



PILATES AND YOGA

**Free yourself from tightness and pain.
Restore your lost movement.**

- Pilates to build your core
- Yoga to find your movement dysfunctions
- NeuroKinetic Therapy to revive your inhibited muscles *

TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9.00 Zoom Pilates (Mixed Levels)	9.00 Hall Yoga ** (1 hour 15 mins)		8.15 Hall Pilates (Mixed Levels)
	10.30 Hall Pilates (Seated and Standing)		9.30 Zoom Pilates (Mixed Levels)
12.30 Hall Pilates (Basics with progressions)			
13.45 Hall Pilates (Basics)			
18.00 Zoom Pilates (Basics)		18.00 Zoom Pilates (Basics)	
19.45 Hall Pilates (Mixed Levels)			

**£13 per prepaid class, paid in half termly blocks or £15 pay as you go.
Please note: Classes will only resume if 6 people sign up so please stay in touch.**

* Treating TMJ (jaw) dysfunction, muscle imbalances, ligaments and poor postural habits on a 1:1 basis.

** These classes are the building blocks for Yoga poses, thus very basic but deep and intense and focused on the core and movement dysfunctions. Incorporates Pilates, functional movement patterns and perhaps only one recognisable Yoga pose.

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regainedmovement.com