



Julia Skene-Wenzel

Pilates Teacher

What Julia can do for you...

Pilates is a method of body conditioning that focuses on creating core muscular stability and mobility in spine and joints. Classes incorporate six principles: Concentration, Control, Precision, Centering, Fluidity and Breath. These concepts are applied to deep abdominal work and the strengthening and stretching of legs, arms and buttocks, to form a balanced and complete workout. By improving muscle control, strength, flexibility and co-ordination, Pilates classes can align, tone and revitalise body and mind.

About Julia...

Julia is a former contemporary dancer and fully qualified Pilates and yoga teacher, with experience in fitness, remedial, post & antenatal and sports-related Pilates. She completed her Pilates teacher training with the PILATESFoundation® UK and gained her yoga teaching accreditation through the British Wheel of Yoga. Her teaching is strongly influenced by her varied background, which allows a fresh and constantly evolving approach to the field of Body-Conditioning, Maternity care and Wellbeing.

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Key qualifications and training

- British Wheel of Yoga Level One teacher from the Life Centre® UK, 2005
- Comprehensive Pilates teacher with the PILATESFoundation® UK (Matwork 2004, Equipment 2005)
- BA(Hons)Dance Theatre from the Laban Centre London, 2001

Philosophy...

"I strongly believe in empowering the individual with knowledge that can introduce lasting changes to body and quality of life. Pilates allows the isolation of specific muscle groups and promotes the integration of this detailed body awareness into whole body movement. This manifests in a more functional posture and movement patterns that heighten overall wellbeing."

To find out more or to book your place in a class please ask at reception or call +44 (0)20 7723 2444. Julia is also available for private classes.

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