



Cara Tatterton Pilates
in conjunction with
Jane Thomas Pilates

Diamond
PILATES

Did You Know?...

- 1 in 3 women, and 1 in 10 men have an issue with their pelvic floor;
- A healthy pelvic floor can prevent involuntary urination, help increase the intensity of orgasms, prevent premature ejaculation, haemorrhoids and prolapse;
- Pelvic floor problems are the second most common reason for OAPs having to go into care homes.

PILATES FOR PELVIC FLOOR Everybody

— woman or man — has a pelvic floor...
Don't let yours become a problem!

Pelvic floor weaknesses affect millions of people — urinary incontinence; leaking when coughing, sneezing or laughing; that urgent need to go; those frequent night-time trips; enlarged prostate; piles; prolapse — are all common symptoms and conditions with origins in and around the pelvic floor, but which fortunately can also be improved with help.

Our Diamond Pilates Pelvic Floor Workshop is designed to give you that help in a rapid and enjoyable way. The Workshop comprises a short course of weekly classes showing you how to do the correct exercises to strengthen your pelvic floor and really make a difference.

Book your space today for the special one-off Workshop course starting in January. Spaces are very strictly limited. Email: office@janethomaspilates.co.uk for further information and to book. Or phone 0777 801 9065 and leave a message. See over for more details.

Pelvic Floor Workshop starts Saturday 13 January 2018

“I never thought that simple exercises could make such a difference — but they do! Thanks so much for helping”

Anne G (One very happy client)



What is Pilates?

Recommended by local GPs, physiotherapists and other health professionals, and working closely with them, Pilates with us and our team of Coaches can transform your life.

What is Diamond Pilates?

Diamond Pilates is the great new way of doing Pilates to make sure your pelvic floor is kept healthy and strong.

Who will teach me?



Cara is our Pelvic Floor Specialist Pilates Coach and she is looking forward to working with you to improve your pelvic floor function.

Cara's Pelvic Floor Workshop is fun and packed with really useful exercises, tips and tricks for you to do — in class as well as at home.

What is our Diamond Pilates Pelvic Floor Workshop?

Our Diamond Pilates Pelvic Floor Workshop is a structured five week course of classes aimed at helping those with pelvic floor or prostate issues to: first connect with; then start to strengthen and train those important pelvic floor muscles. The Workshop is also suitable for postnatal mums and those with pelvic problems, or those people who currently have healthy pelvic floor muscles and just want to maintain their ongoing pelvic floor health.

Jane Thomas Pilates

web: www.janethomaspilates.co.uk **email:** office@janethomaspilates.co.uk **phone:** 0777 801 9765