

BODY PLUS MIND



PILATES

**A UNIQUE BLEND OF EXERCISE, RELAXATION
AND BODY AWARENESS**

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**SAFE EFFECTIVE EXERCISE
FOR**

A SLEEKER TONED BODY

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FLATTER STOMACH

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IMPROVED POSTURE

*

INCREASED FLEXIBILITY

*

JOINT MOBILITY

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INCREASED CORE STRENGTH

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ALLEVIATING STRESS & GENERAL WELLBEING

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Suitable for men and women of any age & fitness level

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RECOMMENDED BY HEALTH PROFESSIONALS

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QUALIFIED, EXPERIENCED INSTRUCTOR

01963 – 370432 (Office/Home)

CLASS TIMES
BALSAM CENTRE WINCANTON

Tel 01963-31842

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TUESDAY - 10.30am & 7.00pm. **THURSDAY** - 10.15am, 11.35am, 5.15pm & 7.00pm.

(Classes marked in blue are suitable for improvers and some beginners)

Rates

Full cost per single booked session = **£5.95** -----Pay as you go = **£6.45**

Discounted rate of **£5.10** per session when booking a full month.

Discounted rate of **£5.50** per session when booking one week less than a full month.

Extra sessions at a reduced price of **£2.99** per session.

Duration of each session, approximately one hour

WINCANTON CHIROPRACTIC CLINIC Additional classes are held at the clinic. These cater for clients that wish to exercise in a smaller more intimate group, plus those who would like a one to one session that provides tuition on an individual basis (Please contact for further details).

Absolute beginners These classes are specifically designed for someone who has never tried Pilates before, and will teach you the basic principles, ensuring that you exercise effectively but safely. These classes are organised to run throughout the year at regular intervals. (Please contact for further details).

Individual tuition available One to one sessions are available if you feel you would like or need a more personal approach, and is specifically tailored to meet your individual requirements. This can be beneficial if you wish to fast track, and master the basics in a shorter time, or maybe you are in the process of recovering from back, neck problems etc and need to be a little more careful of how you move. (Please contact for further details).

Relaxation & body awareness The class teaches a combination of relaxation techniques and Pilates exercises. It will also encourage you to listen to your body, becoming more of aware of your posture and how your body feels, enabling you to move safely and effectively. Using these methods you will learn how to focus inwards, letting go of negative tensions and emotions, relaxing the mind and the body completely.

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TO FIND OUT MORE, OR TO BOOK
CONTACT KAREN STILES ON

01963 – 370432 (Office/Home)



INSTRUCTOR PROFILE

I am a fully qualified Pilates and fitness instructor, with over six years of experience in teaching the Pilates method. I specialise in teaching the original, authentic matwork exercises, as devised by Joseph Pilates. I am also a fully qualified practising Hypnotherapist, and have been treating clients within the Wincanton Chiropractic clinic for the last fourteen years for a range of emotional and psychological problems. In addition to this, for the past six years I have been working in conjunction with the chiropractor, teaching her patients the basics of Pilates, so that they can then maintain the benefits derived from their chiropractic treatment. This can also help to prevent further problems occurring in the future. Working with both the mind and the body has enabled me to bring a more holistic approach towards teaching exercise, for I firmly believe that for an individual to feel truly well the mind and the body need to be working together in perfect harmony. This is why I include body awareness and relaxation techniques when teaching Pilates in class.

My aim is to provide you with a class that not only teaches you to perform the exercises correctly and safely, but to provide you with a class that is motivational, fun, and enjoyable at the same time.

WHAT IS PILATES?

Pilates is a completely balanced form of exercise, with each muscle group being worked and stretched equally.

It combines the focus on suppleness that you find in yoga with the emphasis on strength building found in the gym. Pilates is recognised and recommended by the medical profession for all the following reasons:-

Posture Pilates concentrates on developing good posture, as this not only improves your appearance, making you look and feel slimmer, but also results in many health and fitness gains. Improved posture means less wear and tear on your joints, plus helps prevent the incorrect or overworking of muscles, which can ultimately result in you experiencing pain and discomfort. Your posture can directly affect your health. Even small stresses and strains can add up over a period of years to cause serious permanent damage. Good posture can also improve your health generally as your organs are allowed the space they need to function efficiently, which aids digestion, blood circulation and encourages your immune system to work properly.

Core Strength & Centring It is important to work from your centre and strengthen your core muscles, as every movement is initiated and controlled by the contraction of your lower abdominal muscles, we refer to this as your “Power house.” The contraction of the lower abdominal muscles whilst performing each movement helps prevent injury to the back. These contracted muscles act as a corset stabilising and protecting the area around your lower lumbar region as you move. This principle applies not only when you are exercising but also when performing everyday tasks, such as gardening, washing the car, decorating, doing the housework, etc. For many of us, this is the time when we find ourselves most prone to injury. Pilates will enable you to avoid injury in just these types of situations.

Movement Pilates is a safe gentle but extremely effective form of exercise, involving slow controlled fluid movements working against gravity, stretching, strengthening all your muscles equally and mobilising all of your joints.

Focus & Precision With many exercise classes and techniques you don't have to think about what you are doing, you just do it to get through it. With Pilates every movement is a conscious act controlled by the power of your mind. You focus inward, allowing everything else that is going on in your life to take a back seat. You just let go, relax and enjoy the perfect harmony of body and mind working together as one.



Breathing Pilates teaches controlled continuous thoracic lateral breathing, resulting in a stronger more energy efficient body.

Routine In addition to setting time aside to perform regular workouts, make Pilates a way of life not just an exercise regime, incorporating all of the above principles into your everyday life.