

West London - Shared Privates
with Christine Hocking,
founder of Pilates Based Body Awareness, PBBA,
est 1987

Lunchtime classes, small groups of 5 or 6 students
£150 for 10 classes £20 Taster class
Three terms of 10 classes in line with the traditional academic year

About the teacher

Christine 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

Timetable

MONDAYS BASIC 11am - 12 noon

The Mercury Studio, 4 Ladbrooke Road, Notting Hill Gate W11

WEDNESDAYS INTERMEDIATE 12.30 - 1.30pm

The Mercury Studio, 4 Ladbrooke Road, Notting Hill Gate W11

FRIDAYS INTERMEDIATE 10.30 - 11.45am

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

FRIDAYS ADVANCED 12.30 - 1.30pm

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

Equipment for class

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

Previous training

None needed to join a Basic class. To join at either Intermediate or Advanced, a considerable 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 shared privates. For advice, call Chris: 020 7240 5922.

Booking procedure

A Taster class must be booked and paid for in advance and the fee for the course, should you wish to join us, paid for at the end of the Taster (cash or cheque - sorry, no cards). PPBA terms and conditions apply as described on the web site.

Real Pilates in accordance with Joseph Pilates' original system

www.pilatesbodyawareness.co.uk

Tel/Fax: 020 7240 5922