

PBBA  2009

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.**

UKFD



[www.pilatesbodyawareness.co.uk](http://www.pilatesbodyawareness.co.uk)

## Pilates Based

### Body Awareness 2009 The Advanced PBBA Classes

With Chris Hocking

Joseph Pilates' original classical matwork

#### Saturday Workshops

First (or second) Saturday of the month 4pm-5.45pm,  
Venue: Marylebone Dance Studio (MDS),  
12 Lisson Grove, NW1  
£15 paid in advance or £120 for 11  
(*booking essential, see website for kit*)

#### Dates for 2009:

10 Jan, 7 Feb, 7 March, 9 May, 6 June, 11 July,  
1 Aug, 12 Sept, 3 Oct, 7 Nov, 5 Dec

#### The Official PBBA "Drop-in" class at MDS

for Advanced Body Workers  
Term time Saturdays 3pm-4.15pm  
(*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 7.40 – 8.50pm 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. £100 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](mailto:recruitment@pilatesbodyawareness.co.uk).



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