
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 Call Pauline 07821969405 078219694...(click to reveal full phone number) Email [click to](#)