

PILATES BODY AWARENESS

Est. 1987
Director: Chris Hocking

Tuition that lifts, lengthens and energises

Beginners, Elementary, Intermediate, Advanced and Super Advanced.

Classes are held at two Central London and one West London venue: EC1 Monday to Thursday evenings; NW1 Saturday mornings and afternoons; W11 lunchtimes.

PILATES IS A HEALING ART

Over the years that PBBA has been offering classes we have been particularly successful in two areas. Firstly, the alleviation of back pain, achieved through teaching corrective movement and postural awareness, returning strength and balance to the muscles and flexibility to the joints. Secondly, we have some excellent results in correcting shoulder girdle stiffness.

We offer controlled group classes where individual needs are our concern. We create an atmosphere of calm and focused effort. We energise. We can also help to heal, especially in association with the work of physiotherapy, chiropractic and osteopathy.

See the web site for more details

www.pilatesbodyawareness.co.uk

or phone **0207 240 5922**

REAL PILATES AT A PRICE REAL PEOPLE CAN AFFORD