

# Pilates for Back Pain

10 week course starting – Monday 8<sup>th</sup> March



- **Do you suffer from chronic back pain or back pain that is reoccurring?** If yes our new course may be just the programme you need.
- Pilates provides a stronger, healthier back and better posture, which in turn provides **the best long-term solution** to the most common kinds of back problems.
- The course is taught by fully qualified Pilates teachers and will help you strengthen and realign your spine by balancing your body and strengthening your core.
- All students who enrol for the 10 week course will also be given a **personalised home programme.**
- **Small classes (<8 students)** to ensure lots of personal attention

**Details 01744 609 058**

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