

Yoga & Pilates at Cranleigh Tennis Club Merton Park SW19



Cranleigh Tennis club is opening up its facilities for both yoga and pilates classes, welcoming both members and non-members to enjoy a variety of classes with three varied and dynamic teachers (please see details below).

The classes are both pre-paid and drop-in for the first term.

| Tuesday | Thursday | Friday | Saturday |
|---|---|---|---|
| 4pm – 5pm <i>Family Yoga</i> | 9.30am –10.15am <i>Little Yogaberries</i> <i>Parents with kids between 2 and 4 yrs</i> | 11.30am-12.30pm <i>Pilates</i> | 10.45am -11.45am <i>Pilates</i> |
| | 10.30am - 11.30am <i>General Yoga all levels</i> | | |
| Alex Reed: alex@goodlifeyoga.co.uk M: 07957 698050 | Christine Jaureguiberry yogaberry.uk@gmail.com M: 07930557569 | Lisa Davis Indpilates@gmail.com M: 07904 969089 | Lisa Davis Indpilates@gmail.com M: 07904 969089 |

For information on prices and availability please contact the teachers directly

THE TEACHERS

Little Yogaberries / General Yoga



Christine Jaureguiberry, Yogaberry

Christine is a registered Yoga Alliance teacher for children and adults and teaches classes in New Malden and surrounding areas. She is influenced by Iyengar and Scaravelli style of teaching and pays particular attention to alignment and the therapeutic benefits of yoga. She is looking forward to helping tennis players and non-members enjoy the physical and holistic benefits of yoga through increasing focus, body awareness and general fitness levels.

To book any of Christine's classes at Cranleigh please contact yogaberry.uk@gmail.com or 07930557569

Pilates



Lisa Davis, Ldn Pilates

Lisa first discovered Pilates at the age of 12 whilst studying at a ballet school in London. She went on to train with the Royal Ballet School, English National Ballet and Arts Educational.

After a professional career in Ballet, Lisa gave up dancing at the age of 20 due to a knee injury that resulted in surgery. She soon rediscovered Pilates and before long, started to notice and feel the benefits, drastically improving some of the pain associated with her knee injury.

Lisa recognizes the benefits of supporting sports training with a regular Pilates programme, in order to both avoid and recover from, injury. She is excited about working with tennis members (juniors and adults) and non-members through her classes at Cranleigh.

To book any of Lisa's classes at Cranleigh please contact
Lisa Davis / Ldn Pilates: 07904 969089 / Indpilates@gmail.com

Family Yoga



Alex Reed, Good Life Yoga

Good Life Yoga is an independent yoga studio in Wimbledon Village, run by experienced and passionate teacher Alex Reed. Yoga offers students a great tool kit for leading a healthy and happy life – building a strong connection between the mind and body through the breath – improving mental focus, physical strength and flexibility in a fun and safe environment.

Alex is looking forward to bringing her experience to families whose children are taking part in the youth coaching programme at Cranleigh. By offering a class that coincides with training squad on Tuesdays, she is offering classes to parents who can enjoy a relaxing yoga class whilst their children are on-court.

She is also inviting siblings along to take part in the classes with a parent allowing entire families to benefit from the programme on offer at Cranleigh Tennis club. Non-members are also very welcome to share in this unique opportunity.

To book any of Alex's classes at Cranleigh please contact Alex Reed/Good Life Yoga: 07957 698050/ alex@goodlifeyoga.co.uk