

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 Pilates Workshop* (L) 12am
Baden-Powell House Pilates Yoga (L) 6pm		
Baden-Powell House Pilates Yoga (P) 7pm		

*Bespoke exercises, in-depth analysis of a few exercises, addressing all levels

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!' EMANUELE SAMMITI OSTEOPATH Senior Lecturer & author for