

PILATES BASED BODY AWARENESS

est. 1987

Central & West London – Morning & lunchtime classes

Small groups of six to eight students

Three terms of 10 classes in line with the traditional academic year

£150 for 10 classes £15 Taster class

About the teacher

Christine Hocking is an established teacher who is well-recognised for the thoroughness of her work. As this article observes: "Chris Hocking, consistently rated as one of London's finest exponents of the Pilates' technique...takes matwork exercises into a different league" "...a meticulous, structured approach" "...a brilliant teacher."

Evening Standard, April 2008

The timetable

Mondays BASIC 11am - 12 noon Notting Hill Gate

The Mercury Studio, 4 Ladbroke Road, W11

Wednesdays INTERMEDIATE 12.30 - 1.30pm Notting Hill Gate

The Mercury Studio, 4 Ladbroke Road, W11

Fridays INTERMEDIATE 10.30 - 11.45am Richmond

Private space (telephone Chris: 020 7240 5922 for details)

Fridays ADVANCED 12.30 - 1.30pm Gunnersbury

Private space (telephone Chris: 020 7240 5922 for details)

Equipment for class

One large and one small towel (improvised equipment) or preferably a yoga mat, strap and brick, plus one small towel (full equipment). The private spaces we use do not provide mats.

Previous training

None needed to join the Basic class. To join at either Intermediate or Advanced, a good level of movement competence is necessary. If you have a background in ballet, contemporary dance, yoga or gymnastics you will have enough experience to join the more advanced training. For advice, call Chris: 020 7240 5922.

Booking procedure and how to join

Please start with a Taster class, which should be paid for in advance. Please book directly with Chris on 020 7240 5922. The fee for the course, should you wish to join us, paid in full at the end of the Taster, or pro rata if we are part way through a term (cash or cheque only – thank you). With only six to eight students in the studio, you are guaranteed excellent value for money, plus, for missed classes, you may use the PBBA "s wap-in" scheme. Please see the website / classes for Saturday and evening groups.

Dates for the Autumn Term 2009

Mondays	14 September	Until 30 November
Wednesdays	16 September	Until 02 December
Fridays	18 September	Until 04 December

Inclusive of a one week half term break in October

Real Pilates in accordance with Joseph Pilates' original system

VACANCIES – BOOK NOW FOR A SEPTEMBER START – Tel/Fax: 020 7240 5922

www.pilatesbodyawareness.co.uk