

MOERLINA COMMUNITY PILATES

We are so excited to be able to offer parents and friends of Moerlina School a Mat Pilates Class after drop off on Monday mornings. The class will be run by Kate Williamson – a Physiotherapist with over 20 years' experience who has been teaching Pilates for 16 years.

Pilates is a beautiful form of exercise that has been around since its inception by Joseph Pilates in the 1920s. It has gained popularity in recent years due to its numerous physical benefits. Pilates is great for young and old, males and females, those recovering from injury to elite athletes. Kate will tailor the exercises to ensure each exercise suits each participant and that you are exercising to your own capability.

The foundations of Pilates include:

- deep diaphragmatic breathing;
- core control/central muscle recruitment, strength and endurance;
- promotion of optimal segmental spinal movements in all available directions;
- a long lean physique by encouraging muscle length; and
- attainment of ideal posture and skeletal alignment.

Monday's class will be limited to small numbers so that quality instruction can be delivered. Care will be taken to ensure exercises are performed correctly and Kate will give constant feedback so this can be achieved.

Venue: Carnaby Room at Moerlina School

Day: Mondays - beginning Monday 11 February 2019 and running during the school term

Time: 9:00am -10:00am

Please arrive at 9:00am for a 9:10am start. The class will run for 50 mins and finish at 10:00am.

What to Bring:

- A completed consent form (available on the day)
- \$15
- A towel big enough to cover a yoga mat (your own mat if you have one)
- Water bottle

What to wear:

- Comfortable clothes to exercise in
- Socks (or clean barefeet)

We are so thrilled to be able to offer this to our school community with 100% of the money generated by the classes going straight back to the school. A huge thank you to Kate, a parent at our school, for her generosity of time and expertise.

Any questions please call Kate directly - Kate Williamson (0439949535).

Please register with Kerryn at Moerlina reception to secure a place.

We look forward to seeing you!

