

Pilates

&

Injury Rehab

Puerto Portals



What is Pilates?

Pilates is a movement therapy that promotes balance, strength and flexibility through a series of progressive and functional exercises. The slow and focused movements will work your body from the inside out, strengthening your core stomach muscles, whilst improving alignment and muscle tone.

Pilates is ideal for improving postural conditions and a range of musculoskeletal problems. Whether you are looking to prevent or are recovering from injury, Pilates movements build strength and stability in the lower back, knee, shoulder joints and neck.

The specially designed Pilates equipment, together with Mark's highly qualified instruction will ensure that all exercises are both safe and effective, giving you the results you want faster.



About the studio !

Mark has been teaching exercise and working in London as a Rehabilitation Specialist for 15 years. Seven years ago he set up the very successful Pilates & Physical Therapy Studio on the famous Abbey Road in St Johns Wood, London. During that time he headed a team of highly skilled practitioners including Physiotherapists, Pilates Trainers, Rehabilitation Specialists and Massage Therapists.

In the summer of 2008 he sold this business to move permanently to Mallorca. Here, he has opened Pilates & Injury Rehab at the Sporting Tennis complex, where the beach club Mood is situated.

His approach is to look at the body as a complete and integrated system. After evaluating your body's strengths and weaknesses he offers uniquely prescribed Pilates sessions. Each class is then tailored to suit your needs whether you are having private 1-2-1 sessions or within one of the groups of just 3 people.

"With Pilates you will feel better in 10 sessions, look better in 20 and have a new body in 30"

Joseph H Pilates



**Introductory package of
FIRST THREE
1-2-1's for 105€**

Client Testimonials

"Mark trained me safely through all of my 3 pregnancies with Pilates. This helped me to have the easiest of births and after the last one, he got me back into my favorite pair of jeans in just 2 months! Fantastic! "

Annabel Bartfield , NW London

" I have suffered with a bad back for 15 years and thanks to Mark he managed to fix my back and correct what was properly causing the problem in just 10 sessions"

Michelle Brown NW London

" I had a cruciate ligament knee operation that didn't fully mend and still left me with serious discomfort and restricted movement. After seeing numerous physios over 10 years, it was Mark that helped my knee significantly within just few months of seeing him regularly. "

Tariq Hussain NW London

"The fitness that I achieved despite a back condition is certainly due to Pilates. Mark gave me the glutes that I never had, which I didn't think was possible at the age of 70! I wish I could of found Pilates in my 30's"

Gill Cit SW1 London

" I have found that Mark's way of teaching Pilates and his understanding of the whole body the best thing for my neck and it's had much more permanent results than any other treatments that I have tried in the past."

Richard Weisz NW London



Pilates & Injury Rehab

Puerto Portals

- Full machine based PILATES studio
 - 1 - 2 - 1 or small groups
 - Injury rehabilitation specialist
 - Pre & post pregnancy
- Golf biomechanics & conditioning



For more information contact Mark

SPORTING TENIS PLAYA,

Ctra. Andrata km 11,8
07181 Costa D'en Blanes, Calvia

+34 672 243 311

info@pilatesinmallorca.com
www.pilatesinmallorca.com