



Body in Mind Pilates

We are opening our studio doors on Saturday 10th June from 12 -3.30pm, as part of Darley Abbey Day, offering a range of free taster workshops. All the workshops will be at a Level 1 standard, so perfect for beginners.

Also why not try our Pilates equipment studio? Studio 1 will be open from 1pm for people to see the specialised Pilates equipment and discuss the work with the tutors.

There are also lots of fun activities throughout the village from 11am – 11pm, open for all.

Our free taster workshop timetable:

12.00 – 1.00pm	Introduction to Vinyasa Flow Yoga with Abbie Berry-Hopkins
1.30 – 2.30pm	Introduction to Pilates with Katherine McKenzie

Places are limited, so pre-booking is recommended

Please Call us on 01332 554551 to reserve your space or for further information.

Email: info@bodyinmindpilates.co.uk

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