

Pilates and Biomechanics

The “I move freely” exercise programme at the Wimbledon Guild

**Gentle exercise
for over 50s
with Stephanie Saavedra**

Release tension ●
Revitalise ● Have fun!

Our movement can be
compromised by
stiffness, muscle inhibition
and often pain, preventing
us from moving easily.

The “I move freely
programme” can greatly
improve the way we move,
sit, perform, do everything.

By releasing muscle and
nerve tension we can enjoy
pain free exercise and a
good posture.



**6 week pilot programme
starting Monday 7 June 2010**

Max. class size of 12

£2.50 per session

Drake House, St George’s Road,
Wimbledon SW19 4ED
(behind Guild House)

For more information &
to book your place
**call Jane Platts on
020 8946 0735**



The Wimbledon Guild

Caring for people in need

Tel: 020 8946 0735 www.wimbledonguild.co.uk Registered charity no 200424