

Feel Better! Look Better! Be Pain Free! Move Easier!

Pilates , Yoga

& The Feldenkrais Method

in Blackheath SE3

Autumn Term 2010 13 weeks from September 6th

book by August 13th

Classes end in the week of December 6th, with a 1 week mid-term break in week of October 25th.

Mondays

Feldenkrais Awareness Through Movement Group Classes:

7:00-8:00p.m. Mobile Joints and Dynamic Stability

This Feldenkrais Method class will enable you to release the chronic muscular tensions that restrict the mobility of our joints, interfering with our everyday activities and preventing us from achieving the free and flexible posture that allows for a fully enjoyment of life. -**Maggy**

8:15 - 9:15p.m. Active Mobility and Youthful Vitality

Feldenkrais is ideal for freeing tension and developing the fluid internal structural connectivity for adults of all ages that we take for granted in our youth. This class will enable you to move with carefree vitality and rediscover the spring in your step. - **Maggy**

Tuesdays

6.50 - 8pm Hatha Yoga Flows – all levels

8 - 9.10pm Pilates Mat Class – intermediate/advanced level

Wednesdays

6:50- 8:00 p.m. Pilates Mat Class - Intermediate

8:00 - 9:10 p.m. Hatha Yoga Flows - All levels

Thursdays

5:30 - 6:30 pm Meditation - For calm, clarity and creativity.... De-stress!

6:50 - 8:00 pm Pilates Mat Class for Beginners - Level 1&2

8:00 - 9:30 p.m. Hatha Yoga Flows - Intermediate

Pilates/Yoga 13 week course- £143. Feldenkrais course £130.

*Pilates and yoga classes are taught by Jill Everett, a certified Body Control Pilates Instructor / Certified Yoga Instructor, & author of the book **PILATES PLUS YOGA.***

The Feldenkrais Method is taught by Maggy Burrowes, certified Feldenkrais Method teacher.

The classes are held in a beautiful central Blackheath location in SE3. Please confirm your place by Aug. 13th. Private classes available

Book now! Classes fill up quickly. .call Jill on 0208 318 9006

www.jilleverettyoga.co.uk Email jilleverett@gmail.com