

# Introduction to Pilates

with Amanda Brosnan Body Control Pilates, Level 4 Specialist  
Instructor, Back4Good Practitioner, BackCare Professional

**Saturday 13 April 10.00-11.30**



This workshop will introduce you to the basic movement skills and principles which are the foundation of the Pilates method and essential to performing the exercises effectively. The approach is for mind and body as they need to work together to bring about change in the way you move, not just in class but everyday. Pilates is underpinned by the following principles: Concentration, Relaxation, Alignment, Breathing, Centring, Co-ordination, Flowing movements and Stamina.

**The Letchworth Centre for Healthy Living**

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