



PILATES BODY AWARENESS est 1987

• SATURDAY PILATES DAYS & SUNDAY WORKSHOPS 2019 •

**@ DIORAMA ARTS The Old Diorama Arts Centre,
Regent's Place, 201 Drummond St, London NW1 3FE.**

All longer PBA sessions are 10am-2pm with a 30 min break followed by an optional 2.30pm lunch in a good local restaurant.

• SATURDAYS 10AM - 2PM • 27 APR • 13 JUL • 28 SEP 2019

• **Pilates Days+** Held the Saturday before a new PBA term starts. Enjoy a long and thorough workout with plenty of time to cover the more complex material. £50 members of PBA. £60 guests from outside the school: Advanced Level Pilates Teachers* or equivalent.

• SUNDAYS 10AM - 2PM • 24 FEB • 23 JUN • 27 OCT 2019

• **Week-end Intensives*** To augment and deepen understanding and performance. All with bio-mechanical themes to further awareness of posture, mobility and healthy, fluid movement. £50 members of PBA. £60 guests from outside the school: Advanced Level Pilates Teachers* or equivalent.

† Pilates Day 5 Jan, please note, this one is in the Balcony studio of AMDS Pratt Mews, 10am-2pm.

* For details of these events plus other training PBA can offer to keep high level teachers in top condition, please see the PBA website Classical. Any questions please text **07881 494212**. No phone calls please as these are impossible to take.

◦ The Saturday components, £17.50/22.50, are held in the Balcony studio of AMDS Pratt Mews,
11am-12.30pm • 23 Feb • 22 Jun • 26 Oct.



GO HOME FEELING
TALLER, LIGHTER
& BRIGHTER

**PBA Structural Fitness Training, graded matwork course classes,
Levels 1-5, £140/term • Open Class Thurs 7.30pm, £10.**

**@ Academy Mews Dance Studios,
15 Pratt Mews, Camden, NW1 0AD.**

www.pilatesbodyawareness.co.uk