

PBBA



2010

Pilates Based Body Awareness

**Advanced training
for
Professional
dancers,
visiting Pilates
teachers, visiting
Pilates devotees
please turn over**

"Hocking has an eagle eye for exactitude in movement and takes matwork exercises into a different league... a brilliant teacher."

(Evening Standard, April 2008)

**For courses and
taster classes,
Beginners to Advanced,
for London residents,
please see the website.**



www.pilatesbodyawareness.co.uk

Pilates Based Body Awareness 2010 The Advanced PBBA Classes

With Chris Hocking

Joseph Pilates' original classical matwork

Saturday Workshops

First (or second) Saturday of the month

9.00am - 10.30am,

Venue: Marylebone Dance Studio (MDS),
12 Lisson Grove, NW1

£15 paid in advance or £20 on the door

(see website for kit)

Dates for 2010:

9 Jan, 6 Feb, 6 March, 1 May, 5 June, 10 July,

7 Aug, 11 Sept, 2 Oct, 6 Nov, 4 Dec

The Official PBBA "Drop-in" class at MDS

Professional Dancers only

Term time Saturdays 3.15pm - 4.30pm

(see website for dates and kit)

£15 cash at the beginning of class, no need to book

Classes by special arrangement

for professional dancers, visiting Pilates teachers,
visiting Pilates devotees, £15 each, paid in advance.

Choose from:

Mondays 6.30 – 8.00pm The Urdang Academy, EC1

Tuesdays 7.15 – 8.30pm The Urdang Academy, EC1

Wednesdays* 12.30 – 1.30pm The Mercury Studio, W11

Fridays* 12.30 – 1.30pm Private space, W4

**£5 surcharge: small group*

To arrange, please call/fax Chris Hocking
on 020 7240 5922. No emails, thank you.

**For London residents wishing to start Pilates
with a Basic level class,**

Wednesday evenings, 6pm or 7pm,
The Urdang Academy, EC1. £101 for 10. £15 Taster,
paid in advance.

To book, call/fax Chris Hocking on 020 7240 5922 or -
exclusively for Wednesday evening bookings -
email: recruitment@pilatesbodyawareness.co.uk.
(managed by Clare-Louise English)

