

# PILATES STUDIO GSTAAD



## PILATES AND KIDS WORKSHOP

Children are now spending prolonged periods of time sitting in classrooms, playing video games and using computers. These lifestyle changes have caused children to spend less time doing physical activity and playing. More and more children have rounded postures which compress their lungs and cause their deep spinal muscles to become weak. This can lead to bad posture and chronic injuries in later life.

It is important to teach children the importance of health and well-being from a young age. Both good and bad habits are easily formed during childhood. Joseph Pilates believed that we should concentrate on forming only good habits in children so that it isn't necessary to correct the bad habits later in life. He believed that this could be achieved through his method of exercise.

Exercise helps children to concentrate, builds strong bones and improves their posture. During summer, The Pilates Studio Gstaad will be providing a '**Pilates for Kids**' workshop. This workshop will be a kid-friendly class which uses props such as balls and bands to add fun to the workout and has been designed so that the parent of the child will also participate in the class. This class is suitable for children between the ages of 7 - 12 years and for one adult to accompany them.

**DATE/TIME:** Saturday 21st August 2010  
15:30—16:20

**LOCATION:** The Pilates Studio Gstaad  
The Gstaad Palace Hotel SPA  
3780 Gstaad

**PRICE:** CHF 70.00 (for 1 child + 1 adult)

**REGISTRATION:** Required by Wednesday 18th August 2010

**ADDITIONAL INFORMATION:**

- This course is limited to 4 children and 4 parents. This ensures each participant receives personalised attention
- Basic English language skills are required as instruction is given in English

To register or for more information please contact:

**The Pilates Studio Gstaad**  
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