

## 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**

<b>Date/time:</b>	<b>Every Tuesday 10 – 11am</b>
<b>Fee:</b>	<b>£5 per session</b>
<b>Venue:</b>	<b>Bilton Health and Wellbeing Hub 69 Bilton Lane Harrogate HG1 3DT</b>
<b>Reservation:</b>	<b>Vicki Watson Email: <a href="mailto:wishfitness@hotmail.com">wishfitness@hotmail.com</a> Tel: 07961 070159</b>

**Parkinson's UK Harrogate Branch**