

Beth Svarovska Pilates

Using your Wrists and Hands: strategies and exercises for a more comfortable life

**Tuesday 30th June
9.45 - 11.00am via Zoom
Open to all**

Used for gestures of communication, environmental exploration, grasping and manipulating objects, and sometimes weight bearing, the hand has a vital role in our lives. The hand's anatomical structure and neural control are among the most complex and detailed of human motor systems.

In this workshop we will learn simple, enjoyable, every-day hand and wrist exercises to improve alignment of joints and coordination of muscles with the central nervous system. As well as helping the hands, this approach can also help elbows, shoulders and neck to be more efficient and comfortable in daily life.

Ideal for those whose hands are central to their work, those with any pathologies of the hands and wrists such as arthritis or tunnel syndromes, and anyone with neurological conditions.

To book and to receive the link to access the session via Zoom please get in touch. Support to access Zoom for the first time is available.

£10. Couple/family groups accessing on one connection - price available.
Free of charge for NHS and other key workers. No experience of Pilates is necessary.

beth@bethpilates.com

07503 655870

