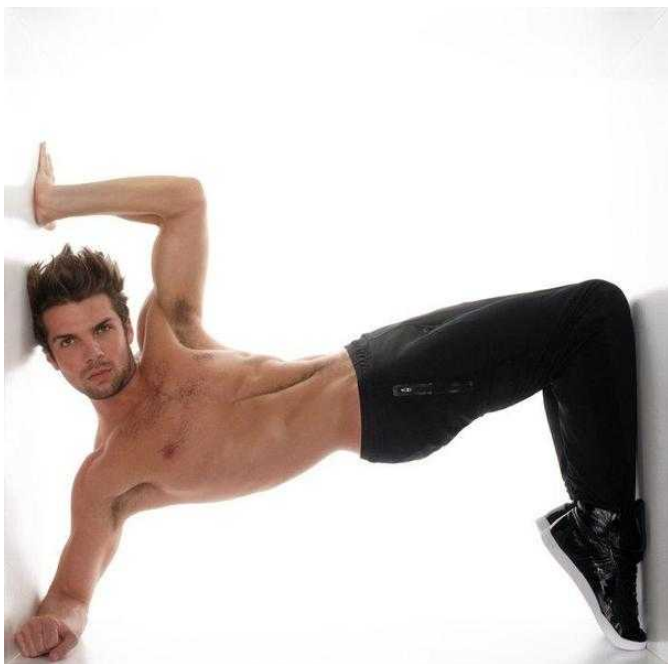


# Pilates private sessions

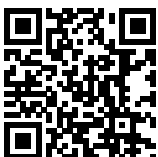


Location **London, London**  
<https://www.freeadsz.co.uk/x-502703-z>



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.



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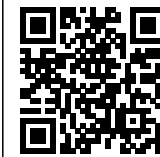
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