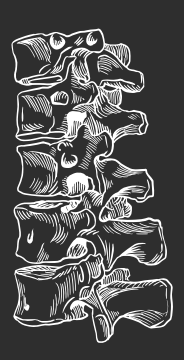
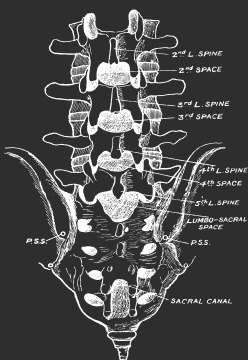


Stretching & Pilates

Core Stability Exercise Class



1 Hour Class Outline

Practical Demonstrations & Group Practical

- Supine & Prone Lumbo-Pelvic Stretches
- Supine *TheraBand* Stretching of Hamstring & Calf Muscles
 - Supine Core Stability (Pilates based) Exercises
- Standing Neck & Shoulder Stretches
 - Standing Pectoral Stretches
- Foam Roller Trigger Pointing of Spine & Leg Muscles



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