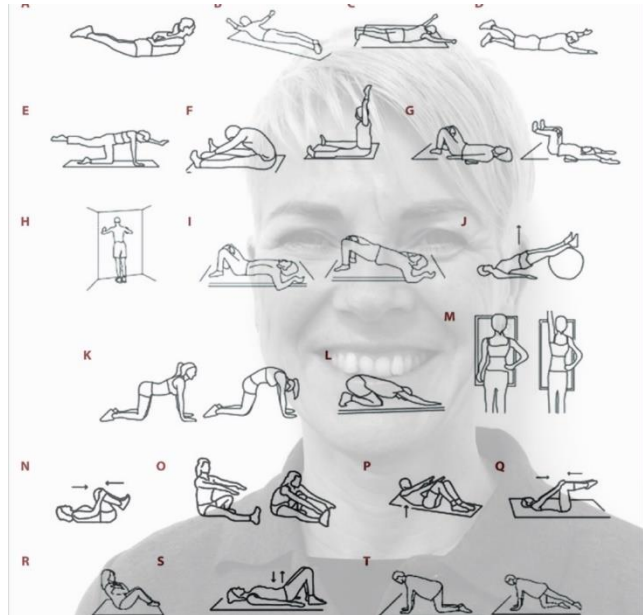


Pilates Exercises

Pilates

A mind body exercise that focuses on balance posture strength and flexibility

Step through a series of controlled movements that will stabilise and strengthen your core. Be in tune with your body through correct breathing, spinal and pelvic alignment, focusing on the smooth movement that flows, underpinned by the principles of mindfulness, precision, control and coordination of breathing with each move.



Parkinson's Harrogate

Pilates Exercises

At Bilton Health and Wellbeing Hub

Date/time:	Every Tuesday 4:15 – 5:15pm From 27th June 2023
Fee:	£5 per session
Venue:	Bilton Health and Wellbeing Hub 69 Bilton Lane Harrogate HG1 3DT
Reservation:	Louise Lowe Email: loulowe@icloud.com Tel: 07595 030863

Parkinson's UK Harrogate Branch