

Invest in your health – join now!

pilates & YOGA el4 feldenkrais

Book now! Classes fill up quickly. Private classes by appointment.

WINTER 2012 classes start in the week of 9th January and run 12 weeks to week of 2nd April with 1 week midterm break the week of 13th February.

Classes by Jill Everett, certified instructor, Yoga and Body Control Pilates. Author of PILATES PLUS YOGA. Featured in RED Magazine, Time Out and Evening Standard.

Also accredited Feldenkrais Method® ATM instructor. The Feldenkrais Method® is a remarkable system of learning, using movement, with heightened awareness, which allows great change in the body and in our own self-image.

WAPPING E1 Flow Studio, Shadwell Basin Outdoor Activity Centre (The Boat Centre) Glamis Road, E1W 3TD, near the canoes and Prospect of Whitby pub.

LIMEHOUSE CUT E14
46 Morris Road, Limehouse Cut E14 6NQ

WAPPING £168 LIMEHOUSE £144

MONDAYS

7–8.10pm
8.15–9.35pm

TUESDAYS

10–11.15am
11.20am–12.40
6.50–8.15pm
8.15–9.25pm

THURSDAYS

7–8.10pm

8.10–9.15pm

WAPPING E1

Pilates Mat Class – beginners
Hatha Yoga Flows – mixed levels

LIMEHOUSE CUT E14

Pregnancy Yoga
Post Natal Mums & Babies Yoga
Hatha Yoga Flows – all levels
Pilates Mat Class – all levels

WAPPING E1

Pilates Mat Class – beginners

Feldenkrais® Method – beginners
Change Your Age! Quality Ageing*

2 students for the price of 1!

Bring a friend new to my classes and split the cost!

SATURDAYS

10.15–11.30am Hatha Yoga Flows – mixed levels

*Awareness Through Movement. New ways to move, sense, think!

www.jilleverettyoga.co.uk

Call Jill on 020 7987 7218

or email jilleverett@gmail.com