

PILATES: Your Physical Pension Plan...

By joining a Pilates class, you will notice increased levels of strength, balance, flexibility, muscle tone, stamina, and well-being, making Pilates an inviting exercise program for all ages and abilities.

Pilates exercises bring awareness and focus to your mind and body, improving concentration and co-ordination and encouraging you to move mindfully.

The NHS website reports that Practitioners say regular Pilates practise can help improve posture, muscle tone, balance and joint mobility, as well as relieve stress and tension.

Pilates complements all other sports and can be beneficial to injury reduction and prevention. Where there is weakness or misalignment, the body can over-compensate in other areas. Pilates exercises are designed to reduce imbalances in the body correct misalignment and re-educate the body so that injuries don't repeat.

Josef Pilates believed that true well being can be achieved through physical fitness and positive mental attitude...I hope I can nurture in you the power of Pilates so you feel the force and find it as energising and fulfilling for the mind and body as I do.

I will be running two classes at Cocking Village Hall from September at the following times:

Monday 11-11.50am

Thursday 10-10.50am

For further information, please contact:

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