

AUTUMN  
2018

# GEORGIE FERRARO

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## B O D Y W O R K S

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### GROUP CLASSES AND DATES SEPTEMBER - DECEMBER 2018

#### 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 for use of the club at reception. Georgie's bodywork classes are normally booked and paid for in 4-week blocks. Drop-in's if space available at £12

#### OPEN LEVEL PILATES with Barbara Christians: TUESDAYS 9-10am

4th Sept - 2nd Oct (5 weeks - £50/Drop-in £12)

A general level Pilates class suitable for anyone without an injury or condition for whom Pilates Gently would be more suitable.

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#### PILATES GENTLY with Barbara Christians: TUESDAYS 10-11am

4th Sept - 2nd Oct (5 weeks - £50/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.

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#### SOMATIC MOVEMENT with Barbara Christians: THURSDAYS 8.15 - 9.15am.

6th Sept - 4th Oct (5 weeks - £50/Drop-in £12)

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

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#### INTERMEDIATE PILATES with Barbara Christians: THURSDAYS 9.30-10.30am

6th Sept - 4th Oct (5 weeks - £50/Drop-in £12)

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

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**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.

**OPEN LEVEL PILATES with Georgie Ferraro:** TUESDAYS 9-10am

9th Oct - 30th Oct (4 weeks - £40/Drop-in £12)

6th Nov - 27th Nov (4 weeks - £40/Drop-in £12)

4th Dec - 18th Dec (3 weeks - £30/Drop-in £12)

A general level Pilates class suitable for anyone without an injury or condition for whom Pilates Gently would be more suitable.

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**SOMATIC MOVEMENT with Georgie Ferraro:** THURSDAYS 8.15 - 9.15am.

11th Oct - 1st Nov (4 weeks - £40/Drop-in £12)

8th Nov - 29th Nov (4 weeks - £40/Drop-in £12)

4th Dec - 18th Dec (3 weeks - £30/Drop-in £12)

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

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11th Oct - 1st Nov (4 weeks - £40/Drop-in £12)

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**PLEASE NOTE:**

Blocks of classes are 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](mailto:somatics@georgieferrarobodyworks.com)

Book and pay for classes online at:

[www.georgieferrarobodyworks.com](http://www.georgieferrarobodyworks.com)