



bamford  
**HAYBARN**

TREATMENT GUIDE

“WHAT GOES ON THE BODY IS AS  
IMPORTANT AS WHAT WE PUT INSIDE.”

*Anne Bamford*



## BAMFORD HAYBARN

BAMFORD HAYBARN IN THE COTSWOLDS IS A DAY SPA DEVOTED TO NURTURING THE MIND, BODY AND SPIRIT. OUR HOLISTIC APPROACH IS BASED AROUND OUR HEARTFELT CONNECTION WITH NATURE. A NOURISHING SPACE FOR SELF-REFLECTION AND REJUVENATION, THE HAYBARN OFFERS: YOGA, PILATES, MEDITATION, FACIAL AND MASSAGE TREATMENTS.

OUR INDIVIDUALLY CRAFTED TREATMENTS USE SPECIALLY FORMULATED PRODUCTS FROM THE BAMFORD BODY AND SKINCARE COLLECTIONS, MADE FROM NATURAL AND ORGANIC INGREDIENTS CERTIFIED BY THE HIGHEST STANDARD OF THE SOIL ASSOCIATION.



## TREATMENT PACKAGES

STEP INTO THE TRANQUIL SPACE OF THE HAYBARN SPA AND BE TRANSPORTED TO A HAVEN OF PEACE AND WELLBEING. OUR SPECIAL TREATMENT PACKAGES HAVE BEEN CREATED TO HELP YOU UNWIND AND RELAX, RESTORING A SENSE OF CALM AND COMFORT TO MIND, BODY AND SOUL. PERFECT AS A GIFT FOR YOURSELF OR A LOVED ONE, CHOOSE FROM OUR CAREFULLY SELECTED TREATMENT PAIRINGS OR TREAT SOMEONE TO A WHOLE DAY OF BLISSFUL RELAXATION.

### PERFECT HAYBARN DAY

**£225**

OUR SPECIALLY HAND-PICKED DAY PACKAGE COMBINES THE VERY BEST OF BAMFORD. START YOUR DAY WITH RESTORATIVE YOGA, THEN ENJOY A BESPOKE FACIAL USING OUR AWARD-WINNING SKINCARE. A DELICIOUS AND NOURISHING ORGANIC LUNCH WILL THEN BE SERVED AND TO COMPLETE THE DAY OUR BODY SIGNATURE, AN UPLIFTING COMBINATION OF SHIATSU, MERIDIAN AND SWEDISH MASSAGE, WILL REFRESH AND REVITALISE THE WHOLE BODY.

### BLISSFUL HAYBARN DAY

**£215**

EASE STRESS AND REVIVE YOUR SPIRITS WITH A DEEPLY RELAXING DAY OF BODY AND FACIAL MASSAGE. OUR BODY SIGNATURE TREATMENT WILL SOOTHE AND REVITALISE THE BODY THROUGH A COMBINATION OF SHIATSU, MERIDIAN AND SWEDISH MASSAGE, WHILE OUR BESPOKE FACIAL, USING BAMFORD'S AWARD-WINNING SKINCARE, WILL LEAVE YOUR SKIN RADIANT AND REFRESHED. A DELICIOUS AND NOURISHING ORGANIC LUNCH FRESH FROM DAYLESFORD'S KITCHEN WILL ALSO BE SERVED.

### HAYBARN MOTHER TO BE

**£170**

SPECIALLY CREATED WITH PREGNANCY IN MIND, THIS RELAXING PAIRING FEATURES OUR BESPOKE FACIAL AND USES OUR AWARD-WINNING SKINCARE THAT CAN BE CUSTOMISED FOR THE SPECIFIC NEEDS OF SKIN DURING THIS VERY SPECIAL TIME. A NOURISHING AND NUTRITIOUS ORGANIC LUNCH FRESH FROM THE DAYLESFORD KITCHEN IS FOLLOWED BY OUR BAMFORD PREGNANCY MASSAGE, A RELAXING AND RESTORATIVE TREATMENT CREATED BY AN EXPERT IN PREGNANCY YOGA.

### HAYBARN WELLNESS

**£135**

THE PERFECT PAIRING FOR TO REVIVE AND REFRESH BODY AND MIND. OUR RESTORATIVE YOGA HELPS GROUND AND BALANCE BEFORE THE BODY IS TREATED A COMBINATION OF THREE MASSAGE TECHNIQUES IN OUR BODY SIGNATURE MASSAGE TO REVITALISE FROM HEAD TO TOE.

