



## Thursday 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

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 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.

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 slippy 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.