



# NATURALLY PILATES

HEALING BODY, MIND AND SOUL



JO-ANNE CALLAGHAN – STUDIO OWNER & HEAD PILATES INSTRUCTOR

*I HAVE A DEEP PASSION FOR MOVEMENT & GETTING THE BODY TO REACH ITS POTENTIAL WITH STRENGTH & MOBILITY & MAKING GENERAL LIFE EASIER.*

CERTIFICATION:

NATIONAL DANCE DIPLOMA (JDF)  
BODY ARTS & SCIENCE INSTITUTION (BASI) - COMPREHENSIVE & MENTOR ADVANCED TEACHING  
BASI-PREGNANCY, OLDER GENERATION, PATHOLOGIES/ INJURIES  
EQUILIBRIUM PILATES COMPREHENSIVE, PILATES UNLIMITED (SHOULDER STABILISATION)  
ANATOMY TRAINS IN MOTION, OOV COURSE, SPORTS MASSAGE, CPR



CECIL CALLAGHAN-PILATES INSTRUCTOR

MY WISH IS TO BE OF SERVICE TO THOSE AROUND ME & ASSIST THEM TO HAVE WHOLE & COMPLETE LIFE THROUGH THE MIND-BODY EXPERIENCE THAT IS BROUGHT INTO BEING VIA THE PILATES SYSTEM.

CERTIFICATION:

FIRST DAN JIKISHIN JU JITSU  
DIPLOMA IN BUSINESS MANAGEMENT  
BODY ARTS & SCIENCE INSTITUTION (BASI) – COMPREHENSIVE TRAINING

## **WHAT IS PILATES...**

**DEVELOPED BY J H PILATES, HE DEVELOPED A SYSTEM OF EXERCISES, INTENDED TO STRENGTHEN MIND & BODY.**

- Pilates exercises, teaches precise & fluid movement with breath, allowing for better body mechanics, balance, co-ordination & body awareness.
- Pilates helps strengthen your whole body not just your “core”, improving posture, increasing flexibility & stability & help prevent pain & other injuries.
- Pilates lessons also offer a necessary time out, allowing you to leave feeling rejuvenated, with increased confidence & comfort in your body.

## **HOW TO GET STARTED...**

Each new client to the studio is requested to do an individual orientation/assessment class, which includes:

- Assessing your posture, strengths & weakness. Discussing your goals and personal needs.
- Teaching or refreshing the Pilates fundamentals & techniques.
- Beginners usually do a month of individuals or duets to better understand the fundamentals, before joining the groups.

## **WHAT TO WEAR?**

Please wear exercise clothes allowing for full range of motion, socks & bring your own head towel for hygiene.

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***We Look forward to working with you.***

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