

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



Location **East of England, Essex**
<https://www.freedasz.co.uk/x-325438-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.

Yoga Relaxation and Hatha Yoga Courses

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. £10 drop in subject to availability or book onto a course for £8 per session Course details for 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 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

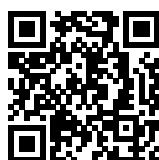
the beauty and flow of Pilates. The first 6 will be in sequence (minus one which is an advanced move) as the 7th is a bonus move. In this class you will learn the breathing techniques and strength building exercises for Pilates. Barre Pilates, Matwork Pilates and Pilates. It is a combination of Pilates and yoga (asanas and pranayama) work. It is a perfect way of improving posture, strength and flexibility. You do not need any Pilates, ballet or barre experience to come along and enjoy this course. For complete 'Barre' beginners. Reviews For 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 benefits of feeling stronger and more flexible". Barbara

"Thank you so much for our first Pilates class on Saturday we both enjoyed it a lot". Samantha



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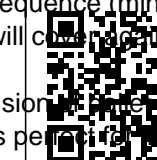
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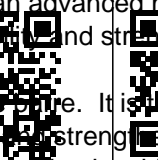
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"Another fantastic course. I really enjoyed the variation to the mat work and looked forward to class every week. It was great to learn the moves incorporating the Barre and I loved the tempo of the class. All in all a great workout that complemented the other course I was on and the weekly classes. Great job!" Mairead

'I thoroughly enjoy the Barre Pilates class, a great combination of Ballet and Pilates, the toughest yet most enjoyable class I have done in a very long time and loving the relaxation at the end of the class too. Pauline increases the intensity gradually each week and her detailed knowledge and experience shine through'