

## ABOUT PIPPA WYLDE

Pippa originally trained as a classical ballet dancer and was one of the youngest to be accepted into the world renowned Royal Ballet Company at Covent Garden.

During her sixteen year spell with the Royal Ballet, Pippa quickly rose to the position of senior soloist, dancing leading roles in ballets that included Swan Lake, Sleeping Beauty, Romeo and Juliet, Giselle and Cinderella, to name but a few. Even today, Pippa can occasionally be seen on the 'Performing Arts' channel dancing in past productions with The London Royal Ballet.

It was the years of dedication and discipline as a top ballet dancer that led Pippa into the world of Pilates. The need to remain strong, flexible and injury free was a strong 'driver' for Pippa and Pilates, unlike any other form of exercise, proved to be the only regime that fulfilled that role perfectly with it's proven combination of core strength and overall flexibility.

Pippa is one of the leading and most experienced exponents of Pilates exercise in the UK, having both practiced and taught Pilates at the highest level for many years.

The 'Pippa Wylde Studio' is based in Herriard between Alton and Basingstoke and is probably the largest dedicated and fully equipped Pilates studio in the south of England.



Pippa dancing with Jonathan Cope at Covent Garden



Register  
of  
Exercise  
Professionals



No.2 The Bullpens, Manor Court  
Herriard, Nr Basingstoke,  
Hampshire RG25 2PH  
01256 381122 :T  
pippa@pippawylde.com :E

[www.pippawylde.com](http://www.pippawylde.com)



## Professional Pilates Tuition with Pippa Wylde

discipline  
dedication  
control

*"Watching Pippa at work, or demonstrating a new exercise, is always inspirational. She is prepared to model every challenge she sets us."*

R.P. Farnham



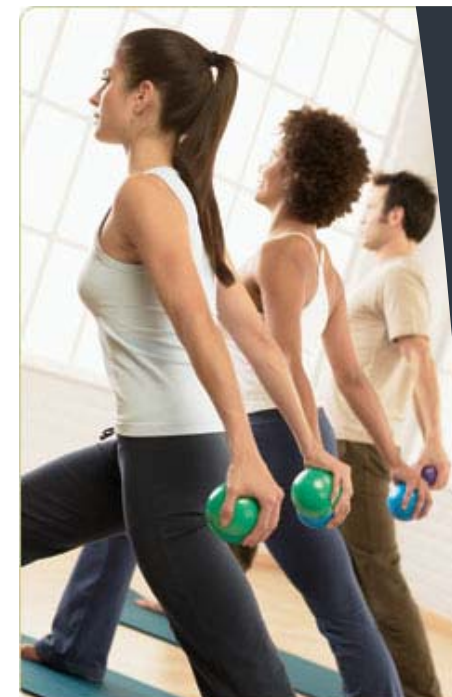
# Pippa Wylde Pilates

## WHY PIPPA WYLDE PILATES?

Pippa Wylde is one of only a few instructors in the south of England who are both qualified and insured to teach Pilates exercise using professional resistance equipment. Pippa was originally introduced to Pilates by Gordon Thomson (a close personal friend) who is widely-recognized as being one of the UK's foremost Pilates experts.

Pippa's years of achievement at the very highest level in the world of ballet is testimony to her dedication to personal health and fitness which she now applies equally passionately to Pilates exercise. By choosing Pippa Wylde Pilates you can be sure that your progress will be a combination of individual commitment and high-quality instruction.

## flexible Pilates solutions to suit your health and fitness needs



## PILATES PRINCIPLES

- CENTRING
- ALIGNMENT
- CONCENTRATION
- BREATHING
- RELAXATION
- COORDINATION
- FLOWING MOVEMENT
- STAMINA

## WHAT IS PILATES

The 'Pilates Method' is a body conditioning and postural alignment exercise technique that uses a combination of matwork, Pilates-style resistance equipment and live weights to help develop a strong, centred and well-balanced body. Joseph Pilates developed the original methods and equipment back in the 1920's adopting aspects of gymnastics, martial arts, dance and yoga.



## WHY PILATES IS DIFFERENT

The exercises and large-scale equipment (reformers, combo-chair etc) have been specifically designed to strengthen, lengthen, balance, tone and relax the user. Exercises are designed to help elongate the spine, thereby increasing the elasticity of muscles and improving flexibility within the joints.

## PILATES EQUIPMENT

The studio has invested in large-scale 'state-of-the-art' resistance equipment imported direct from the USA and supplied by Pilates specialists, 'Balanced Body' Inc. The equipment is extremely comfortable and easy to use enabling clients of all ages and abilities to relax, concentrate and enjoy the exercises and flowing movement of their bodies whilst in the tranquil atmosphere of the studio.

## PILATES FOR BEGINNERS

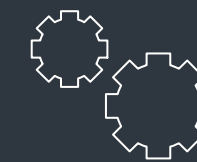
Pilates exercise can be practiced by people of all ages and abilities, from the young to the very old. Due to the wide range of exercises available (there are currently over 500) everyone can enjoy the benefits of this increasingly popular and respected form of activity.



All new clients will have at least one private lesson (one-to-one) with Pippa in order for an initial fitness and body alignment assessment to be carried-out. The sooner a new client 'picks-up' the basic principles of Pilates, the quicker they can progress to the next level.

## BENEFITS OF PILATES

Today, Pilates is widely recognized by dancers, athletes, golfers and sports teams who incorporate Pilates exercise into their individual exercise regimes as an essential aid to improving overall fitness and ultimate performance. Pilates also benefits those with health problems who have a need for a more specialist form of exercise to aid rehabilitation after illness or injury. Personal fitness programmes can be prepared and agreed for those clients with specific fitness goals.



## REFERRALS

Due to the essential anatomy training given to all advanced-level 'Body Control Pilates' instructors, many of Pippa Wylde's clients arrive from specialist medical referrals. The studio is used to working closely with physiotherapists, osteopaths, chiropractors and GP's.

## CLASS SIZES

In order to be able to offer clients a high level of tuition and personal attention, class sizes are strictly limited to six clients at any one time. This ensures that all clients receive the maximum possible attention and value from their time spent in the studio with Pippa.

## TYPES OF TUITION

Private (one-to-one), semi-private (one-to-two and one-to-three) and class/studio sessions (up to six clients maximum) are available for booking in advance.

## THE NEXT STEP?

If you've found the information contained within this brochure of interest, you may wish to contact Pippa at the studio to arrange a 'without obligation' visit to find out more, or alternatively you can book an initial trial session with us. The choice is yours?

**Tel: 01256 381122**

