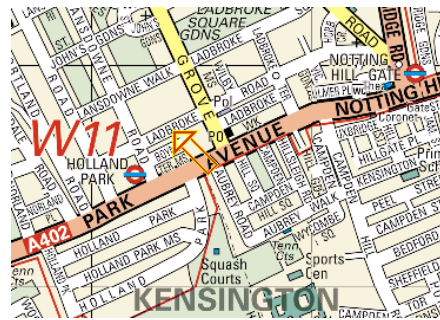


PILATES BASED BODY AWARENESS

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Notting Hill Lunchtime Pilates Classes Chris Hocking – director of Pilates Based Body Awareness



The Mercury Studio, The Basement, 4 Ladbroke Road, London W11

This small, atmospheric studio, with natural daylight, was the original home of the Ballet Rambert. It's now managed by Anna du Boisson and The West London School of Dance. We have been generously welcomed into this space for our classes.

Mondays 11am - 12 noon BASIC

Fundamentals of alignment, stretch and tone explained

Wednesdays 12.30 - 1.30pm ADVANCED

Serious stuff, training in Joseph Pilates' original material

Fridays 12.4 - 1.45 pm INTERMEDIATE

Excellent for improvers

Fees & dates

£135 a term (10 classes). Terms correspond with the West London School of Dance.

About the teacher

Chris Hocking is an established teacher who is well-recognised for the thoroughness of her work. A recent article observes: "Chris Hocking, consistently rated as one of London's finest exponents of the Pilates' technique "...a meticulous, structured approach" "...a brilliant teacher" "...takes matwork exercises into a different league" *Evening Standard, April 2008*
Please see the web site for more information.

How to book

Phone Chris on 020 7240 5922 to book a place.

What to bring to your first class

You'll need two towels (bath size & hand size), exercise clothes and socks. Please download Equipment for New Students from the [Joining](#) section of the web site for more information.

New students very welcome. On a more formal note, please check our Terms of Trade in the [Members area](#) before your first class.

www.pilatesbodyawareness.co.uk