

PILATES YOGA

The serene approach: Pilates, Yoga, Stretch, Creative Visualisation,
Self-awareness, Release, Relax, Rejuvenate, Mezieres, Alexander Technique

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 11am	Budokwai Club Pilates Yoga 11am	Budokwai Club Pilates Yoga 11am
Baden-Powell House Pilates Yoga Leisurely Pace 6pm		
Baden-Powell House Pilates Yoga Progressive Pace 7pm		

Fee: Single Group Drop in Class £15

Book & Pay online or just turn up!

10 Group Classes £120 (you save £30 - pay in person)

Class duration 55 minutes

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.

'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