

2020

GEORGIE FERRARO

B O D Y W O R K S

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GROUP CLASSES AND DATES January - March 2020

LOCATION:

Royal Free Recreation Club
Fleet Road
South End Green
London NW3 2QG

PLEASE NOTE:

If you are not a member of the Royal Free Recreation Club you will be charged a £1 fee to use the club at reception.

Georgie's bodywork classes are booked and paid for in 4-week blocks. Drop-in's if space available.

OPEN LEVEL PILATES: TUESDAYS 9-10am

14th Jan - 4th Feb (4 weeks - £40/Drop-in £12)

11th Feb - 3rd Mar (4 weeks - £40/Drop-in £12)

10th Mar - 31st Mar (4 weeks - £40/Drop-in £12)

A general level Pilates class suitable for anyone without an injury or condition for whom Pilates Gently would be more suitable. NOT suitable for those with injuries or complete beginners.



PILATES GENTLY: TUESDAYS 10-11am

14th Jan - 4th Feb (4 weeks - £40/Drop-in £12)

11th Feb - 3rd Mar (4 weeks - £40/Drop-in £12)

10th Mar - 31st Mar (4 weeks - £40/Drop-in £12)

A slower paced class combining Pilates and neuro-muscular re-education. The focus is on balance, stability and correct alignment. Suitable for beginners, those who are post-injury, and older clients.

SOMATIC MOVEMENT: THURSDAYS 8.15 - 9.15am.

16th Jan - 6th Feb (4 weeks - £40/Drop-in £12)

13th Feb - 5th Mar (4 weeks - £40/Drop-in £12)

12th Mar - 2nd April (4 weeks - £40/Drop-in £12)

This class is suitable for everybody, but especially for those experiencing muscular pain, stress, or for those interested in deepening their body awareness and releasing tension.

What is SOMATIC MOVEMENT? It's a method of neuromuscular re-education, which addresses the underlying cause of chronic muscular-skeletal pain. Using specific movement techniques it re-educates the sensory motor system for greater voluntary neuromuscular control, releases chronic muscle tension and allows you to relearn natural, efficient movement patterns.

The overall experience is one of a body meditation bringing mind/body integration, deep relaxation and a sense of true well being.

INTERMEDIATE PILATES: THURSDAYS 9.30-10.30am

16th Jan - 6th Feb (4 weeks - £40/Drop-in £12)

13th Feb - 5th Mar (4 weeks - £40/Drop-in £12)

12th Mar - 2nd April (4 weeks - £40/Drop-in £12)

A more challenging class for those who are pain free and have previous Pilates experience. The earlier SOMATIC MOVEMENT class is the ideal warm-up!

PLEASE NOTE:

Blocks of classes must be paid for in advance.

You can attend any of the classes above on a stand-by basis to make-up a missed class within the same block.

Newcomers are welcome to try a single class before paying for a block and may join anytime providing there is space available (max of 12 per class).



For all enquiries call Georgie on 0797-1965489

or e-mail her: somatics@georgieferrarobodyworks.com

Book and pay for classes online at:

www.georgieferrarobodyworks.com