

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

TEL: 07366 035564

pilates@gillianguerwood.com

www.gillianguerwood.com

Venues **am: The Budokwai**, 4 Gilston Rd Chelsea SW10 9SL. Off Fulham Rd nr C&W Hosp & Cinema
pm: Emperor's Gate Centre for Health - Doctors Surgery Annexe, 49 Emperor's Gate SW7 4HJ
(enter ground floor, side entrance via kindergarten)

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>
Budokwai Club Fulham Road (all levels) 11am	Budokwai Club Fulham Road (all levels) 11am	Budokwai Club Fulham Road (all levels) 11am
Emperor's Gate Doctors Surgery Annexe (leisurely pace) 6pm		
Emperor's Gate Doctors Surgery Annexe (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 - local)

*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 and for further information see her e-book, both 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