

New Term 2012



Bea Alexander Pilates News

Hello!

Our Pilates mat classes, 2012, are now open for booking. Bea Alexander Pilates is one of Edinburgh's longest established, dedicated Pilates organisations. All teachers are Pilates Foundation UK trained. The Foundation provides the most rigorous and lengthy Pilates training in the country. We are equipped to work with people of all abilities, injuries and health conditions. All of us are passionate about Pilates because we see its life-changing effects, from being able to stand up to cook without pain to running marathons without injury. Classes are small, with a maximum of 12 at GE Studio 1 and 15 in the other venues. If you know you would like a place, we do suggest you book soon as classes can fill quickly. Not all Pilates is the same!

The timetable is the same as the current term but Gill is going travelling to Australia for the term. Our two colleagues, Jeanine Davies and Rebecca Palmer, will be joining us while Gill is away.

Very Best Wishes Bea

11 weeks: Monday 9th January until Thursday 29th March, 2012.
(Half Term Monday 13th to Friday 17th of February 2012)

DAY	TIME	LEVEL	LOCATION	TEACHER
Monday	4.15-5.15pm	General	GE Studio 1	Bea
Monday	5.30-6.30pm	Level 2	GE Studio 1	Bea
Monday	6.45-7.45pm	Level 1	GE Studio 1	Charlie
Monday	8.00-9.00pm	Beginners	GE Studio 1	Charlie
Tuesday	5.50-6.50pm	Level 2	GE Studio 1	Rebecca
Tuesday	6.55-7.55pm	Beginners	GE Studio 1	Rebecca
Tuesday	8.00-9.00pm	Level 1	GE Studio 1	Rebecca
Wednesday	5.30-6.30pm	Level 4	GE Studio 2	Bea
Wednesday	6.45-7.45pm	Level 4 advanced	GE Studio 2	Bea
Wednesday	8.00-9.00pm	Level 3	GE Studio 2	Bea
Thursday	12.30-1.30pm	General	GE Studio 1	Jeanine
Thursday	4.30-5.30pm	Level 1 to 2 plus	Yoga Room	Bea
Thursday	5.45-6.45pm	Beginners	Yoga Room	Bea
Thursday	6.50-7.50pm	Level 1	Yoga Room	Bea
Thursday	8.00-9.00pm	Level 2 to 3	Yoga Room	Bea

LOCATIONS: GE Studio 1: 14a Broughton Street Lane, Edinburgh EH1 3LY. GE Studio 2: 10a Broughton Street Lane, Edinburgh, EH1 3LY. The Yoga Room: 5a Forth Street Edinburgh, EH1 3JX

COST: £105.20 Please note that classes, once paid for, are non-refundable or transferable in all circumstances. We are one of the few Pilates organisations that offers courtesy 'make-up' class arrangements (see website). If you are low-waged, we can arrange for you to pay in two installments of £52.60. **TO BOOK:** On-line via Paypal. You do not need your own Paypal account to use the facility. Follow the links in the 'bookings' section of the website [there is no booking fee]. You will receive a personal confirmation email. Or you can use the booking form overleaf and a cheque. Cheques are payable to 'Bea Alexander', posted to: Bea Alexander, 8 Strathfillan Road, Edinburgh EH9 2AG. Please note your booking is not complete without payment. Places are reserved for five days for us to receive payment. Thank you.

www.bealexanderpilates.co.uk Tel: 07951 686 322 classes@bealexanderpilates.co.uk



Saturday Pilates Workshops 3rd March 2012

Neck, Shoulders and Upper Back Workshop 9.30-11.30am

Many of us build tension and stiffness in the neck and shoulders. As the neck is the most flexible area of the spine and the shoulders the most mobile joint in the body, they can be prone to strain, over-use and muscle imbalance problems. The workshop is designed to give you an understanding of this area of your body. I will take you through exercises to release and strengthen the muscles, helping you move with more ease and freedom, and giving you an armoury of exercises to aid this area and banish or control pain and stiffness.

Level: Open to all people. If you have a serious neck or shoulder problem such as a frozen shoulder, email me or ring me first to discuss the class suitability. **Location:** The Yoga Room, 5a Forth Street Edinburgh, EH1 3JX **What to bring and wear:** The usual stretchy Pilates clothes. You may want to bring your own mat to put on top of ours. You may want to bring some water with you to keep hydrated.

Cost: £25 (If you want to attend both workshops, there is a special price for the two of £40)

Pilates for the Feet 12.00-1.30pm

Repeat of the workshop held in November 2011 for all of you who could not get a place. It books out fast!

Your feet are the often-neglected foundation of your whole being. If your arches are flat, your toes don't move well, or the muscles of your ankles are weak or not flexible, this has an impact further up the skeletal chain, on your knees, hips and spine, even up to your neck! Many of us get a lot of cramp in our feet, especially when we start exercising, because the muscles are held too tightly. Often falls in older people are because they trip over their own feet as the toes no longer move. If you keep your feet supple and strong, you stay younger and fitter. This workshop frees your feet! We look at the different problems many of us have with are feet and ankles and find exercise solutions that will help you keep them feeling good and give you a spring in your step.

Level: Open to all people. If you have a serious foot problem, email me or ring me first to discuss the class suitability. **Location:** The Yoga Room, 5a Forth Street Edinburgh, EH1 3JX **What to bring and wear:** The usual stretchy Pilates clothes. Please bring socks but be prepared to have bare feet. If you have any verrucas please cover them with plasters. You may want to bring your own mat to put on top of ours. You may want to bring some water with you to keep hydrated.

Cost: £20 (If you want to attend both workshops, there is a special price for the two of £40)

Name:

Your Address and Postcode:

Home number:

Mobile:

Work:

Email:

PLEASE WRITE CLEARLY

Thank you!

Easy-Book Form Bea Alexander Pilates New Term 2012 I would like to book for the following classes (Please circle)

Monday	Beginners	8.00-9.00pm
Tuesday	Beginners	6.55-7.55pm
Thursday	Beginners	5.45-6.45pm
Monday	Level 1	6.45-7.45pm
Tuesday	Level 1	8.00-9.00pm
Thursday	Level 1	6.50-7.50pm
Monday	General	4.15-5.15pm
Thursday	Level 1 to 2 plus	4.30-5.30pm
Thursday	General	12.30-1.30pm
Monday	Level 2	5.30-6.30pm
Tuesday	Level 2	5.50-6.50pm
Thursday	Level 2 to 3	8.00-9.00pm
Wednesday	Level 3	8.00-9.00pm
Wednesday	Level 4	5.30-6.30pm
Wednesday	Level 4 Adv.	6.45-7.45pm
Workshop	Foot 3 rd March	12.00-1.30pm
Workshop	Neck/Shldrs 3 rd March	9.30-11.00am

I enclose full payment of _____ for ___ block(s) of classes