

PILATES YOGA

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

Gillian Greenwood

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

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Venues: **The Budokwai**, 4 Gilston Rd Chelsea SW10 9SL. Off Fulham Rd nr C&W Hosp & Cineworld
Baden-Powell House 65-67 Queens Gate Kensington SW7 5JS. On corner with Cromwell Road

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>
Budokwai Club Pilates Yoga (L) 11am	Budokwai Club Pilates Yoga (L) 11am	Budokwai Club Pilates Yoga (L) 11am
Budokwai Club Pilates Yoga (P) 12pm		Budokwai Club Learning to Let Go (L) 12am
Baden-Powell House Pilates Yoga (L) 6pm		
Baden-Powell House Pilates Yoga (P) 7pm		

Fee: Single Group Drop in Class £15
10 Group Classes £120 (you save £30)
(Camden night out add £5)

No refunds. 24hrs notice cancellation for private lessons

*One Private lesson £80 (I can visit your home)

*Shared session (2 clients) £80 + £20

All levels, all ages, men, ante/post-natal welcome. Please bring socks, clingy comfortable clothing & medium-sized towel. Beginners would you please watch the video of Gillian teaching on her website.

Book & Pay online or just turn up!

Class duration 55 minutes

L = Leisurely Pace, P = Progressive Pace

'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