### HAYBARN DE-STRESS

**£100**

ENJOY A DE STRESS BODY MASSAGE TO SOOTHE AWAY STRESS AND EASE TENSION. YOUR TREATMENT IS FOLLOWED BY A DELICIOUS HAYBARN LUNCH FEATURING SEASONAL ORGANIC FOOD.

### OUR HAYBARN LUNCHES

DELICIOUS, FRESHLY PREPARED, SEASONAL AND ORGANIC PRODUCE SOURCED FROM DAYLESFORD'S AWARD-WINNING FARM. OUR HEALTHY AND NOURISHING LUNCHES ARE SERVED AT THE HAYBARN AGAINST THE SPECTACULAR BACKDROP OF THE STUNNING COTSWOLDS COUNTRYSIDE AND INCLUDE SEASONAL COLD-PRESSED JUICES, SALADS AND BROTHS.

## BAMFORD FACIAL TREATMENTS

### BAMFORD BESPOKE FACIAL

**60MINS £85**

THE FACIAL BEGINS WITH A COMPLETE SKINCARE CONSULTATION BY ONE OF OUR EXPERT THERAPISTS. EMBERS OF PALO SANTO WOOD PURIFY THE CALMING TREATMENT ROOM.

WE USE OUR RANGE OF BAMFORD NATURAL SKINCARE AND CONCENTRATED ELIXIRS TO RESTORE, REJUVENATE AND REPAIR THE SKIN. TOGETHER WITH OUR DEDICATION TO TRADITIONAL AND THERAPEUTIC TECHNIQUES THE RESULT IS A TRULY PERSONALISED TREATMENT.

WE SEEK TO RELEASE TENSION AND PROMOTE A RADIANT COMPLEXION WITH A MARRIAGE OF FACIAL REFLEXOLOGY, LYMPHATIC DRAINAGE AND STIMULATING LIFTING MOVEMENTS. HOLISTIC TECHNIQUES USING HOT AND COLD JADE STONES AND ANCIENT YOGIC BREATHING ACHIEVE DEEP RELAXATION AND BALANCE.

### BAMFORD SIGNATURE FACIAL

**85MINS £130**

EMBERS OF PALO SANTO WOOD PURIFY THE CALMING TREATMENT ROOM AS OUR EXPERT THERAPIST BEGINS WITH A CLEANSING FOOT BATH AND COMPLETE SKINCARE CONSULTATION. A THIRTY MINUTE DEEP TISSUE BACK MASSAGE FOCUSING ON SHIATSU PRESSURE POINTS WITH HOT STONES PROMOTES DEEP RELAXATION AND THE RELEASE OF TENSION IN THE BACK AND SHOULDERS. WE USE OUR RANGE OF BAMFORD NATURAL SKINCARE AND CONCENTRATED ELIXIRS TO RESTORE, REJUVENATE AND REPAIR THE SKIN.

TOGETHER WITH OUR DEDICATION TO TRADITIONAL AND THERAPEUTIC TECHNIQUES THE RESULT IS A TRULY PERSONALISED TREATMENT WITH YOUR SKIN BEAUTIFULLY CLEANSED, ANALYSED, EXFOLIATED AND NOURISHED. WE SEEK TO RELEASE TENSION AND PROMOTE A RADIANT COMPLEXION WITH A MARRIAGE OF FACIAL REFLEXOLOGY, LYMPHATIC DRAINAGE AND STIMULATING LIFTING MOVEMENTS.

OUR MASSAGE TECHNIQUE USING HOT AND COLD JADE STONES TOGETHER WITH FOOT REFLEXOLOGY ACHIEVE DEEP RELAXATION WHILE ANCIENT YOGIC BREATHING HELPS TO GENTLY BRING YOU BACK TO A STATE OF WAKEFULNESS AND PEACE.

