

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

Pilates , Yoga

& The Feldenkrais Method

in Blackheath SE3

Spring Term 2010 - 12 weeks from April 12

Mondays

7:00-8:00p.m. Ease and Mobility in Neck, Arms and Shoulders

This class will release tension and discomfort in your arms, shoulders and neck, and increase flexibility and healthy functioning in the whole of your upper back area. Ideal for relieving chronic pain and the symptoms of Repetitive Strain Injury with **The Feldenkrais Method - Maggy**

8:15-9:15p.m. Ease and Mobility in Hips, Knees and Lower Back

This class is designed to encourage healthy flexibility in the knees, hip joints and the lumbar spine, increasing your mobility, encouraging your natural grace and thus improving your posture in sitting, standing and walking with **The Feldenkrais Method - 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. Pilates Mat Class - Mixed level

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

Saturdays (April 24, May 15, June 12, July 3)

9 a.m. -10:10 a.m Pilates Mixed level

10:15 a.m. - 1:15 p.m. Yoga Workshop- Intermediate

*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. Private classes available!***

Book now ...call Jill on 0208 318 9006

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