

Pilates for a Flat Tummy

10 week course starting – Wednesday
10th March



The abdomen has been described as the most problematic area of our bodies! There are so many myths about how to get a flat tummy and trim waist!

The course will start with the basics of scientific weight management and appropriate exercise.

All participants will be given food diaries and personalised dietary advice during the course.

By toning the abdomen, side waist and torso we will move to really targeting the underlying muscles of our core.

Home practice programmes given to follow up class work.

Small classes (<8 students) to ensure lots of personal attention.

Details 01744 609 058

mike.cragg@yoga-liverpool.co.uk

www.yoga-liverpool.co.uk