



If you try nothing  
else this year try  
this class.

CHILL

LEARN

LIKE NO  
OTHER SESSION  
YOU'LL GO TO!

## Candlelight Pilates

For real mind-body connection, a stunning, cosmic light show & superb music to create calm; come to stretch, tone, relax and reflect on how we can ultimately treat ourselves in the best way possible, through the choices we make, in order to thrive and self-heal.

Wednesdays 6 – 7 p.m

01497 822995.