

PILATES

The serene approach: Pilates, Yin & Restorative Yoga Stretch Creative Visualisation
Guided Meditation Self-awareness Release Relax Massage Rejuvenate Mezieres

BCPTT, AFAA, ACE, RSA, ITEC, reps level 3

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www.gillianguerwood.com

www.MyBabypilates.com

Venues: Budokwai 4 Gilston Rd SW10 9SL Fulham Rd nr C&W Hosp & Cineworld
Baden-Powell House 65-67 Queens Gate SW7 5JS corner Cromwell Road
F45 Gym, 2- 8 Dawes Rd, corner North End Rd Ante/post-natal

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>
Budokwai Club Pilates (L) 11am	Budokwai Club Pilates (L) 11am	Budokwai Club Pilates (L) 11am
Budokwai Club Pilates (P) 12pm	Budokwai Club Learning to Let Go (L) Mind Body 11am	
Baden-Powell House Pilates (L) 6pm		
Baden-Powell House Pilates (P) 7pm	<i>**F45 Gym Ante/post-natal Pilates 7pm (L)</i>	

Fee: Single Group Drop in Class £15
10 Group Classes £120 (you save £30)
no refunds

Book & Pay online or just turn up!
Class duration 55 minutes

L= Leisurely Pace P=Progressive Pace

- *One Private lesson £80 (I can visit your home)
- *Shared session (2 clients) £80 + £20
- * 24hrs notice cancellation for private lessons

New to Pilates? It will help if you watch the 10 min video of Gillian teaching on the website.
Please bring an extra pair of socks and 'clingy' comfortable clothing that shows body position,
also a medium-sized towel to put under your head. All levels all ages welcome. Men welcome.
Ante/post-natal welcome in all classes however for St Johns Church Hall, please pay online

'London's Top Pilates Therapist and Well-being Guru'

Awarded highest score Survey of Pilates teachers 'Gillian has a touch of the Guru about her'
EVENING STANDARD

The Hot List 'Best Pilates Teacher' ES MAGAZINE

***'Gillian understands exactly how the body works and is able to identify mechanical injuries;
she is therefore a "safe" teacher!' EMANUEL SAMMUT, OSTEOPATH Senior lecturer &
author for British School Osteopathy***