

# Pilates, Barre Pilates and Yoga in Hornchurch (8 GBP)



Location

East of England, Essex

<https://www.freeadsz.co.uk/x-237554-z>



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. £10 drop in subject to availability or book onto a course for £8 per session Course details: 'Introduction to Pilates' 4 Week Course: 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'). 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 Joseph Pilates would have taught. In this class we will cover again; breathing, mobility and strength.



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