

# PILATES BASED BODY AWARENESS

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## **STUDENT ENDORSEMENTS 2007.**

Chris Hocking is a “gem” in this industry. She is professional throughout her teaching and her students benefit enormously as a result.

***Marie-Jose Lacoque; mother of twins***

Chris Hocking’s depth of knowledge and experience clearly shows in these excellent classes. The advanced class I attend offers strength and flexibility in addition to presenting a unique insight into the original Pilates syllabus.

***Carlie Skan; PBBA- Trained Pilates Teacher***

I have been teaching and working out in the fitness industry for over 20 years and Chris is the most knowledgeable and committed teacher I have come across.

***Linda Henry; Teacher, Lotte Berk & Pilates***

As an ex-Royal Ballet member and physiotherapist I appreciate Chris’ professionalism, knowledge and high standards. Her classes are well balanced and ensure fun and progression.

***Marie-Therese Badenoch; Physiotherapist***

I discovered Chris Hocking’s Pilates class 15 years ago and was impressed with her knowledge and precision of teaching. Unfortunately I moved away and found other teachers just didn’t come up to scratch. I am happy to say I’ve moved back to London. What I love about Chris is that she’s genuine and passionate about teaching Pilates.

***Brigette Mierau; Deep Tissue Massage Therapist***

I’m new to Pilates but already feel the benefit. I’ve taken sample classes before but never with the level of instruction or attention to detail.

***Karen Kalaris; mother of 5, formerly on Wall St***

I met Chris at Danceworks while dropping my daughter for Ballet. Her enthusiasm inspired me to improve my mind/body relationship, something I left on the running trail pre- motherhood. Her classes make you aware of what is happening in your body and train you to understand what should be happening.

***Nancy Koeppel; Nutritionist, runner of 10 marathons***

I have found Chris Hocking’s Pilates class enormously helpful. I am more supple and my shoulder and arm, which were injured, are now in better condition. Chris asks you do things that seem might impossible but with her sympathetic direction are amazingly feasible. My posture has improved considerably. I have no hesitation in endorsing Chris as a great instructor and I find her classes very worthwhile as a Pilates beginner.

***Jehanne Wake; Writer***

I resisted Pilates for years thinking it was too slow and boring and not necessary for my training. What I have learned though Chris’ very measured and thoughtful teaching is great technique which has drastically improved my balance. My skiing has never been better. I will continue to train in this method as my overall fitness has really improved.

***Monique Bahadur***

Chris’ extremely high standards push you beyond what you believe you’re capable of, leading to great results (and plenty of laughs as well!)

***Ingrid Haitink; Ex-dancer, Nutritional Therapist***