

Intro to Pilates and Body Movement

A gentle, beginner friendly session designed to help you re connect with your body. You will receive simple, supportive introduction to Pilates and mindful movement — no experience or fitness background required.

This is a welcoming low-pressure introduction to Pilates and mindful movement. You'll explore how small, intentional movements can help you feel stronger, more grounded and connected to your body. The focus is on ease, confidence building and fun. Everything is taught at a beginner level with plenty of options so you can move in a way that feels right for you.

This session is perfect if you if you are -

- Curious about Pilates but have never tried it

- Want a gentle, supportive movement experience

- Simply want to try something new with a friend

Please arrive in comfortable clothing and bring a stretching (Yoga) mat if you can.

We are pleased to announce that Staci Dunn Silva will be facilitating this Sparrow group. Staci brings her professional experience and certification, as well as her gentle inclusive approach to this movement group.

There are 8 sessions in this Sparrow group meeting, on Saturdays at Gracepoint church beginning Sept. 12th. Cost is a one-time fee of \$20 for all eight sessions and includes an exercise band.

There are 20 spots available in this Sparrow group. Please sign up at the welcome centre.