditional Scottish social get-together filled with lively folk music, group dancing and socialising. We have a quaint but lively band belting out the tunes and a professional dance 'Caller' giving out the dance-move instructions.

If you can walk — you can ceilidh dance. And this is the cardio session for your Pilates Gathering.

