



## **Pilates Based Body Awareness: More about Chris Hocking: a wealth of experience and training**

With an academic background (University of York 1977), a performance background in contemporary, historical and character dance and a bodywork background in ballet, Pilates, Yoga and Karate, Chris is a teacher with a wide experience of training and human movement.

She doesn't just teach a collection of Pilates exercises; she teaches corrective bodywork through the Pilates method. Ever creative and inventive in the use of this vehicle, she never wavers from the ultimate goal that is the Pilates quest for a healthy and agile body to house a sound and healthy mind. If this is what Pilates training can achieve, there must be a lot to it. Indeed there is. This is an experienced and highly educated teacher teaching REAL PILATES.

In addition to running her school since 1987 Chris has taught for the London School of Contemporary Dance Summer School twice, The Helsinki Theatre Academy Teacher Training Summer School, Finland twice, Atsitsa Holistic Health Holiday, Skyros, Greece three times and The Practice Place Yoga and Health Retreat Crete, Greece six times. She taught Pilates as part of the Year 1 B.A. Dance, Surrey University for six years and worked with multimedia theatre performance projects for teenagers in association with the 'International Schools Theatre Association' for 11 years performing in London, Germany, Belgium, Austria and Spain....many times.

As a dancer she worked for the opera ballet of the Royal Opera House, English National Opera, Sadlers Wells Operetta and the Kent Opera with whom she performed the choreography of Christopher Bruce, both in England and Italy for the Festival of Baroque Opera, Venice in 1982. As a member of 2 Latin American companies she has toured Mexico, Guatemala, Honduras and El Salvador. She has also briefly lived and worked as a dancer in France performing at the Avignon Festival of Arts 1983.

She is now dedicated to the teaching of high quality Pilates. This is a subject than can give so much to so many people. This she took up in 1979 whilst still performing and is originally from the Alan Herdman stable. Years later she helped form the Pilates Foundation UK, being regarded as one of ten Pilates teachers of greatest impact of the era. As a Pilates teacher she is only 4 steps removed from the master himself. Consequently her work is source pure. When Chris started her training, Clara Pilates (wife of Joseph) had only been dead for 2 years. Clara took over the original studio in 1967, at the demise of her husband, and only relinquished control of this original work in 1972. The spirit of Pilates teaching resides in appropriate use of exercise material. Chris has the spirit in abundance.

Chris is happily settled in London and has been for many years. As with most enthusiasts, she has attracted a dedicated and excellent team of administrators and teachers to assist in the smooth running of the school. As for her students.....we need more than fingers and toes to count the number that have stayed with these classes for more than a decade. This in itself is testimony to the quality of her teaching and the qualities she inspires in both her team and her students.