



Synergy between body and spirit
Soft and deep muscular strengthening

While on holidays in the mountain, discover or improve the Pilates method, a discipline for soft and deep muscular strengthening. Concentration, activation from your power plant energy, respiration, relaxation will provide you an immediate well-being and the knowledge to improve your daily posture.

Pilates for beginner, intermediate and advanced people:

Search basic repositories for better posture in everyday life and a better knowledge of your body schematic. The goal is always to maintain your muscle and bone potential.

Pilates session for athletes:

Put Pilates at the service of your sport to improve performance.

	SOLO	DUET	TRIO
1 session	65 €	42 €	32 €
5 sessions card	300 €	190 €	140 €
10 sessions card	580 €	350 €	250 €

Price per person

Time of session: 1h15

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