

# Pilates classes at The Vault with Audri from Birch Tree



Graduating in 2018 as a pilates instructor, Audri deepened her understanding of anatomy studying Myofascial Meridians and Structural Integration based on the work of Tom Myers (Anatomy Trains). She also studied movement and fascial training with Karin Gurtner and the Slings Method to become a Slings practitioner. Audri is qualified in Clinical and Sports Massage and is currently undertaking BTEC Level 6 in Massage Therapy.



# Pilates For Everyone

Whether you are new to Pilates or wish to develop your confidence, the ***Pilates For Everyone*** class is designed to introduce students to the foundation on which the method and (mat) repertoire is anchored. In many regards, Joseph Pilates was a man ahead of his time. Below are some of his quotes:

**On Breath:** “The Breath is the first act of life and the last” “Above all else, learn to breathe correctly.”

**On Axial Elongation & Core Control:** “Good posture can be successfully acquired only when the entire mechanism of the body is under perfect control. Graceful carriage follows as a matter of course.”

**On Spine Articulation:** “If your spine is inflexibly stiff at 30, you are old; if it is completely flexible at 60, you are young.”

Joseph already grasped how important mobility is to quality of life and the practice needed to keep us getting healthier!

**Class size:** Up to 12 participants.

**Prices:** Drop-in £10. Passes: 4-classes £36 or 8-classes £66. Credits must be used within 30-day period and cannot be carried over.

Health Assessment & GDPR consent form must be signed before attending

**Booking:** Contact Audri direct on 07741 182858 or [info@birchtreemassageandmovement.co.uk](mailto:info@birchtreemassageandmovement.co.uk)



## Pilates for 55+

*‘You will feel better in ten sessions, look better in twenty sessions, and have a completely new body in thirty sessions.’ - Joseph Pilates*

This class is designed with a pace and level to meet a level of ability & modifications to an exercise that inspires safety and positivity in the student. Gentle stretches and minded movement to rehydrate, retrain elasticity and build muscle and fascial tissue strength for support and protection of joints and bones.

You will learn much about self-care techniques that help reduce pain and increase range of motion.

With regular practice and progression through exercises, you will develop adaptability and resilience to move confidently in every day activity.

**Class size:** Up to 12 participants.

**Prices:** Drop-in £10. Passes: 4-classes £36 or 8-classes £66. Credits must be used within 30-day period and cannot be carried over.

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