# PHOTO REGENERATION TREATMENTS

A REVOLUTIONARY NON-INVASIVE TREATMENT THAT USES THE POWER OF LIGHT TO REPAIR, REJUVENATE AND REVITALISE SKIN. THE TECHNOLOGY IS A NATURAL PHOTO-BIOLOGICAL REACTION THAT IS CLINICALLY PROVEN TO REVERSE THE VISIBLE SIGNS OF AGEING, CLEAR BLEMISHES AND ACCELERATE HEALING. THE DERMALUX TREATMENT OFFERS A PAIN-FREE AND EFFECTIVE WAY TO ACHIEVE CLEAR, YOUTHFUL AND HEALTHY LOOKING SKIN. THE VISIBLE EFFECTS ARE IMMEDIATE; AFTER JUST ONE TREATMENT SKIN IS HYDRATED, RADIANT, AND ANY REDNESS OR IRRITATION IS CALMED.

A COURSE OF TREATMENT OFFERS DRAMATIC AND LASTING IMPROVEMENT IN THE APPEARANCE AND HEALTH OF THE SKIN. UNLIKE MORE INVASIVE PROCEDURES THAT WORK AS A RESULT OF THE BODY'S RESPONSE TO DAMAGE, DERMALUX® IS A NON-INVASIVE, PAIN FREE AND RELAXING TREATMENT WHICH IS SUITABLE FOR ALL SKIN TYPES.

## BAMFORD PHOTO REJUVENATION FACIAL

**30 MINUTE TREATMENT £50 / COURSE OF 6 TREATMENTS £250 / COURSE OF 12 TREATMENTS £500 / FACIAL 90 MINUTES £130**

# BAMFORD BODY TREATMENTS

## BAMFORD BODY SIGNATURE

**85MINS £125**

OPENING WITH A CLEANSING FOOTBATH FOLLOWED BY SHIATSU, MERIDIAN AND SWEDISH MASSAGE, THIS TREATMENT AWAKENS AND PENETRATES THE MUSCLES AND ENERGY CHANNELS OF THE BODY. REFLEXOLOGY INSPIRED FOOT MASSAGE HELPS TO ENCOURAGE THE POSITIVE FLOW OF ENERGY THROUGHOUT THE BODY AND TO DETOXYFY THE ORGANS. PRESSURE POINT MASSAGE TO THE FACE, NECK, SHOULDERS AND HEAD IS DEEPLY RELAXING AND UPLIFTING. THE TREATMENT CULMINATES WITH ASSISTED YOGIC BREATHING TO REFRESH THE LUNGS AND REVITALISE THE WHOLE OF THE BODY.

## BAMFORD JADE HOT AND COLD STONE TREATMENT

**75MINS £110**

JADE IS A SYMBOL OF PURITY AND SERENITY. ITS CHEMICAL COMPOSITION LENDS ITSELF TO RETAINING HEAT AND CONDUCTING ENERGY. A MASSAGE WITH ORGANIC OILS IS COMBINED WITH WARMED AND COOLED STONES, A UNIQUE AND PROFOUNDLY RELAXING EXPERIENCE.

## BAMFORD PREGNANCY MASSAGE

**55MINS £80**

A TREATMENT TAILORED TO THE SPECIFIC NEEDS OF THE PREGNANT WOMAN USING GENTLE AND UNSCENTED OILS. DESIGNED BY AN EXPERT IN PREGNANCY YOGA, THE CLIENT IS POSITIONED FOR OPTIMUM COMFORT AND SUPPORT FOR A SAFE, DEEPLY RELAXING AND RESTORATIVE TREATMENT.

## BAMFORD DE-STRESS MASSAGE

**55MINS £80**

A CONCISE TREATMENT INCLUDING MANY OF BAMFORD'S SIGNATURE TECHNIQUES TO AID IN THE REDUCTION OF STRESS. A SOOTHING FOOTBATH IS FOLLOWED BY SHIATSU, MERIDIAN AND SWEDISH MASSAGE, AWAKENING ENERGY AND RELIEVING TENSION. REFLEXOLOGY AND LEG MASSAGE FOLLOWS, ENCOURAGING THE POSITIVE FLOW OF ENERGY THROUGHOUT THE BODY, CLEANSING IT OF TOXINS AND RESTORING VITALITY.

## BAMFORD DEEP TISSUE MASSAGE

**55MINS £80**

AN EXCELLENT FULL-BODY MASSAGE FOCUSING ON MAJOR MUSCLE GROUPS AS WELL AS STIMULATING SOURCES OF ENERGY DEEP WITHIN THE BODY.

