

Yoga and Pilates in Hornchurch, Elm Park, Romford and Rainham (8 GBP)



Location **East of England, Essex**
<https://www.freeadsz.co.uk/x-237552-z>

Yoga and Pilates courses starting in January Pilates Courses

'In 10 sessions you will feel the difference, in 20 you will see the difference, and in 30 you will have a whole new body' Joseph Pilates

Pilates is respected and recommended by leading medical professionals for rehabilitation and enhancement of the body's performance and functionality. Pilates improves flexibility, builds strength and develops control and endurance in the whole body. On your Pilates course you will work on improving your posture and alignment, you will learn how to control your breathing to enhance your performance of the exercises, you will develop strong (centre/core) muscles to support your back and spine, and will improve your balance and coordination. All courses work on the original principles and fundamentals of Pilates and work towards to the full 34 Pilates moves. Hatha Yoga Courses

Yoga is many thousands of years old with a rich history of culture, religious beliefs and practices. Yoga translated means 'join or unite' the mind, body, soul and spirit through exercise (Asanas), breathing, relaxation, diet and positive thinking (meditation). Yoga will build strength, improve flexibility/agility, balance and harmonise the mind and body. Karen Hawkes says (about the Improve your Pilates course): "This was a fantastic course – challenging, exhilarating and inspiring, yet I never felt pushed or pressured into doing more than is comfortable.

I've thoroughly enjoyed this course and have left every class feeling refreshed, revitalised and relaxed. Really looking forward to Pilates with Bands & Balls and the new Barre Pilates in January!" December 2015

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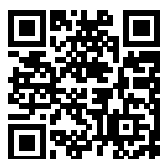
Lucy Fraser says:

My first experience to a local Pilates studio was a fantastic one and this is the best one I have ever had. December 2015



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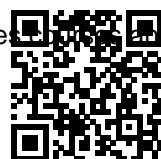
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