

**Starts Monday 26th
September 2022**

6.15-7.15pm

Fee : **£40**



Tutor: **Sarah Ferries**

A fun class that will help learners find the tools to move well and safely and build greater awareness of their posture, alignment, and breathing. Using Pilates exercises, with modifications where needed, learners will explore the main principles of Breathing, Balance, Centring, Concentration, Control, Flow and Precision. The class is low impact and will have standing, seated, and laying on the floor components.

About Your Tutor

My name is Sarah Ferries, during lockdown and working a desk job I missed my regular exercise classes which prevented and old back injury returning. After almost 20 years of Pilates and yoga I decided, I would learn to become a Pilates instructor which led to exercise to music and then onto yoga. I enjoy teaching as even the smallest improvement in my students brings me joy. I'm a firm believer that exercise should be fun and not a chore.

What you need to bring to the first session

- You will need to wear clothes suitable for exercise
- Please bring your own water
- You will need suitable an exercise mat

How to book

You may enrol by:

- Phone: 01954 288751
- Email: community@astreacottenham.org

Course fees are payable in full at the time of booking. Bookings and course fees must be made at least 5 working days before the start of the course.

Ways to pay

- Payment can be taken by cheque, payable to Astrea Academy Trust or by credit/debit card in person at Cottenham Village College.
- Credit/debit card payments can be taken over the telephone on 01954 288751

Please note refunds can only be made if a class is cancelled or closed.

Terms and Conditions

Full terms and conditions can be found on our website:
<http://community.cvcweb.net/home/learner-information>

Equalities Statement

The Trust operates an Equality of Opportunity Policy. We believe everyone is entitled to learn in an environment that is free from discriminatory behaviour so that we build a learning community based on mutual respect and trust. Please contact us in confidence to discuss any support you may need.