LAND&ACTIVITY EXPERIENCE
CONTROLOGY PILATES _Polignano a Mare

talea COLLECTION

TCE067

Learn the free-body version of the Pilates technique under the guidance of ANGELA our Qualified Instructor, certified by POLESTAR, 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 Angela, 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, with a minimum of 1 person to a maximum of 10 pax.

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 stimolate 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: 1 hour

Week end from April till June, July till September every day upon availability – 48 H notice

PERSONAL SERVICE 1 person	€ 115,00
CLASS_ from 2 persons to 3 persons	€ 140,00
Supplement per Extra Person up to 6 persons	€ 25,00

TIPS: we recommend to wear comfortable clothes and sneakers. Please inform your instructor about any particular health condition which may influence the activity before booking the lesson.

All prices are VAT included