

# 'Standing and Seated Pilates'

Come and feel the benefit of Pilates without having to lie down on a mat. Using a chair and standing if you are able, Alison will work with you on posture, alignment, strength, getting the joints and the spine moving. Each session will have an opportunity to relax and gently, simply breathe. Come and try the one session, or all of them, each one is stand alone. All bodies welcome!

**Venue: Main Hall, Little London Community Centre**

**Dates:**

**Wednesday 19<sup>th</sup> & 26<sup>th</sup> April 2023**

*(Note: there will be no session on the 3<sup>rd</sup> May)*

Back on **Wednesday 10<sup>th</sup>, 17<sup>th</sup>, 24<sup>th</sup> & 31<sup>st</sup> May 2023**

And **Wednesday 7<sup>th</sup>, 14<sup>th</sup>, 21<sup>st</sup> & 28<sup>th</sup> June 2023**

**Time: 1.30pm – 2.30pm**

**All bodies welcome – no need to book just come along**



**If you need any more information or directions please call Lisa: 07436 530073**

**Supporting Older People in the Community since 1995**

PATRONS: THE LORD MAYOR OF LEEDS ● PROFESSOR MICHAEL ARTHUR ● HILARY BENN MP  
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**Caring Together in Woodhouse and Little London, 127 Woodhouse Street, Leeds LS6 2PY**