



**Sue Dawson**

Sue is a highly experienced and highly trained movement coach and educator. She has been teaching movement with mind body links since 1990.

She works with athletes, actors, fitness and health enthusiasts as well as rehabilitation.

She uses integral systems of all her training into sessions so you get the best there is.

*Sue Dawson*

## Sue Dawson

### Qualifications

- Garuda Barre / Mat / Seated Standing / Tara / Apparatus A & B / Graha
- Franklin Method Educator
- FKPro Master Trainer Suspension Pilates
- Aerial Pilates Certified
- STOTT Pilates Full Cert. Mat and Equipment to Advanced Level
- STOTT Rehab and Special Populations
- Rock Tape Kinesiology 1 & 2
- Healthy HIT Pilates APPI
- Tye4 Certified
- Advanced Flexibility Training
- Pathway to Yoga
- YMCA Resistance and Circuit Training
- RSA Exercise to Music
- Professional Bodyworker
- Deep Tissue, Thai Massage, Thai Foot Massage
- Reflexology, VRT, Seated Acupressure,
- Indian Head Massage, Reiki
- Integrated Tool Massage, Swedish Massage,
- Hands Free Massage

### CLASSES

- |                       |               |
|-----------------------|---------------|
| <b>Garuda Barre</b>   | <b>£10.00</b> |
| <b>Aerial Pilates</b> | <b>£20.00</b> |

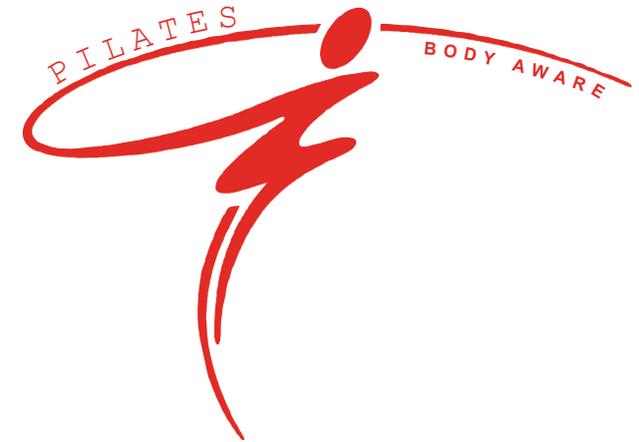
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# Body Aware Pilates

STUDIO & CLINIC



## Garuda Barre

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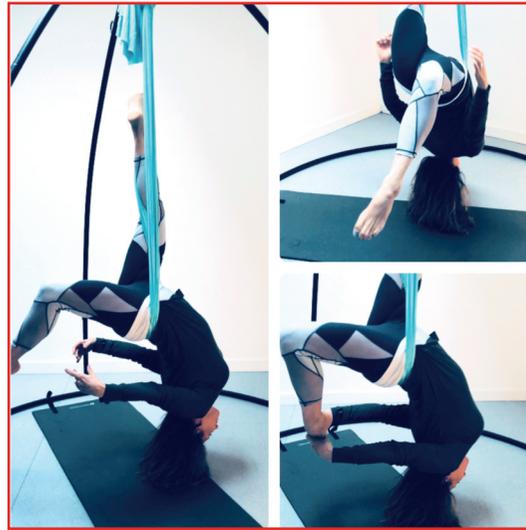
## Garuda

Garuda is about arcing and curling, pushing and pulling, lengthening and strengthening the entire body. Full body movement from fingers to toes - owning the space you are in.

Garuda Barre - most of the class is standing with the use of the barre for feedback. There is a section of band work either at the end or intervals through the class. Props may be used for extra dynamics. You will challenge your body's movement, through dynamic lengthening. You will iron out kinks, which in turn will make your body stronger and you will feel the difference instantly.

Come and feel delicious in the body you are in - be curious of your movement and explore how good you can really feel.

Come and flow with Garuda Barre and FEEL how good you can feel.



- Integral Pilates
- Garuda
- Franklin Method Educator
- FKPro Master Trainer
- Personal Trainer
- Aerial Pilates
- Various other fitness modalities
- Plus a whole host of Bodywork training



## Classes

This class is for those people without any serious injuries to keep the flow of the class, and more for those who want to challenge their workout in a different way. Proprioceptive feedback, mind-body work, improve fascial glide. And feel alive!

This concept is great for people who take sport seriously - you are only as strong as your weak areas. This will help you integrate a holistic three-dimensional strength through movement allowing your flow to be enhanced, with smooth movement and more efficient training, energy can be used where it is really needed.

**Aerial Pilates** involves practising Pilates exercises with a silk hammock. Exercises from the floor with assistance of the silks advancing to full body suspension for advanced training. Helps to decompress tight joints, increase flexibility and strength; possibility to overcome fears of inversions and liberate your potential. Classes are small so booking is essential.

