

# Yoga and Pilates in Hornchurch, Elm Park, Romford and Rainham



Location **East of England, Essex**  
<https://www.freeadsz.co.uk/x-200964-z>

Yoga Relaxation (6 week course £45 or one session for £10)

\* This is the perfect pre-Christmas tranquility class - OM Namaste \*

Starting Monday 16th November 8.30pm Carries Hall - Spaces available book now

Sessions include, gentle asanas, meditation and pranayama breathing; all ideal to give you time to relax and the most restful night sleep. Bring a blanket with you for Yoga Nidra and final relaxation. This course is perfect for men and women, complete beginners and those wanting to slow down and learn to relax.

You will receive (each week by email) a worksheet where you can practice at home one of the restorative asanas taught during that lesson.

Introduction to Pilates (4 week course £30) \*Last chance before Christmas

Starting Tuesday 17th November 7.30pm HASWA

Week 1: Breathing. You will be taught breathing exercises during the class prep (warm up). The class will then progress layering in breathing patterns for 7 essential 'breathing' moves.

Week 2: Posture and Mobility. We will look at our posture and learn about neutral spine. You will learn how to stand, sit and lay down to improve your posture and performance of Pilates. I will teach 7 essential 'Posture improving' Pilates moves.

Week 3: Muscles and Strength. You will learn about your core muscles, (known in Pilates as your centre or 'power house'). The class will then demonstrate how fantastic Pilates is for your core with 7 essential 'Power House' moves.

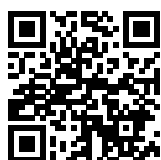
Week 4: This class is a celebration of all above. You will complete 9 moves of the 34 repertoire which

will demonstrate the beauty and flow of Pilates. The first 6 will be in sequence (minus one which is an advanced move) as most Pilates would have taught. The last 3 moves will be a yoga breathing exercise to strengthen



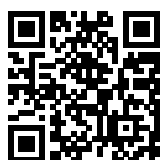
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