



Islip Village Hall

Total Body Conditioning through your core. Include Pilates as part of your weight-loss strategy! All fitness levels & beginners welcome. Join our friendly group of locals.

Increase muscle strength, flexibility and balance. Enhance body awareness, and learn proper alignment and posture. Improve your posture Improve your mood, ability to relax and find your inner balance.

Thurs 6-7 pm

Starts: 3rd September 2026

cost: £15 weekly or £80 for 6 weeks Church Lane, OX5 2TA

Dr.Amy Thakurdas has taught Pilates, Yoga and Tai Chi/Qigong & holistic therapies since 1999.

Call **07860 217771** or email **athakurdas@gmail.com**

https://pureharmonyway.com/contact_