

INTRODUCTION TO REFORMER PILATES FOR LADIES WITH FE



Pilates conditions all your muscles in a balanced way and increases your self-awareness by drawing your focus inward. It offers relief from back pain and joint stress, corrects over-trained muscles groups, tones, sculpts and improves posture.

In this four-hour workshop (two hours each day), you will learn the 5 Basic Principles of Pilates, followed by some essential Mat exercise that are part of the foundation of Pilates.

After that, you will be lead through a series of exercises on the Reformer using the different pieces of the apparatus and learning how to set it up as you go along. By the end of this intensive workshop you will have learned enough of the Pilates repertoire to be able to join regular group classes at Bodytree, growing and strengthening your Pilates practice.

- 🌿 **Date:** Friday 25 & Saturday 26 January
- 🌿 **Time:** 11am - 1pm
- 🌿 **Investment:** AED 395

All prices inclusive of VAT.

Book your place by emailing

info@bodytreestudio.com

02 443 4448 www.bodytreestudio.com

About Fe

Fe certified through the PhysicalMind Institute in Portland, Oregon in 2004. In 2010, she paired Pilates with her love of travel. Aside from the US, she has also taught in Egypt, Ireland, Malta, Thailand, Philippines, Mexico, and Indonesia.

Her evolved approach to Pilates instruction goes beyond a list of movements in a specific order. By focusing on the goals of her clients and taking into account the uniqueness of everyone's bodies, she finds solutions to meet their needs. In addition to Pilates and travel, she also runs, bikes, hikes, and volunteers.

