



# 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:

LYNO THERAPIST 2024

NATIONAL DANCE DIPLOMA (JDF) 2001

BODY ARTS & SCIENCE INSTITUTION (BASI) - COMPREHENSIVE 2012 & MENTOR ADVANCED TEACHING

BASI-PREGNANCY, OLDER GENERATION, PATHOLOGIES/ INJURIES

EQUILIBRIUM PILATES COMPREHENSIVE, PILATES UNLIMITED (SHOULDER STABILISATION)

ANATOMY TRAINS IN MOTION (FASCIA), OOV COURSE, SPORTS MASSAGE, CPR



CECIL CALLAGHAN-PILATES INSTRUCTOR

MY WISH IS TO BE OF SERVICE TO THOSE AROUND ME & ASSIST THEM TO HAVE A WHOLE & COMPLETE LIFE THROUGH THE MIND-BODY EXPERIENCE USING THE PILATES SYSTEM.

CERTIFICATION:

FIRST DAN JIKISHIN JU JITSU (BLACK BELT)

DIPLOMA IN BUSINESS MANAGEMENT

BODY ARTS & SCIENCE INSTITUTION (BASI) – COMPREHENSIVE TRAINING

OOV TRAINING

CYCLING PHYSIOLOGY & COACHING (SISA)

**WE ARE BOTH PASSIONATE ABOUT COMPETITIVE CYCLING AND HAVE COMPETED OVERSEAS AS AMATUERS REPERESTENTING SOUTH AFRICA.**

## 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, coordination & body awareness.
- Helps strengthen your whole body not just your “core”, improving posture, increasing flexibility & stability & help prevent pain & injuries.
- Lessons offer a necessary time out, allowing you to feel 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.

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

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