

Spring to Summer Term 2012



Bea Alexander Pilates News

Hello!

We are now booking for the Spring to Summer term of Pilates matclasses. Gill Bertram is back after her sabbatical teaching the Tuesday night and Thursday lunchtime classes. Rebecca and Jeanine are staying with us and are taking over Thursday evening classes at the Yoga Room for this term. I am venturing into a new part of town and setting up two classes at the Eric Liddell Centre on Thursdays and look forward to many of you joining me who live close. All classes may fill quickly, so do book soon.

Very Best Wishes Bea

**11 weeks: Monday 16th April until Thursday 5th July, 2012.
(Half Term Monday 21st to Friday 25th of May)**

| 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 | Level 2 | GE Studio 1 | Charlie |
| Tuesday | 5.50-6.50pm | Level 2 | GE Studio 1 | Gill |
| Tuesday | 6.55-7.55pm | Beginners | GE Studio 1 | Gill |
| Tuesday | 8.00-9.00pm | Level 1 | GE Studio 1 | Gill |
| 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 | Gill |
| Thursday | 4.30-5.30pm | Level 1 to 2 plus | Yoga Room | Jeanine |
| Thursday | 5.45-6.45pm | Beginners | Yoga Room | Rebecca |
| Thursday | 6.50-7.50pm | Level 1 | Yoga Room | Rebecca |
| Thursday | 8.00-9.00pm | Level 2 to 3 | Yoga Room | Rebecca |
| Thursday | 7.00-8.00pm | Level 2 to 3 | ELC | Bea |
| Thursday | 8.00-9.00pm | Beginners to Level 1 | ELC | 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. ECL: Robertson Suite at the Eric Liddell Centre, 15 Morningside Road Edinburgh, Midlothian EH10 4DP

COST: £108 Please note that classes, once paid for, are non-refundable or transferable in all circumstances. We are one of the few Pilates organisations to offer courtesy 'make-up' class arrangements (see website). If you are low-waged, we can arrange for you to pay in two installments of £54.

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. You will receive a personal confirmation email. Or you can use the booking form overleaf with the correct amount of cash in a sealed envelope with your name and class on it, or a cheque. Cheques are payable to 'Bea Alexander'. Please post to Bea Alexander, 8 Strathfillan Road, Edinburgh EH9 2AG. Please note your booking is not complete without payment. [please don't send payments to any of the matclass venues, thank you]

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



Saturday Pilates Workshops 2012 @ The Yoga Room, 5a Forth Street.

Introducing Pilates on the Swiss Ball

Saturday 12th May, 2012: 9:30 to 11am

Got a Swiss Ball gathering dust in the corner or cupboard, or seen them at the gym and not sure what to do with them? Wonder no more. This workshop will introduce you to using the Swiss Ball for Pilates. The ball makes you stabilise your body, working your core muscles harder, and adds so much fun to Pilates exercises. I challenge anyone not to smile while bouncing on a big inflatable ball! You will never leave your Swiss Ball just sitting in the corner after this.

Level: This workout is aimed at Level 1 to 2 people, General classes and those in Level 3 who want a gentle introduction to the Swiss ball. People doing Beginners classes can do the class if they discuss it with me first as to its suitability for them. **Cost:** £30 if you bring your own Swiss Ball. £35 to borrow a ball with the Workout. £48 for a 65cm Blue Anti-Burst Swiss Ball plus the Workout. (If you need a larger ball, I can order them, but they will be a bit more expensive.)

Classical Pilates and the Swiss Ball

Saturday 12th May, 2012: 11:30am to 1:30pm.

A Classical Pilates workout using the Swiss ball to add an extra challenge and lots of fun!

Level: This workout is aimed at those of you from the Level 2-3 class up to Level 4 advanced. **Cost:** £30 if you bring your own Swiss Ball. £35 to borrow a ball with the Workout. £48 for a 65cm Blue Anti-Burst Swiss Ball plus the Workout. (If you need a larger ball, I can order them, but they will be a bit more expensive.)

How to Stretch

Saturday 9th June, 2012: 9.30-11am

Stretching your body's muscles, connective tissue and nerves is important for your flexibility and helps avoid injury and chronic musculoskeletal problems. This workshop will teach you the different types of stretches there are and how to stretch the different areas of your body effectively.

Level: From beginners with no extreme injuries to Level 4 advanced. **Cost:** £22

Pilates for Relaxation

Saturday 9th June, 2012: 11.30am to 1pm

Pilates can be performed in a very gentle and relaxing way to fast and furious, depending on your aims. This workshop uses the Pilates technique to find release in your body and mind, using the breath in time with gentle, freeing movements, mindfulness and guided relaxation techniques, methods I have been using for many years in the studio with my pregnant and post natal clients and those with medical conditions such as cancer, high blood pressure, stress and depression.

Level: From beginners with no extreme injuries to Level 4 advanced. **Cost:** £22

Both Saturday 9th June Workshops, special joint price of £40

Name:

Your Address and Postcode:

Home number:

Mobile:

Work:

Email:

PLEASE WRITE CLEARLY

Thank you!

Booking Form Bea Alexander Pilates Spring to Summer 2012 I would like to book for the following classes (Please circle)

| | | |
|-----------|----------------------|--------------|
| Tuesday | Beginners | 6.55-7.55pm |
| Thursday | Beginners | 5.45-6.45pm |
| Thursday | Beginners to Level 1 | 8.00-9.00pm |
| 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 |
| Monday | Level 2 | 8.00-9.00pm |
| Tuesday | Level 2 | 5.50-6.50pm |
| Thursday | Level 2 to 3 | 7.00-8.00pm |
| 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 |

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