

Hollis YOGA

*The Om Studio for wellness,
yoga and community*

Hollis YOGA
3 Hollis Village Marketplace,
PO Box 344
Hollis, NH 03049

(603) 617- 4955 www.hollisyoga.com

STOTT® PILATES

ESSENTIAL REPERTOIRE CLASSES LED BY: LIZ BALA

LIZ BALA HAS STUDIED AND PRACTICED PILATES FOR THE PAST EIGHT YEARS IN STUDIOS THROUGHOUT VERMONT AND MASSACHUSETTS. SHE IS TRAINED IN THE STOTT PILATES METHOD, AND HAS COMPLETED HER TRAINING IN MATWORK EXERCISES (LEVELS BEGINNER, INTERMEDIATE, AND ADVANCED):

↗ **EVERY WEDNESDAY**

↗ **1:00 -2:00 PM**

↗ **STANDARD STUDIO PRICING**

↗ **CALL (603) 617- 4955**

↗ **OR, E-MAIL INFO@HOLLISYOGA.COM**

THE EMPHASIS OF PILATES IS TONING & STRENGTHENING THE MIDSECTION AS WELL AS BALANCING OPPOSING MUSCLES OF THE TORSO AND THE LIMBS. PILATES LIKE YOGA IS A MIND-BODY EXERCISE WHICH CAN YIELD BETTER OVERALL HEALTH. STOTT PILATES IS BASED ON THE PRINCIPLES SET BY JOSEPH H. PILATES (1880-1967) AND INCORPORATES MODERN EXERCISE SCIENCE & EMPHASIZES NEUTRAL ALIGNMENT, CORE STABILITY & PERIPHERAL MOBILITY. THE NUMEROUS BENEFITS ARE:

↗ INCREASED FLEXIBILITY

↗ CORE STRENGTH & STABILITY

↗ GENTLE ON JOINTS

↗ LONGER, LEANER MUSCLES

↗ BETTER POSTURE, BALANCE & COORDINATION

↗ IMPROVED DIGESTION

↗ RELIEF FROM STRESS & BACK PAIN

↗ INJURY PREVENTION

↗ ENHANCED ATHLETIC PERFORMANCE

↗ HEIGHTENED MIND-BODY AWARENESS

↗ INCREASED SELF-CONFIDENCE

STOTT PILATES CLASSES WILL COVER THE 5 BASIC PRINCIPLES, WARM-UPS AND THE PROGRESSIVELY INTRODUCE THE ENTIRE ESSENTIAL MAT REPERTOIRE. WEAR COMFORTABLE CLOTHING AND BRING ALONG A YOGA (1/8") OR PILATES(3/8 + ") MAT. EITHER TYPE OF MAT WILL WORK JUST FINE ON THE CUSHIONED, CARPETED FLOOR.