



Pilates Reformer + Equipment

Intelligent, mindful exercise
to sculpt, strengthen and re-balance your body

Belsize Rd, Swiss Cottage (opposite South Hampstead Overground)

NEW CLIENT OFFERS

Your first two classes for £30

Your first two duets (2:1) for £60

Your first two private (1:1) sessions for £80

+
YOGA CLASS
Saturday 10am
Open Level
Drop in £13

Experiment
with Pilates
Vertical Frame
Chair &
Barrel



Beautiful Warrior

For a **strong core, healthy spine + toned, graceful physique** - and a **calmer mind** too
See **5* client testimonials** on Google and at www.beautifulwarrior.co.uk

ABOUT STOTT PILATES® REFORMER & EQUIPMENT

- An update to the Pilates method reflecting contemporary **exercise science**
- Emphasising breath, alignment and a strong core, spring resistance is used to develop **strength, flexibility, balance, co-ordination & control** in the body
- Suitable for **men and women of all degrees of fitness** and **stages of life**
- **Ideal rehabilitative exercise** for many spine, joint and muscle imbalances
- **Calming and restorative**, even as it works to tone and strengthen you
- In contrast to the gym - **muscles are lengthened** as they strengthen, lending the **grace and aesthetic appeal** of a **dancer's body**:
- **Long, lean limbs, a lifted seat, sculpted waist and flat abs** can be yours!

ABOUT BEAUTIFUL WARRIOR

- **Results-orientated mindful movement** drawing on the best of pilates, yoga, barre and meditation to cultivate a **beautiful body and peaceful mind**
- **Mindful, anatomically based and precise** sessions - perfect for those who want to achieve results working in a **calm, intelligent** way
- A focus on **centring, integration + heart** to help you be **your best you in life**
- **Private sessions** are unique and tailored to achieve your goals
- Or bring a friend and make working out fun in a **duet (2:1) session!**
- **Light, airy and pleasant studio** with Merrithew/ Balanced Body equipment
- Fully insured, certified by STOTT PILATES® and accredited by REPS

HEALTH, FITNESS & WELLBEING SOLUTIONS

- Strengthening, toning and sculpting
- Back pain
- Post natal exercise
- Restorative exercise eg post burn-out
- Weight loss
- Injury rehabilitation
- Sports conditioning
- Mind-body integration
- Active ageing
- Postural rebalancing

CONTACT

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