



TUESDAY AFTERNOON PILATES **with MARA SIEVERS**

Pilates is a form of exercise, developed by Joseph H. Pilates over 70 years ago, which emphasizes the balanced development of the body through core strength, flexibility and personal awareness in order to support efficient, graceful movement. Pilates is a wonderful compliment to yoga and will help your yoga practice (and your waist line) immensely.

The focus of this discipline is to teach mindful breathing while strengthening the core and stretching the abdomen and torso by solely using the body. All the amazing core strengthening helps with balance, back pain and athletic performance. Some folks say that the top benefits of doing Pilates exercise, is that they become stronger, longer, leaner and more able to do things with grace and ease.

START DATE: Tuesday, September 7

END DATE: Wednesday, October 12

TIME: 4:30 - 5:45pm

COST: \$60 for 6 weeks

- **Payment due with Registration**
- **Space is limited – please register early to reserve your spot!**

Name: _____

E-mail: _____

Phone: _____

Please return form and payment made payable to: KAREN KENNEY

QUEST YOGA STUDIO • 114 DOVER ROAD • CHICHESTER, NH 03258

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