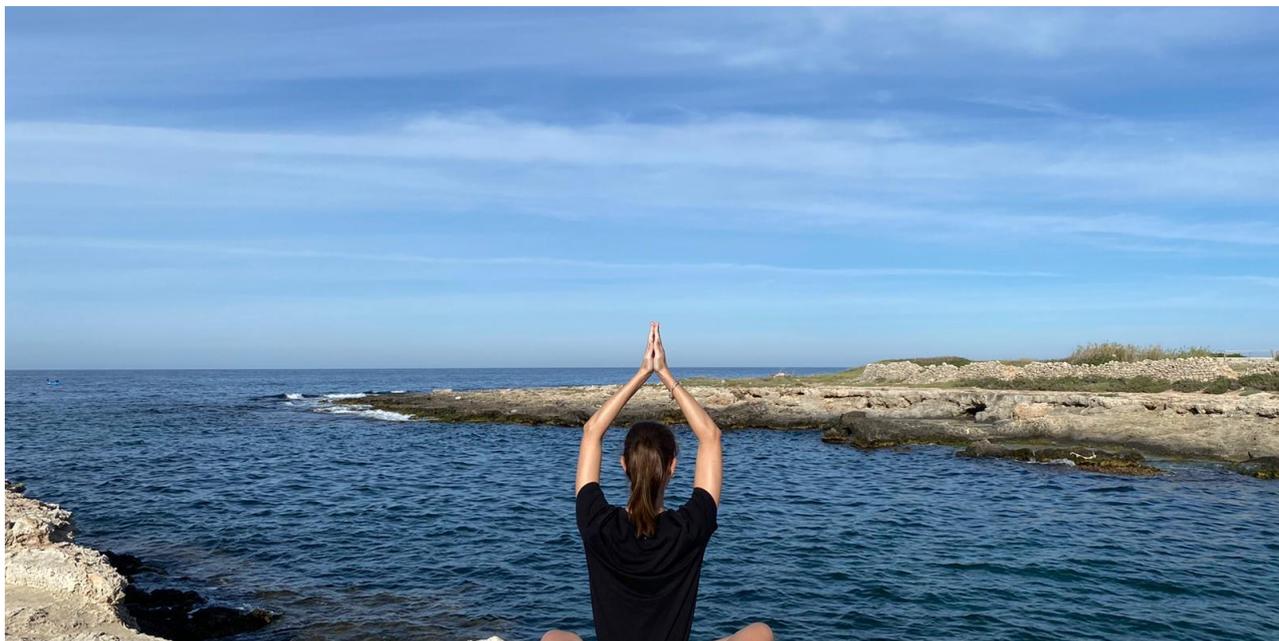


# LAND&ACTIVITY EXPERIENCE

## PILATES CLASS

talea  
COLLECTION

TCE056



Learn the free-body version of the Pilates technique under the guidance of a Qualified Instructor, surrounded by the evocative landscapes of our structures. A short session of Pilates will help you to unite your body and your mind in a single, healthy and functional union, releasing emotional conflicts and stress, often causes of muscle tension. Our lessons are held by Nathalie, a qualified instructor of the FIF, who will lead you through her knowledge of the body to the efficient execution of the technique.

The lesson lasts about 1 hour and 30 minutes, with a minimum of 1-3 people.

Pilates it's a method of postural gymnastics, useful to give the right balance to our body, that is increasingly mortified by a stressful life. There are several very different methods in the world, but all of them have in common the respect of the basic principles: concentration, control, breathing, centralisation, precision, fluidity and isolation. Most of all the gymnastics' forms are focused on the bigger and stronger muscles; instead in the Pilates technique you will stimulate all those forgotten and hidden muscles, thus reaching the homeostasis of your body. The free-body Pilates lesson, also known as Pilates Matwork, will be divided in three steps : warm-up, useful to activate muscles and joints, a central part where you will perform exercises involving strenght, posture, balance, concentration and endurance, and finally a relaxing moment through stretching exercises..

**Estimated Total time for the activity: 2 hours / EVERY DAY UPON AVAILABILITY - 24 H notice**

PRICE PER CLASS - 1 h and 30 minutes from 1 to 3 persons	€ 110,00
Supplement per Extra Person up to 6 persons	€ 15,00
TIPS: we recommend to wear sneakers and comfortable clothes. Please inform your instructor about any particular health condition which may influence the activity before starting.	

*All prices are VAT included*