



North & East Yorkshire Group of Endurance GB



Equipilates

An introduction to Equipilates

Friday 23rd February 2018 7.00 pm - 9.00 pm

Knayton Village Hall, Knayton, Thirsk. North Yorkshire YO7 4AZ

"Does the rider make the horse crooked or the horse make the rider crooked? The answer is both but straightening the rider has such a positive impact on the horse's way of going



You too can enjoy the many benefits that Pilates has to offer. Everyone can join in, whatever their age & fitness level. Pilates can re-align your body, highlight areas of strength & weakness & help each individual to improve the symmetry within their body. From the amateur rider to the professional sportsperson or simply to enhance your daily lifestyle, Pilates can offer you a routine to benefit your needs & offer huge benefits.



Come along and try this introduction to Equipilates.

Arrive from 6.30 pm for Coffee and Cake

Please book your place with Lesley Owens.

Kennel Farm Cottage, Knayton, Thirsk YO7 4BS.

Tel: 01845 537210/07745 187557



£10 per ticket.

All welcome