

Yoga Relaxation, Hatha Yoga and Pilates (8 GBP)



Location **East of England, Essex**
<https://www.freeadsz.co.uk/x-237555-z>



Firstly let me tell you a little about my background; I have been teaching health related fitness classes for many years. I am a qualified Exercise Professional and registered with The Register of Exercise Professionals (REPs) and the Stress Management Society as a recommended practitioner. Yoga and Pilates is respected and recommended by leading medical professionals for rehabilitation and enhancement of the body's performance and functionality. Yoga and 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 Pilates courses work on the original principles and fundamentals of Pilates and work towards to the full 34 Pilates moves. For information on classes and courses in Havering please call me. I look forward to hearing from you.



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