

THE PILATES ROOM

New Private Lesson Format | Free Workshop | Reiki Sessions

Reiki!!!

Reiki is a method of energy healing discovered by Dr Mikao Usui in the mid 19th century in Japan. It balances and works on the physical, mental, emotional and spiritual parts of each individual. Reiki addresses the cause of any disease rather than just the symptoms, bringing overall wellness and healing to those who receive it. What does it feel like? Reiki treatments feel different to everybody. It's generally very relaxing. (You may even fall asleep.) As the energy flows it may feel light, peaceful, tingly, warm or cold. You may feel relaxed, centered or energized after your session. Everyone's experience is unique- just like we are. If you would like to schedule a session contact Carrie.

Pricing: 30 minutes- \$50
60 minutes- \$100

Summer Saturdays!

Carrie is offering limited hours on Saturdays from June-September. Contact us to reserve your lesson!

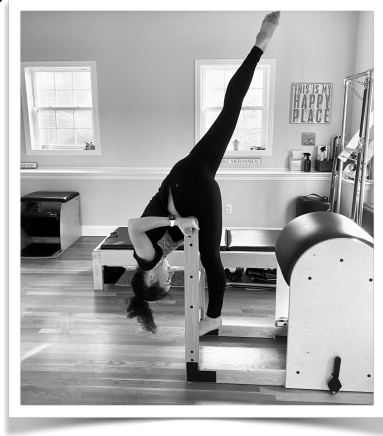


Changes ahead!

Starting May 1st, The Pilates Room will be focusing on offering only private and semiprivate lessons in an effort to specialize on what each student individually needs. I am at a point in my career and life where I want to be able to focus on the progression of each of you.

Meeting your goals and facilitating change in your movement, health and bodies has always been my primary goal and I'm excited to be able to bring the Pilates system to you as individuals. Please let me know if you are interested, so I can start putting a schedule together. I will have more information posted in the studio so you can start reserving your lessons. I am always happy to answer any questions you might have while we get ready to transition into our private format.

We can't wait to get this started!



Free Workshop-Posture, Breathing & Pilates

Please join Laura at the Osterville library on **April 21st!** In this workshop you explore how to use breath and posture to bring your Pilates principles into your daily life, and have the opportunity to get moving in a mat class. If you have any friends that are interested in finding out more about Pilates this is a great place to start! You can sign up at the studio, use the QR code in the flyer below or click on the link to register. <https://docs.google.com/forms/d/1HfMHeZKP9f79aHj-ou6Juwkkg4QZDa44ASQbpWUwJNo/edit>

We are committed to bringing more workshops to you as part of our renewed commitment to your progress and learning, so please let us know of any topics you'd like to dive deeper into!

Posture, Breathing, Pilates What's It All About?

**A Free Workshop
to Improve Your Pilates Practice
& Your Day to Day Activities**



Sunday, April 21, 2024
1:00-2:00 pm- Workshop
2:00-2:30- Mat Class
Osterville Village Library
Main Meeting Room
43 Wianno Avenue, Osterville, MA

- In This Workshop, you will learn
- What is Good Posture? What Matters and What Doesn't.
- How Breathing Makes Posture & Movement Better
- How Breathing & Posture Can Improve Your Pilates Practice
- Simple Exercises to Do at Home



About Your Instructor: Laura Kelly is a Doctor of Physical Therapy & Certified Classical Pilates Instructor who specializes in Orthopedic Conditions, Chronic Pain & Pelvic Health.

Attire- Comfortable clothing to move in and socks
Bring a mat if you plan to stay for the mat class

Sponsored By the Pilates Room
86 Cotuit Road, Marstons Mills, MA

Space is Limited
Registration Required
Use QR Code