



Observation Tower
(upstairs from Level 26)
BNZ Tower
125 Queen Street
Auckland City

Pilates Intro

with Tasha Bermingham

Tuesdays: 6.30pm to 7.30pm
2009 Start Dates: 02 June
13 October

Get the most out of the mat! You'll learn the fundamentals and proper technique of Pilates mat. Focus on integrating body movement to be fluid, breathing, alignment and awareness. Learn how to identify your own weaknesses and imbalances and work with them to restore healthier movement. Props - rollers, resistance bands and stability balls - may be used as tools to help you more deeply feel the subtle exercise. Numbers are restricted so the small group size allows individual issues to be addressed. Questions welcome!

This 6 week series is great for newcomers to Pilates, who want to get the most out of mat class, and for those who want to refine their knowledge, understanding and ability. Questions about Pilates? Find some [answers here](#).

About Tasha

Tasha has recently returned to New Zealand after living and teaching Pilates in London. Tasha trained with the Pilates Foundation and has most recently been working at Trevor Blount Pilates, Laban Pilates and The Third Space Pilates; all very impressive studios in London. Tasha's experience and passion for working with people to achieve their goals, whether they are rehab, performance, or aesthetically-focused makes her an indispensable teacher!

Charge: \$121

To Register

Open to all levels of students - no experience necessary! Preregistration and prepayment are required. Please contact Now Breathe to reserve your place. This is a tuition-based course with no make-up sessions offered.

Cancellation Policy

Please allow a minimum of 1 week notice if you must cancel your registration, otherwise you will be responsible for the full cost. We will refund your payment only if we can fill the slot. Unattended sessions are nonrefundable.