

JaneHamiltonPilates
ONLINE

Jane Hamilton Pilates

Online

What Is Pilates?

- Pilates provides whole body conditioning.
- Pilates focuses on lengthening and strengthening muscles, improving alignment and core stability.
- Practising Pilates facilitates better health (particularly back health) and good body awareness through the development of the mind and body connection using the breath.



Benefits of Pilates

What are the benefits of Pilates?

- Better mind/body connection
- Core strength
- Increased muscle and joint flexibility and mobility
- Improved alignment and posture
- Deep breathing
- Improved concentration
- Stress relief and relaxation
- Better balance and proprioception

Online Pilates Classes

- Jane Hamilton Pilates offers small and welcoming online Pilates classes tailored to your individual needs.
- Classes are taken by experienced Pilates teacher, Jane Hamilton.
- Jane will adapt moves so that they can be practised by both beginners and experienced Pilates class members.
- Individual feedback is given during the class.



Contact Jane Hamilton Pilates



JANE HAMILTON PILATES

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Our [blog](#) provides more information about Pilates, posture and health.