

# Happy Being

Pilates

# What Is Pilates?

- Pilates provides whole body conditioning.
- Pilates focuses on lengthening and strengthening muscles, improving alignment and core stability.
- Practising [Pilates](#) facilitates better health (particularly back health) and good body awareness through the development of the mind and body connection using the breath.



# Benefits of Pilates

## What are the benefits of Pilates?

- Better mind/body connection
- Core strength
- Increased muscle and joint flexibility and mobility
- Improved alignment and posture
- Deep breathing
- Improved concentration
- Stress relief and relaxation
- Better balance and proprioception

# Online Pilates Classes

- Happy Being offers small and welcoming [online Pilates classes](#) tailored to your individual needs.
- Classes are taken by experienced [Pilates teacher](#), Jane Hamilton.
- Jane will adapt moves so that they can be practised by both beginners and experienced Pilates class members.
- Individual feedback is given during the class.



Contact  
Happy  
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## HAPPY BEING PILATES

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Our [holistic therapy blog](#) provides more information about Pilates, posture and health.