

# Pregnancy Yoga & Pilates



These classes are specifically designed for pregnancy to maintain your strength and posture and prepare for labour.

We recommend you try both Yoga and Pilates, one may suit you more than the other or practicing both can complement each other. Both are useful in keeping toned and supple as well as relaxed.

Our studio provides a calm and relaxed environment will help you:

- Support the natural changes taking place in your body
- Strengthen abdominal and gluteal muscles to stabilise the pelvis and spine
- Aid relaxation and advise on positions of relaxation and to help maintain quality of sleep
- Strengthen your pelvic floor muscles control to prevent incontinence and aid in labour
- Improve postural awareness
- Stretch spinal and upper limb muscles to relieve tension
- Maintain effective circulation to help prevent swelling
- Incorporate and explore positions for labour into your exercise programme

For more information or to book email [bookings@boco-uk.com](mailto:bookings@boco-uk.com) or call us on 020 8399 3930.

## Class schedule:

Tuesday:	19:00 Pilates with Lena	Wednesday:	19:00 Yoga with Szilvia
Thursday:	19.00 Pilates with Diana	Saturday:	09:10 Yoga with Szilvia 11:45 Yoga with Szilvia

## About the teachers:

### YOGA: Szilvia Themistocleous

Szilvia is passionate about creating a balanced and holistic lifestyle for everyone in the busy, stressful and competitive world that we live in. Having had three children of her own, her passion for alternative therapies led her to become a Homeopath and a Yoga teacher.

### PILATES: Lena Knight

Lena Knight is an ex-dancer and a qualified APPI mat Pilates instructor.

She has been teaching Pilates for more than 15 years. "Pilates is dear to my heart. It made me completely free of low back pain and solved my sciatica. Mindfulness, being present in a moment, listening to my body is what made my life free of pain!" says Lena.

### PILATES: Diana Robertson

Diana enjoys teaching across a range of levels including intermediate, and draws on her knowledge of dance and yoga to inform and enrich her classic Pilates training. She is a firm believer that we should all find enjoyment and fun in our choice of exercise!

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