

# PILATES

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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**www.gilliangreenwood.com**

**Venues** Most classes are on Zoom only. (Zoom is available for PC, Mac, Tablet and Phone)  
 Pilates: The Budokwai, 4 Gilston Rd Chelsea SW10 9SL. Off Fulham Rd nr C&W Hosp  
 Pilates: Emperor's Gate Centre for Health, Surgery Annexe, 49 Emperor's Gate SW7 4HJ  
 (enter ground floor, side entrance via kindergarten)  
 Ballet: Academy Mews Dance Studios, 15 Pratt Mews, Camden, NW1 OAD

Monday	Tuesday	Wednesday	Thursday	Friday
Pilates All levels Zoom <del>[Budokwai Club]</del> <b>11am</b>	Pilates All levels Zoom <del>[Budokwai Club]</del> <b>11am</b>	Pilates All levels Zoom <del>[Budokwai Club]</del> <b>11am</b>		Pilates & Weights Zoom <b>11am</b>
			Absolute Beginners Ballet Academy & Zoom <b>1pm</b>	
Pilates Leisurely pace Zoom <del>[Emperor's Gate]</del> <b>6pm</b>				
Pilates Leisurely pace Zoom <del>[Emperor's Gate]</del> <b>7pm</b>				

**Fee Single Group Drop in Pilates Class £15 (Ballet Class £10)**

Book & Pay online or just turn up!

10 Pilates Group Classes £120 (you save £30 - pay in person) - Class duration 55 minutes

No refunds. 24hrs notice cancellation for private lessons

\*One private Pilates lesson £80 (I can visit your home - local)

\*Shared Pilates session (2 clients) £80 + £20

Pilates 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***