

PILATES

NORTH EAST

Mind and Body Studio

Pilates North East
17-19 North Burns
Chester-le-Street
DH3 3TF

Need to remove some *stress* from your life -
come and *de-stress* in this course

Need to bring *stillness* to the constant thoughts
in your mind - come and be *still* in this course

Need to be more *mindful* of who you are - come
and be more *mindful* in this course

Want to *practise* meditating but not sure how to
- come and *practise* during this course

Want to *experience* a range of meditation
techniques - come and *experience* some in this
course

Mindfulness and Meditation

Wednesday 1st February at 8.00 pm

Contact

Carol or Gillian to book your taster session

Tel: 0191 415 9954 / 01207 271 386

Mob: 07761421815 / 07718520869

Web: www.pilatesnortheast.co.uk

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£5 for taster session then £42 for
the next six sessions

Bring comfortable exercise clothes
and a blanket