## BAMFORD BACK, NECK AND SHOULDER MASSAGE

**30MINS £50**

A FOCUSED DEEP MASSAGE DIRECTED AT THE MOST COMMON AREAS OF TENSION IN THE BODY. SWEDISH MASSAGE TECHNIQUES ARE USED TO WORK INTO THE MUSCLES GROUPS OF THE BACK AND SHOULDERS WITH SPECIAL ATTENTION GIVEN TO ANY KNOTS. SPECIFIC PRESSURE POINTS ARE TARGETED IN THE UPPER BACK AND NECK TO ENCOURAGE FULL RELAXATION AND TENSION RELEASE.

## BAMFORD FULL BODY EXFOLIATION

**45MINS £55**

THE WHOLE BODY IS LIGHTLY MASSAGED WITH A WARM BLEND OF PURE SEA SALT AND BROWN SUGAR SUSPENDED IN RICH OILS AND BODY BUTTERS. THIS LOOSENS DRY AND DEAD SKIN CELLS AND GIVE WAY TO SMOOTH NEW SKIN. THE SUGAR POLISH IS REMOVED WITH A WARM SHOWER FOLLOWED BY THE APPLICATION OF OUR GERANIUM BODY CREAM.

## REFLEXOLOGY

**60MINS £80**

AN ANCIENT CHINESE TECHNIQUE THAT USES PRESSURE POINT MASSAGE TO THE FEET TO RESTORE THE FLOW OF ENERGY THROUGHOUT THE BODY. BASED ON THE PRINCIPLE THAT THERE ARE REFLEXES IN THE FEET THAT CORRESPOND TO EVERY ORGAN, PRESSURE IS APPLIED TO THESE POINTS TO RELIEVE TENSION, IMPROVE CIRCULATION AND PROMOTE THE NATURAL FUNCTIONING OF THE WHOLE BODY.



## BAMFORD GROOMING DEPARTMENT

### EDITION 1 SIGNATURE TREATMENT

85 MINS £130

THE BAMFORD GROOMING DEPARTMENT EDITION 1 SIGNATURE TREATMENT HAS BEEN SPECIALLY CREATED FOR THE MODERN ACTIVE MAN. A COMBINATION OF TRADITIONAL JAPANESE MASSAGE, SWEDISH MASSAGE, HOT STONES THERAPY, ACUPRESSURE FACIAL AND REFLEXOLOGY. THE TREATMENT ENCOURAGES BLOOD FLOW THROUGH THE BODY, RELIEVES OVER-TIRED MUSCLES AND PAIN, REDUCES STRESS AND PROMOTES DEEP RELAXATION. THE SIGNATURE TREATMENTS RESTORES YOUR EQUILIBRIUM READY FOR THE CHALLENGES AHEAD.

### EDITION 1 RECOVERY TREATMENT

55 MINS £85

BAMFORD GROOMING DEPARTMENT EDITION 1 RECOVERY TREATMENT HAS BEEN CREATED TO COMBAT THE STRESSES OF MODERN LIFE. BEGINNING WITH A BACK MASSAGE, USING OUR SPECIALLY BLENDED MASSAGE OIL AND HOT STONES THERAPY, THE TREATMENT MOVES ON TO A SIMPLE AND EFFECTIVE FACIAL AND HEAD MASSAGE. GREAT FOR REDUCING STRESS AND PROMOTING DEEP RELAXATION. THE RECOVERY TREATMENT SETS YOU BACK ON TRACK.



## MANICURE AND PEDICURE RITUALS

WE ARE DELIGHTED TO INTRODUCE OUR COLLABORATION WITH KURE BAZAAR – THE GOOD NAIL PHILOSOPHY. CREATED BY BRAZILIAN SUPERMODEL, KARTIKA LUYET, WHO HAD THE IDEA FOR A LINE OF NON-TOXIC NAIL POLISHES WHEN SHE WAS PREGNANT; KURE BAZAAR IS FAMOUS FOR ITS UNIQUE COLOUR EFFECTS THAT DELIVER IMPECCABLE RESISTANCE AND A SUPER-SHINY FINISH IN OVER 80 EXCEPTIONAL SHADES. LOVED BY TOP MANICURISTS AND BEAUTY EDITORS, THIS VIBRANT, FASHION-FORWARD NAIL COLOUR AND CARE BRAND PRESERVES THE VITALITY OF NAILS AND INCLUDES THE VERY FIRST 100% NATURAL NAIL POLISH REMOVER.

