



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

Pilates Intro

with Claire Hitchfield

Wednesdays: 5.15pm to 6.15pm
2008 Start Dates: 27 February
16 July

Get the most out of the mat! You'll learn the fundamentals and proper technique of Pilates mat, focusing 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 Claire

Claire discovered Pilates through a fellow yoga teacher who had recently trained to teach Pilates and thought Claire could train also, to be a back-up teacher. From the first class, Claire was impressed with the stabilising effect Pilates was having on her shoulders and hips! Of course, the plan to train to teach Pilates classes followed. Claire continues to expand her education and skill through specialised courses. Claire loves Pilates for its whole-body approach and the way she observes it improving basic movement patterns and co-ordination in herself and her students. Claire encourages students to learn their way into better fitness and an overall improved body experience.

Charge: \$110

To Register

Open to all levels of students - no experience necessary! No injuries please. 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.