

# Pilates & Yoga

*in Blackheath*

Private Classes in Pilates and Yoga,  
all levels .

- \*Personal training sessions to shape up,  
feel better and look better.
- \*Posture improvement
- \*Remedial classes for those with  
back pain, injury or medical conditions
- \*Post surgery rehabilitation,
- \*Pregnancy/Post natal classes for new  
mums!

Classes given by Jill Everett, certified Pilates  
instructor and certified yoga instructor, and  
author of the acclaimed book **PILATES PLUS  
YOGA**. **Jill Everett** has been featured in Red Magazine, Yoga Magazine, Yoga and

Health Magazine, The Sun, The Mirror and many other international publications and tv  
shows.. Jill's method of teaching encourages students to honour themselves, and feel good  
all over! Her popular playful, high energy classes allow people to work on their bodies from  
the inside out, using mind, body and spirit for total well-being and total beauty, inside and out.  
I will honour your present condition and adapt the method to you. Anyone of any level of  
fitness can practice Yoga or Pilates. Classes are held in a beautiful central Blackheath  
location.

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