



Therapy Pilates Information Sheet

What we will cover

Our Therapy Pilates course is designed to help you move with greater ease, confidence and awareness.

It is particularly suitable for anyone experiencing **back pain, arthritis, joint stiffness, osteoporosis or reduced mobility**, as well as those who simply prefer a gentler, slower-paced approach to exercise.

The course will build your knowledge and execution of the basics of Pilates, with a focus on:

- Mobilising the back and improving overall movement
- Gently increasing joint mobility and flexibility
- Learning how to activate and strengthen your core muscles
- Understanding Pilates breathing patterns and how breathing supports movement
- Developing better posture, alignment and body awareness
- Working safely and confidently in different positions
- Building strength, stability and balance to support everyday movement

Suitable for a range of conditions

Back Pain - Gentle, controlled exercises can help improve movement, build core strength and develop greater awareness of posture and alignment.

Arthritis - The sessions encourage gentle movement through comfortable ranges, helping to maintain mobility and reduce feelings of stiffness. Exercises can be adapted according to how you are feeling on the day.

Joint Stiffness - We use controlled movements to gently mobilise the body and encourage greater freedom of movement, without forcing or over-stretching.

Osteoporosis - Exercises can be adapted to focus on strength, posture, balance and safe movement, with appropriate modifications for individual needs.

Reduced Mobility - Exercises can be modified to suit different abilities and may be performed standing, seated or using other supported positions where appropriate.

Your instructor will work with you to find the optimum alignment for your body, adapting exercises and helping you manage any problem areas.

You don't need to be flexible or experienced in Pilates to join us. We encourage you to work within your own comfortable range and at a pace that feels right for you.

Our Therapy Pilates course covers all the basics of this fabulous method, leaving you feeling **happier, healthier, stronger, more supple and with a lovely sense of wellbeing.**

All are welcome to our Therapy Pilates sessions, including those with specific conditions such as **rheumatoid arthritis or osteoporosis**, or anyone who simply prefers to work at a gentler pace.

Session Times & Venue

Thursday 10.30am.

All Saints Catholic Church, 13 Queens Rd, Hersham, Walton-on-Thames KT12 5LU.

There is free parking at the hall which is right at the back of the large car park.

There are toilets on site.

Your instructor is called Susie.

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!

Please wear stretchy clothes. Layers are best as they allow your instructor to see your alignment but you can take a layer off if you get too warm. Please avoid heavy sweatshirt type tops as they mask your back movements.

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.