

**Class coming soon**

# **PILATES FOR OSTEOPOROSIS & SPINAL ISSUES**

*Pilates is often the best type of rehabilitation and is essential following spinal injury or even surgery. It is one of the safest types of exercise for those diagnosed with osteoporosis.*

*In these classes we will focus on the safest and most relevant exercises in order to achieve optimal strength, alignment and balance.*

*This is a specialised class, combining attention to detail and precision in movement, education and exercise, at a pace that is right for you.*



*"I have been attending Pilates with Dana for over 10 years and yet every single class is different and interesting, such that you never become complacent and are challenged continuously.*

*Dana is highly experienced, so you experience appropriate exercise levels for your needs and therapeutic care above and beyond that which you might experience in most other classes.*

*Her classes have a lovely atmosphere and I wholeheartedly recommend them. In short, Dana is an exceptional and innovative Pilates Instructor and I enjoy every single class."*

**Date and time TBC**

**Clarisa Ayllon Studio, Beauforts,  
Englefield Green, TW20 0DW**

**£100 for 6 weeks  
(PAID IN ADVANCE)**

## **Info/ Booking**

Contact Dana for more information or to register your interest:

**danabregman@gmail.com**