



**BU4life**  
HEALTH & WELLBEING

## Pilates for dressage riders

With Leila Nettle – Advanced Personal Trainer, Pilates and Exercise to Music Instructor, Massage Therapist.

Meridian Leisure Centre, Wood Lane, Louth, LN11 8RS

Commencing Monday 4<sup>th</sup> Oct 2010

7.30pm meet for 8pm start

A six week introductory course - £48 or £54 to BD non members

Pilates exercises using matwork and resistance bands. Exercises tailored to dressage riders' needs such as balance, strength, mobilisation and stability.

### Pilates will help you to:

- \* Strengthen core stability
- \* Improve flexibility
- \* Improve posture
- \* Enhance body awareness
- \* Develop low back suppleness
- \* Improve independent movement of limbs
- \* Relax
- \* Reduce effects of stress on your body

To reserve your place please send a cheque made payable to BD, your contact details and SAE by 27<sup>th</sup> Sept 2010 to Leila Nettle, 14 George Avenue, Skegness, Lincolnshire, PE25 3SE (Tel: 07723 997059) Application forms are on the BD website. (Northern page)

Bookings are non-refundable after 27<sup>th</sup> Sept unless a replacement is found. We will hold a waiting list to assist with this.

Bring your own mat and towel. Wear clothing you can move freely in. Places are limited.

## **A note from Leila about herself and BU4life:**

BU4life Health & Wellbeing was established in May 2008, originating from a hobby, love of exercise and fascination with the human body. I began as a Reflexologist and now teach Aerobics, Body Conditioning and Zumba fitness as well as Pilates, Personal Training and Massage.

I am an Advanced Personal Trainer and Massage Therapist, qualified to level 3 in both, specialising in training in different environments and Spinal Touch Massage. I passed the Fundamental Mat Based Pilates in November 2007 from which I then expanded my knowledge through to Intermediate and Advanced Pilates levels. I started teaching Pilates in August 2008 with one local class, which quickly became two, and now I currently teach 8 classes a week, from Beginners and mixed ability through to advanced levels, in Alford, Louth and Skegness, as well as offering 1-2-1 programmes to strengthen for specific goals or rehabilitation.

I follow a very holistic direction with both my exercise and treatments I provide, as I find that therapies, such as Reflexology, Swedish massage and especially Spinal Touch Massage compliment Pilates in the most fantastic way, as they all look and treat the body in it's entirety, not just the source of pain or imbalance. This benefit can also be applied to principles of dressage and horse riding; if there is any postural imbalance in the spine, for instance, this will have an effect on the whole body, and therefore how your horse would react to your commands, how you would respond to your horse's movements and how you both ride and perform together.

Being balanced, strong and supple inside and out is the key to successful riding and preventing injury caused by muscle weaknesses/incorrect posture throughout life. Pilates aims to bring about balance and inner strength through controlled movements and exercises, designed to challenge, stretch, mobilise and strengthen the WHOLE body, not just the core, but the mind as well, an important factor in dealing with everyday life or times of stress or anxiety.