 **Pilates with Mandy**

**My main background is dance. I was very fortunate to study at the prestigious Laban Dance Centre in London.**

**After sustaining a back injury, I went to train at Alen Herdman studio, which made incredible differences to my recovery.**

**Alen Herdman was the very first person to introduce Pilates into the UK and being trained at his studio helped me develop my love and understanding for Pilates.**

**My appreciation on how effective Pilates can be on the body was taken to another level.**

**I furthered my education in the fitness industry and completed my mat work for Pilates with Training Solutions and Stott.**

**I have enjoyed teaching Pilates for over fifteen years and love learning and growing as a teacher.**

**My class is very rounded and adaptable to each persons needs. I am descriptive in the delivery of the class and make it fun so its enjoyable to all. I like to have a hands-on approach and adapt exercises to suit the individual’s needs.**