



## Friday 10.30am Gentle Foundations Pilates Information Sheet

### What we will cover

The course will build your knowledge and execution of the basics of Pilates: so focusing on how to mobilise your back, how to switch on your core muscles, understanding the breathing patterns and working in different positions. Your instructor will work with you to get the optimum alignment and work with you any problem areas.

Our Gentle Foundation Pilates course covers all the basics of this fabulous method to leave you feeling happier, healthier, stronger, more supple and with a lovely sense of well-being!

All are welcome to our Gentle Foundation Pilates sessions including anyone with special conditions such as rheumatoid arthritis & osteoporosis or if you just prefer to work at a slower pace.

### Session Times & Venue

10.30am Friday

St Peter's Church Hall, Burwood Road, Hersham

There is plenty of free parking along the main road outside the hall. There are toilets and baby change facilities on site.

### Clothing and Equipment

You will need to bring along your own mat.

If you don't already have a mat I would recommend one that is at least 8mm thick and non-slip. The more padded the better for support of your spinal column! Tesco sells some lovely thick, padded ones which are ideal for back comfort and cost around £12.

As floors can sometimes be a little slippery we recommend that you wear non slip socks when possible. You can buy special non slip socks (the ones with the little rubber dots on the sole) from many online retailers.

[www.betterbodypilates.co.uk](http://www.betterbodypilates.co.uk)