### PEDICURE RITUAL

55MINS £50

WE BEGIN BY PREPARING AND SOAKING THE FEET. THE OLD POLISH IS REMOVED CUTICLES ARE TREATED AND NAILS RESHAPED FOLLOWED BY A FULL LOWER LEG EXFOLIATION. THE KURE BAZAAR PEDICURE SOCK IS THEN APPLIED WHICH WILL NOURISH THE NAIL BED. A SCALP OR SHOULDER MASSAGE IS OFFERED. FEET ARE THEN MASSAGED AND MOISTURISED BEFORE AN APPLICATION OF A POLISH OF YOUR CHOICE.

### MANICURE RITUAL

55MINS £50

FOLLOWING THE REMOVAL OF THE OLD POLISH THE NAILS ARE FILED AND RESHAPED. THE KURE BAZAAR MANICURE GLOVE IS APPLIED WHICH WILL NOURISH THE NAIL BED. A HAND EXFOLIATION WITH BAMFORD BOTANIC SUGAR POLISH FOLLOWS. A RELAXING HAND MASSAGE MAKES THE RITUAL COMPLETE BEFORE THE APPLICATION OF A POLISH OF YOUR CHOICE



# YOGA AND MINDFUL MEDITATION

THE GOAL OF YOGA IS TO BUILD AWARENESS AND BRING HARMONY TO THE MANY LAYERS OF THE BODY. WITH THE PRACTICE OF YOGASANA, OR POSTURES, AND THE CONTROL OF THE BREATH, OR PRANAYAMA, THE PRACTITIONER LEARNS TO BUILD STRENGTH, FLEXIBILITY AND BALANCE OF THE MIND, BODY AND SPIRIT. GUIDED RELAXATION CONTRIBUTES TO THE PROFOUND RESTORATIVE EFFECTS OF REGULAR YOGA PRACTICE.

## OUR INSTRUCTORS

VETTRI IS A TRADITIONAL YOGACHARYA FROM INDIA UNDER THE TRADITION OF KAIVALYADHAM. HIS MANY YEARS OF EXPERIENCE TEACHING HATHA YOGA AND HIS LIFE-TIME COMMITMENT TO YOGA ENRICH HIS ON-GOING CLASSES AND WORKSHOPS AT THE HAY BARN.

CRISTINA CHANDIKA MA HAS BEEN A RESIDENT YOGA TEACHER SINCE 2005. SHE HOLDS THE HIGHEST LEVEL OF CERTIFICATION BY THE YOGA ALLIANCE SYT SENIOR YOGA TEACHER. HER TEACHING IS BASED IN THE UNITY OF BODY, MIND AND SOUL THROUGH DEEP ASANA, PRECISE ALIGNMENT, PRANAYAMA, MEDITATION AND SANSKRIT CHANTING.



### BEGINNERS YOGA

60MINS

EVERY MORNING WE HOLD A YOGA CLASS FOR BEGINNERS. YOUR FIRST CLASS IS FREE TO MAKE SURE YOU ENJOY. THE CLASS INCLUDES BASIC OPENING POSES, BALANCING POSES, SUN SALUTATIONS, SHOULDER AND HIP EXERCISES AS WELL AS BACK AND FORWARD BENDS. YOGIC BREATHING TECHNIQUES HELP TO BRING ENERGY AND RHYTHM TO THE PRACTICE WHILST FINAL RELAXATION LEAVES THE PRACTITIONER FEELING PEACEFUL AND REFRESHED.

### HATHA YOGA

90MINS

A SLOW-FLOWING PRACTICE OF ASANAS THAT DEVELOPS FLEXIBILITY, STRENGTH AND VITALITY. PRANAYAMA (CONTROLLED BREATHING) HELPS TO ELIMINATE TOXINS AND PURIFY THE BODY WHILST SAVASANA (FINAL RELAXATION) QUIETS THE MIND AND HELPS TO BRING THE BODY TO ITS OWN NATURAL STATE OF BALANCE AND EASE.

### TRADITIONAL YOGA

90MINS

TRADITIONAL YOGA INCLUDES BODILY POSTURES, BREATHING TECHNIQUES AND GUIDED RELAXATION. THE GOAL IS TO HAVE A PEACEFUL CLEAR MIND IN A SOUND HEALTHY BODY. BODILY POSTURES PROMOTE MAXIMUM BLOOD CIRCULATION TO ALL THE ORGANS, GLANDS AND TISSUES. BREATHING TECHNIQUES ENSURE A PROPER BREATHING PATTERN AND MAXIMUM OXYGEN ABSORPTION. GUIDED RELAXATION HAS A PROFOUND EFFECT ON THE MIND MAKING YOU MORE RELAXED, POISED AND CENTRED.

