



# PILATES

Worleston Village Hall  
Nantwich, CW5 6DN

Starts Wednesday 6 March 2024

7.30-8.30 pm  
Beginners and Improvers  
Pilates

**BOOKING ESSENTIAL**

Please get in touch with Wendy  
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Mob: 07795 243346



**MIND-BODY-AWARENESS**  
with Wendy Broad

## Modern Pilates

Learn new ways to  
help improve:

- Posture
- Core stability
- Back pain
- Balance
- Coordination
- Joint mobility
- Bone strength
- Ease of movement  
for daily life
- Sleep & Relaxation

Functional, Mindful  
Clinical Mat Pilates

FIRST CLASS

**FREE**

**BOOKING ESSENTIAL**

[www.mindbodyawareness.co.uk](http://www.mindbodyawareness.co.uk)