

Yoga, Pilates and Barre Pilates (8 GBP)



Location **East of England, Essex**
<https://www.freeadsz.co.uk/x-250551-z>

Pilates and Barre Pilates Community classes local to you
 '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.

Barre Pilates is a fusion of ballet and Pilates at the barre. It is the most fabulous legs and glutes (bottom) workout, as well as perfect for improving posture and strengthening the whole body. You do not need any Pilates, ballet or barre experience to come along and enjoy this course. It is for complete 'Barre' beginners.

'Introduction to Pilates'

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 sit and stand to improve your posture and performance of Pilates. You will be taught the 'Power House' moves.

Week 3: Core and Mobility. You will learn about your core muscles, (known as the 'Power House' 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 Joseph Pilates would have taught. In this class we will cover again, breathing, mobility and strength.



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Each week you will receive (by email) a worksheet where you can practice at home the focus points for that lesson.

'Essential Pilates'

15 Essential Pilates moves for complete beginners designed to stretch, lengthen, mobilise and strengthen the whole body. Each week we will focus on 3; learn the move, understand intentions, explore breathing patterns, increase range of movement and intensity.

After each session you will receive (by email) a worksheet where you can practice at home the 3 focus moves taught during that lesson. The next week will recap on the previous week and proceed to the next 3 moves.

Tracey Gurr says:

"Thank you for the homework, I'm looking forward to practicing during the week. I assume you could tell by the smile on my face how much I enjoyed your class, you created an amazingly calm and friendly atmosphere. Your enthusiasm to teach creates an equally enthusiastic approach to learning. I can't wait for next Thursday". April 2015

Lauren Hall says:

"I love this class!!!! Pauline is soo good at explaining what to do and how to do it, I have my eyes closed through most of the class and I get the moves right. We have fun, its a very relaxed atmosphere and Pauline even sends us homework sheets so we can practice at home and do it right. I sleep extremely well on a pilates night!! I get better every week, Pauline is a great teacher". February