

Beth Svarovska Pilates

An introduction to specialist stretching techniques to improve mobility and strength

Reduction in suppleness may be due to lifestyle, injury or illness, ageing or emotional factors. This can lead to inefficient and unstable posture, discomfort, reduced circulation and risk of injury or weakness. Learning appropriate use of range-of-movement and stretching exercise can alleviate these issues, as well as building strength, cardiovascular capabilities and a sense of choice over your wellbeing.

In this workshop, which is suitable for those with existing conditions, you will:

- ❖ Gain insight into your anatomy and biomechanics to better understand your body's natural movement
- ❖ Experience stretching as a multi-faceted set of movement techniques
- ❖ Learn how to strengthen and stretch appropriately according to your needs, the time of day and the broader activities you want to pursue

Limited spaces, so please book and pay in advance to secure your place. If you have any questions, please get in touch.

core strength
inner peace



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The UK Strength & Conditioning Association