

PILATES STUDIO KILDARE

Unit #3 Claregate St. Kildare Town Tel: 045-527903 Txt: 087-6674863
Email: info@pilateskildare.com Web: www.pilateskildare.com

EASE INTO YOUR BODY

A Special 2 hour Introduction to Pilates Event

To Bring Yourself Back Into Your Body

**** THURSDAY, 28TH APRIL 2022 - 6:30PM ****

***** WEDNESDAY, 4TH MAY 2022 – 6:30PM *****



“ To achieve the highest accomplishments within the scope of our capabilities, in all walks of life, we must constantly strive to acquire strong, healthy bodies and develop our minds to the limits of our ability.”

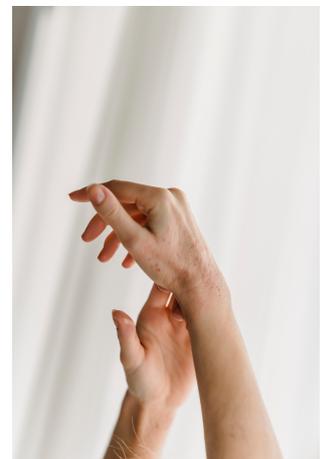
Joseph H. Pilates

You Have Permission To Step Away From The World's Troubles And Into Your Body

In this private small group event you will begin to wake up your body especially if you feel like it has been a while since you really paid attention and took care of yourself.

You will release tension that might have been lingering in your neck, shoulders and chest so you can actually take a deep breath again.

You will gently articulate and realign your spine, **open up** your hips and tenderly **move your joints** to invite smooth movement into your body.



Time to bring back the spring in our steps by introducing strength & mobility to our body and free ourselves from stiffness aches, pains or imbalanced posture.



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EASE INTO YOUR BODY Intro to Pilates is for you if:

- You feel your strength has declined over time.
- You feel out of shape and tired.
- You've gained some weight or lost some due to stress.
- Your body has gone through a change such as an injury, new aches & pains, pregnancy, loss of muscle mass, perimenopause/menopause or osteopenia/osteoporosis.
- Your inner voice says "*Enough! it's time to move again*".



This Intro is not for you if:

- You believe you have to punish your body back into shape.
- You love exercise intensity so much that the subtlety and controlled movement of Pilates is not your 'cup of tea'.
- You're looking for a quick fix (Pilates is more of long-game strategy)

Senior Pilates teacher and studio owner, Efrat (Aoife) Kahanov, will expertly guide you through your 2hrs event introducing you to the Pilates unique mind-body movement system focusing on control, strength, mobility, flexibility and breath.

During the Intro 2 hours you'll get to experience the two major Pilates' apparatus - Reformer & Tower, and learn how the Pilates method can help you feel better in your body **no matter your age, gender or physical condition.**

" We are ALL perfectly imperfect! So let's connect, move our bodies and enjoy ourselves even if we have a few more tummy rolls, a few more wrinkles, a grey hair (or two), or hear a few more creaks & cracks in our joints."



- Aoife

Limited spaces available | Tickets €65 | Book online

OR Email: reception@pilateskildare.com Call: 045-527903 Text: 087-6674863

About Pilates:

Practiced across a variety of specialised pieces of apparatus (Mat, Reformer, Tower/Cadillac, Chair, Arc etc.) as well as Small Equipment & Props, the Pilates system helps you reduce stiffness & pain in your body, create a flow & ease of movement and leads you into nervous system regulation to reduce stress.

About Pilates Studio Kildare

We are a fully equipped, Pilates dedicated studio, located in the heart of Kildare Town. We run Small Group Classes and Private Sessions to help you move with confidence & ease.

We welcome men & women of all ages and physical ability.

Let's Keep Strong & Healthy Physically, Mentally and Emotionally