



## Nita Amin

Pilates Teacher

### What Nita can do for you...

Pilates is a holistic form of exercise focusing on the need to develop proper functioning of the body in harmony with mind and spirit. A gentle but effective form of exercise engaging the body-mind relationship to improve posture, increase muscular strength and flexibility, encourage relaxation and stress relief, enhance balance and co-ordination, promote harmony and efficiency in breathing, assist in rehabilitation of injuries and complements all other sports and activities by creating a strong foundation for movement.

### About Nita...

Fuelled by an inquisitive passion for life, Nita has enjoyed a diverse career interspersed with periods of travel abroad, mainly in Far East and India. As a Chartered Accountant working in the City, she progressed to explore the world of fashion design with a BA at St Martins and worked alongside established international fashion designers in practical and commercial roles before taking on the role of teaching Pilates.

Her style of approach draws on the skills of an analytical mind with the creativity of an artist producing a fusion of qualities to support her journey of enquiry into the relationship between body, mind and spirit. A dedicated yoga and meditation practice of 14 years has inspired her to explore diverse experiences in order to cultivate a balanced approach to meeting life's challenges.

JOSHUA CLINIC

Nita began Pilates for rehabilitation of back injuries from a car accident which led to a special interest in the role of Pilates and its progressive, contemporary approach in healing and remedial work. Her long-standing passion and practice of yoga and meditation greatly influence her style of teaching. Her overall emphasis is on integrating the fundamental principles of Pilates with the philosophy of yoga for the ultimate goal of achieving physical health and mental harmony as a base for further spiritual growth.

## Key qualifications and training

- Pilates Foundation Matwork Teacher
- Pilates Foundation Pre and Post Natal Pilates
- Pilates Foundation studio training with Hana Jones

## Philosophy...

"My approach evolves from realising that we cannot experience something new without first letting go of the old. Through developing awareness and adopting the art of surrendering we aim to discover a natural and effortless ease in the body and mind."

To find out more or to book your place in a class please ask at reception or call

+44 (0)20 7723 2444.

Nita is also available for private classes.

**JOSHI CLINIC**

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