

BUSINESS

Pippa's so proud of 'worst-kept secret'

A STATE-OF-THE-ART pilates studio run by a former top ballet dancer is rapidly becoming one of the best-known secrets in the area.

Pippa Wyld Pilates is based in a converted bullpen in the delightfully named Scratchface Lane in Herriard, five miles north of Alton - a million miles from where you might expect to find the largest and probably the most sophisticated Pilates studio in Hampshire.

Since starting to teach the body conditioning technique Pippa, a senior soloist with the Royal Ballet in the 1970s and 1980s, has become totally dedicated to this subtle programme of exercise and movement.

"The attraction for me was probably that I had been a dancer but like everything in life you think 'why am I doing this?' and I needed to get away from it. I was told about body control by a good



Pippa Taylor has opened a new pilates studio in Herriard, near Alton (AD04-68-08).

friend who was teaching Pilates in South Kensington and Covent Garden twice a week. I loved it because it was something that allows you to concentrate on yourself, and gyms terrified me," she said.

The studio opened in August and already has 50 clients regularly using the facilities. At £25 for a single studio session, it's not cheap, but Pippa believes she pro-

vides a welcome alternative from sports centre and village hall-based classes, which concentrate on mat work.

With the best American equipment available, Pippa offers private (one to one), semi-private (one to two or three) sessions, and studio sessions and classes with no more than six students.

Pippa, who is fully qualified, is able to give individual attention to her students and

can quickly spot those that need extra help. "In modern life, we have neck, back and shoulder problems. We sit a lot, we don't walk as much as we used to, and we are hunched over our computers. We have repetitive strain injuries, we sit more on one buttock than another, we are misaligned - the way we live now is not good at all. As we get older, we get less supple and Pilates makes people more aware of their body. It also relaxes you because you can't think of anything else. They call it the thinking man's exercise."

Based on eight principles - relaxation, concentration, alignment, breathing, stamina, centring, co-ordination and flowing movement - the 'Pilates method' is a body-conditioning and postural alignment exercise technique.

Call Pippa on 01256 381122 or visit www.pip-pawylde.com.