

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



Location **East of England, Essex**  
<https://www.freeadsz.co.uk/x-325437-z>

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. 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. '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

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

**Barre Pilates**  
 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. Testimonials Barbara Bence says (about Barre Pilates):

"Thank you for a very enjoyable Barre Pilates class. I am now finding myself trying and succeeding in

doing certain Pilates moves that I never thought possible when I first started and I am enjoying the feeling of strength and more flexibility."

Barbara Bence says (about Barre Pilates): "I have enjoyed the Barre Pilates class as it combines ballet and Pilates. It is the most enjoyable class I have done in a very long time and loving the relaxation at the end of the class too. Pilates increases the intensity gradually each week and your detailed knowledge and experience shine through."

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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

Fatima Pansari says (about the Introduction to Yoga course):

"I would definitely recommend attending one of Pauline's courses. It has a very relaxing atmosphere. Pauline is friendly, approachable and an excellent Yoga instructor". November 2015

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Jan Hadgraft says:

"I love Pauline's very committed and encouraging style of teaching, and the fact that she offers alternatives for older (or less flexible) participants. I feel the exercises are gradually making a positive difference to me." October 2015

Lucy Fraser says:

"I have been to a lot of different Pilates courses and this is by far the best one!" September 2015 Visit [www.inspiredhealthandfitness.co.uk](http://www.inspiredhealthandfitness.co.uk) Call Pauline 07821969405 078219694...(click to reveal full phone number) Email click to