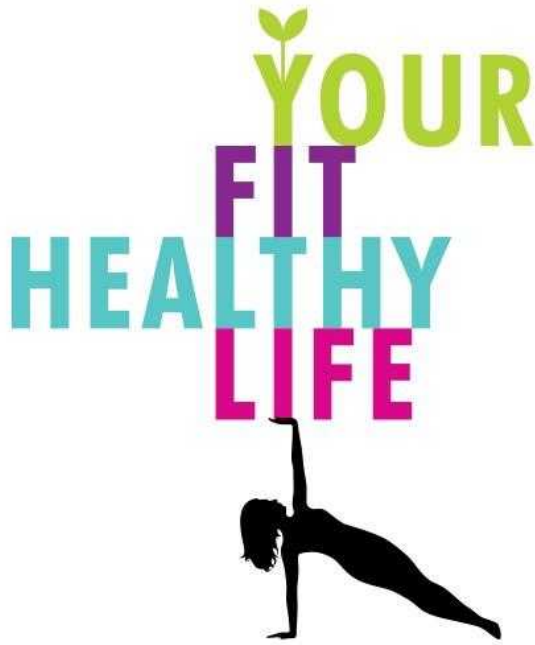


# Yogalates Class in Shirley (6 GBP)



Location **South West, Hampshire**  
<https://www.freeadsz.co.uk/x-555888-z>

Pickup Dance Southampton  
 Adults (19.00-20.00 Tuesdays)  
 £6.00 for one class or £20.00 for four classes

Since its inception Yogalates has steadily gained popularity and an International reputation as being a method which makes the disciplines of Yoga and Pilates easily available to anyone.

Yoga can enhance strength, stamina, flexibility, balance and mental clarity. Through developing a conscious awareness of the body, mind, and breathe. It has the ability to be deeply relaxing and health enhancing.

Pilates was founded by the late German born Joseph Pilates in the 1920s. It is known globally as a collection of muscular-skeletal exercises that help sporting activities, assist in injury rehabilitation and supports those with back problems through re-educating the body's postural muscles to create a very safe and strong foundation for.



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