

Winter/Spring 2010



Bea Alexander Pilates News

Hello!

Pilates classes for the Winter/Spring 2010 term are now open for booking. You have twelve classes a week to choose from, from complete beginners to Level 4 advanced.

Bea will continue to teach Wednesday and Thursday evenings and will now teach the Thursday lunchtime class. The Thursday 4.30pm class is moving to the Yoga Room, 5a Forth Street, for the term. Skye will be teaching the three Tuesday evening classes. We are moving the Level 2 Tuesday class to 6-7pm and this will now be held at Edinburgh Office, 16 Forth Street. Monday evening sees Caroline Abbott joining us as a regular teacher. Caroline is a physiotherapist plus a studio and matwork Pilates teacher and will bring all this expertise to her classes. To book, please read the details below and fill in the booking form overleaf.

We all look forward to seeing you for the new term. Very warm winter wishes,

Bea

Winter/Spring 2010

12 Weeks: Monday 4th January to Thursday 1st April (Half-term week 15-19th February)

DAY	TIME	LEVEL	LOCATION	TEACHER
Monday	6.00-7.00pm	Level 3	Forth	Caroline
Monday	7.00-8.00pm	Level 2	Forth	Caroline
Tuesday	6.00-7.00pm	Level 2	Forth	Skye
Tuesday	7.00-8.00pm	Beginners	Forth	Skye
Tuesday	8.00-9.00pm	Level 1	Forth	Skye
Wednesday	5.30-6.30pm	Level 4	Sangha	Bea
Wednesday	6.45-7.45pm	Level 4 advanced	Sangha	Bea
Wednesday	8.00-9.00pm	Level 3	Sangha	Bea
Thursday	12.30-1.30pm	General	Sangha	Bea
Thursday	4.30-5.30pm	Level 1 to 2 Plus	Yoga Room	Bea
Thursday	5.45-6.45pm	Beginners	Yoga Room	Bea
Thursday	7.00-8.00pm	Level 1	Yoga Room	Bea

LOCATIONS: The Sangha: 14a Broughton Street Lane, Edinburgh EH1 3LT. 'Forth' is the Edinburgh Business Centre, 16 Forth Street, EH1 3LH. (Buzz the 'conference room'). The Yoga Room: 5a Forth Street Edinburgh, EH1 3JX

COST: £108 for the 12-week term. Please note that classes, once paid for, are non-refundable in all circumstances. There are 'make-up' class arrangements. For full terms and conditions, please see the website.

TO BOOK: Please use the booking form overleaf with cash or cheque. Cheques are payable to 'Bea Alexander', post to: Bea Alexander, 8 Strathfillan Road, Edinburgh EH9 2AG. You can pay on-line via Paypal. Follow the links in the 'bookings' section of the Website (there is a small booking fee for this service). You will receive a confirmation email from me. If you are in Skye or Christine's class currently and want to pay by cash, please put the correct amount in a sealed envelope with your name and class on it for them to pass on to me, thank you.

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

Thank you

I want to thank you all for being so kind and understanding during my operation and slow recovery. I really appreciate your many best wishes, words of comfort and shared injury stories. My best wishes to those of you who also had operations and injuries recently. Here is to an injury-free year for us all!

Saturday Workouts

Come and spend two and a half hours learning, exercising and enjoying yourself with some themed classes: a mix of extended warm-ups and downs, a main class plus an opportunity to ask questions. (There will be breaks!)

Back, Neck and Shoulder Release Saturday 6 March 10am to 12.30pm

Most of us build tension and stiffness in these areas of our body. The session is designed to take you through exercises to release your back, neck and shoulders and learn to move with more ease and freedom, preventing future stiffness.

Open to all Levels Location: The Yoga Room, 5a Forth Street Edinburgh, EH1 3JX Cost: £35

Swiss Ball Playground Saturday 6 March 2pm to 4.30pm

Got your own Swiss ball, always wanted to have a go with one, or just want to make your Pilates class even more fun? Come and do many exercises you know with the added extra of the large exercise balls to play on. Expect to feel your muscles!

Open to Levels 2 to 4 Location: The Yoga Room, 5a Forth Street Edinburgh, EH1 3JX Cost: £32 if you bring your own ball, £35 if you borrow one of the limited supply of Bea Alexander Pilates balls, £48 if you want a brand new, good quality 65cm Swiss ball of your own to use and take home at the end. Swiss balls can be used as chairs to aid back pain and are a toy for life!

Pregnancy and Post-Natal Small Group Classes

We run pregnancy and post-natal classes for three women per class, at Bea's private studio in Marchmont. The groups are designed very much around the women attending and give you that extra attention needed while your body goes through the changes of motherhood. To register interest or book a block of classes, please look at the 'pregnancy & post-natal' page of the website.

Studio Classes

Private Pilates classes, using the apparatus Joe Pilates invented, are available at Bea's Private studio in Marchmont. Studio sessions give you exclusive attention and speed up both the learning process and your body's progress. They are useful either in the short-term to aid you with a certain goal - I can design home practice sessions for you - or they can be done regularly to get the full benefits of Pilates equipment. They are especially beneficial for people with injuries and other conditions that make mat classes unsuitable. The studio diary can be viewed on-line where you can see available slots and ring or email to book. <http://www.beaalexanderpilates.co.uk/bap-studio.php>

Pilates Equipment for Sale

I have a full range of small Pilates equipment available for sale at lower than retail prices. If you are interested in getting a stretchy band, mat, magic circle, spiky ball set, foam roller, or green ova-ball, please do contact me. 07951 686 322 classes@beaalexanderpilates.co.uk

Easy-Book Form Bea Alexander Pilates Winter/Spring Term 2010 I would like to book for the following classes (Please circle)

Name:

Monday Level 3 6.00-7.00pm

Your Address and Postcode:

Monday Level 2 7.00-8.00pm

Tuesday Level 2 6.00-7.00pm

Tuesday Beginners 7.00-8.00pm

Home number:

Tuesday Level 1 8.00-9.00pm

Mobile:

Wednesday Level 4 5.30-6.30pm

Work:

Wednesday Level 4 Adv 6.45-7.45pm

Email:

Wednesday Level 3 8.00-9.00pm

Thursday General 12.30-1.30pm

PLEASE WRITE CLEARLY

Thursday Level 1 to 2 plus 4.30-5.30pm

Thank you!

Thursday Beginners 5.45-6.45pm

Thursday Level 1 7.00-8.00pm

Saturday 6th Back, Neck etc. 10.00-12.30pm

Saturday 6th Swiss Ball 2.00-4.30pm own ball /borrow /buy

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