### GROUP YOGA HATHA / TRADITIONAL

90MINS £20 PER PERSON

### BEGINNERS YOGA

60MINS £15 PER PERSON  
(FIRST CLASS FREE)

### PRIVATE YOGA

60MINS £65

BOOK 6 GROUP OR PRIVATE YOGA SESSIONS, PAY FOR 5.

### MINDFULNESS MEDITATION

60 MINS

MINDFULNESS IS THE ABILITY TO SEE WHAT'S GOING ON IN OUR MINDS, BODIES AND THE WORLD AROUND US, AND TO RESPOND FROM A PLACE OF CLARITY AND COMPASSION, NOT FEAR, INSECURITY OR GREED. AS WE BECOME MORE ACCEPTING OF OUR OWN THOUGHTS, WE BECOME MORE EMPATHETIC TO OTHERS. MINDFULNESS IS A PROVEN STRESS-BUSTER, AS IT HELP US UNDERSTAND WHAT WE CAN AND CAN'T CHANGE. STRESS ISN'T CAUSED BY WHAT'S HAPPENING, BUT OUR RESPONSE TO IT.

WE ARE KEEN TO WELCOME NEW GUESTS TO OUR SPACE. WE OFFER THE FIRST BEGINNERS CLASS FREE OF CHARGE TO ALL NEW GUESTS OR RETURNING GUESTS WHO HAVE NOT TAKEN A CLASS WITH US FOR MORE THAN A YEAR.

*MATS ARE PROVIDED, ALL THAT IS REQUIRED IS LOOSE COMFORTABLE CLOTHING AND AN OPEN MIND.*

# PILATES

ORIGINALLY CREATED AS A REMEDIAL TECHNIQUE FOR DANCERS, THE PILATES METHOD IS EXCEPTIONAL FOR IMPROVING CORE STRENGTH AND POSTURE. FOCUSING ON PROPER ALIGNMENT AND WORKING WITHIN A CONTROLLED RANGE OF MOTION, PILATES IS A SAFE AND EFFECTIVE REGIME FOR STRENGTHENING THE BODY. IT IS A PARTICULARLY BENEFICIAL TECHNIQUE WHEN WORKING WITH INJURIES AND IN DEALING WITH BACK PAIN AS THE MAJORITY OF THE EXERCISES ARE PERFORMED SUPINE. ALSO KNOWN AS BODY SCULPTING, REGULAR PRACTICE OF PILATES CAN LEAD TO LONG, SUPPLE AND WELL-DEFINED MUSCLES AND A MORE TONED BODY OVERALL.

# CARDIOLATES

A UNIQUE FORM OF EXERCISE WITH ITS ROOTS IN PILATES, THAI KICKBOXING TRAINING TECHNIQUES INTENSIFY THE CLASS BRINGING GENUINE RESULTS, BUT NOT FOR THE FAINTHEARTED!

# OUR INSTRUCTORS

SUMONTHA IS A RESIDENT FITNESS INSTRUCTOR AT THE HAY BARN. SHE PREVIOUSLY PRACTICED AT CHIVA SOM THAILAND. OFFERING CLASSES AND PRIVATE LESSONS, HER TEACHING ENCOMPASSES A VARIETY OF FITNESS TECHNIQUES INCLUDING PILATES MAT WORK, SPECIALISED EXERCISES ON STOTT EQUIPMENT AND THAI BOXING.

<b>BEGINNERS PILATES</b>	<b>60MINS £15 PER PERSON</b>
<b>GROUP PILATES</b>	<b>60MINS £15 PER PERSON</b>
<b>CARDIOLATES</b>	<b>60MINS £15 PER PERSON</b>
<b>ONE TO ONE PILATES</b>	<b>60MINS £65</b>
<b>ONE TO TWO PILATES</b>	<b>60MINS £70</b>

**BOOK 6 GROUP OF PRIVATE PILATES CLASSES, PAY FOR 5.**

PLEASE SEE OUR CLASS SCHEDULE ONLINE FOR DETAILS OF CLASSES AND TEACHERS.

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