

PILATES BASED BODY AWARENESS

est. 1987

CLASSICAL MATWORK SPECIALS

Presenting the original Classical Matwork Sequence of Joseph Pilates, elegant, athletic and stimulating material

A special series of classes showcasing the original exercises and philosophy of Joseph Pilates, presented by Chris Hocking, director of Pilates Based Body Awareness.

Chris can welcome ten "guests" to attend an already established Advanced Pilates class. You will need to be trained, i.e. a company standard professional dancer or advanced certificate Pilates teacher. These special classes have been created to give additional tuition and offer a vibrant and exciting forum for high level work and the exchange of ideas.

Structure of the class

Warm up to promote core strength, breathing and blood supply to the muscles
Classical Exercises with cross reference to modified and remedial versions
Warm down with balancing sequences

Equipment

Yoga mat, 2.5m x 36mm yoga strap, (see [Joining](#) for more details and where to buy), yoga brick and a hand towel. Improve by bringing a bath / beach towel, 2.5m of webbing (e.g. from John Lewis) and a hand towel. We have spare bricks.

About the teacher, Chris Hocking

Chris first learned the Classical Sequence in 1985. It has taken this long to fully understand the harder movements. The sequence, which is profound bodywork, can take many years to perfect, and, if you are willing to persist with it, can offer a rare depth of understanding. Chris has many years experience teaching the classical matwork and will be very quick to set you on the right path if you are experiencing difficulties. Do come along. This is fabulously stimulating and strengthening material.

When First or second Saturday of every month, 9.00 – 10.30am. Dates for 2010 are:

9 Jan, 6 Feb, 6 March, 1 May, 5 June, 10 July, 7 Aug, 11 Sept, 2 Oct, 6 Nov, 4 Dec

Where Marylebone Dance Studio, 12 Lisson Grove, NW1 (Marylebone Tube)

Cost £15 per class, £20 on the door, £120 for annual membership.

For fitness and health the Pilates way - www.pilatesbodyawareness.co.uk

See next page for booking form

Fee £15
paid

CLASSICAL MATWORK BOOKING FORM

Date
confirmed

Name: _____ email: _____

Tel: nos: (h) _____ (w) _____ (m) _____

If a dancer, your most significant company/theatre jobs: _____

If a Pilates teacher, your most significant school/club/studio jobs: _____

For both, in accordance with which school of thought have you studied Pilates?

Do you have knowledge of Classical Matwork? Yes _____ No _____

If 'No', please do not panic, if 'Yes', please let me be informed as to:

A: Which 3 exercises you find most enjoyable: _____

B: Which 3 exercises you find hardest: _____

C: Which 3 exercises you find most useful: _____

When would you like to come to a Classical Matwork Class? As yet guest places are only available the first or second Saturday of each month. Please see the web site for dates.

First choice _____ Second choice _____

I will call you back asap to confirm your place. We can discuss injuries, if appropriate and in confidence, at this stage. Your privacy and professionalism will be respected.

Chris Hocking

***Please send your form together with a cheque for £15 to: Chris Hocking,
182 Shaftesbury Avenue, London WC2H 8JB.***

***This project was launched in association with Tim Tubbs of the UK Foundation for Dance,
July 2005***

Signature:

Date: