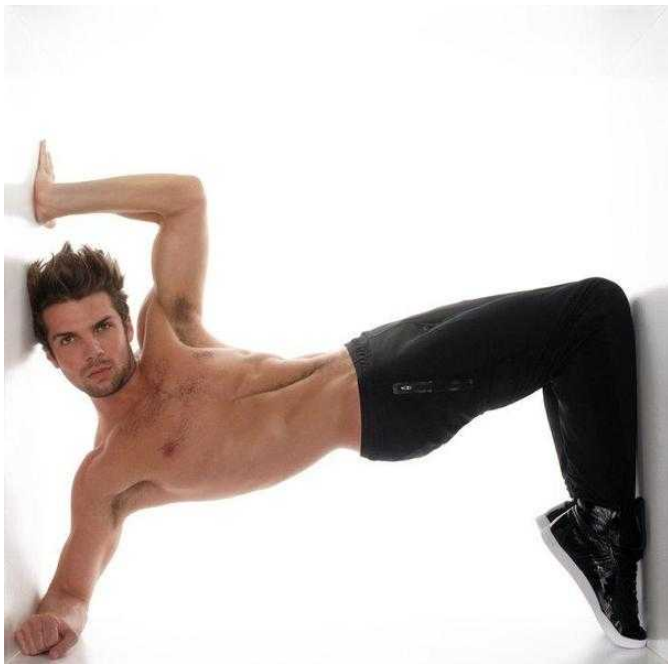


Pilates private sessions



Location **London, London**
<https://www.freeadsz.co.uk/x-502703-z>



Pilates can help strengthen, lengthen & balance muscles that are three elements of many. This is the basis of pilates. This technique involves using multiple muscles, resulting in improved circulation; while Pilates "Contrology" will also heighten body & mind awareness, and enhance control of your co-ordination. Practising these three elements can make a considerable difference by improve your entire musculoskeletal structure. If you suffer from back pain? This helps you to realign the spine and relieve the symptoms. Pilates is a platform in functional training for achieving your goals. And is popular among boxers, golfers, footballers, athletes & professional dancers The benefits of regular exercise includes lowering your risk of heart disease, stroke, obesity, I have a passion!

Born in Australia, I started dancing with local dance schools at a very young age, first Irish and then Scottish Highland. I started ballet classes aged 16, and was noticed by a member of the Russian Kolombok Dance Company in Melbourne. I joined the company and we toured around Australia, making several television appearances. In my early 20s I travelled to the UK, and spent three years at the Scottish Ballet School, where I discovered contemporary dance. I auditioned at the Laban Centre London, where I studied Choreography in Contemporary Dance. It was here that I was introduced to the Pilates technique. Pilates was a natural transition, and since I wanted to share my knowledge I trained to become a qualified fitness instructor. Qualifications Qualified for groups and one-to-one Exercise to Music / Pilates / Barre Pilates / Over 50s Fitness / Bosu / Step / Free Weights / Foam Roller and Bands Immediately after qualifying, I was made a Pilates tutor and examiner at City Lit in London. Reps level 3.



Pilates private sessions



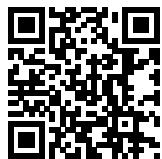
Pilates private sessions



Pilates private sessions



Pilates private sessions



Pilates private sessions



Pilates private sessions



Pilates private sessions



Pilates private sessions



Pilates private sessions



Pilates private sessions

<https://www.freeadsz.co.uk/x-502703-z>

<https://www.freeadsz.co.uk/x-502703-z>

<https://www.freeadsz.co.uk/x-502703-z>

<https://www.freeadsz.co.uk/x-502703-z>

<https://www.freeadsz.co.uk/x-502703-z>

<https://www.freeadsz.co.uk/x-502703-z>

<https://www.freeadsz.co.uk/x-502703-z>

<https://www.freeadsz.co.uk/x-502703-z>

<https://www.freeadsz.co.uk/x-502703-z>

<https://www.freeadsz.co.uk/x-502703-z>