



Hannah Blackburn

Pilates Instructor

Hannah comes from an active background of dance and swimming and over the last few years has fallen in love with the practices of Yoga and Pilates due to their focus on the mind-body connection.

Hannah has been practicing Yoga and Pilates for over five years and believes in the two as complementary to one another in helping the human body stay supple and strong.

Hannah trained as a Pilates teacher with Alan Herdman, where she learnt the rehabilitative nature of 'Pre Pilates'. Since then she has embraced other forms of training and has found a love for a more classical style of Pilates.

She travelled to Rishikesh in India, the Yoga capital of the world in order to seek quality teacher training in Hatha Yoga.

She is extremely passionate about both and due to her passion for anatomy, she is able to adapt her style of teaching to suit the individual. She believes that both Pilates and Yoga are forms of meditative practice and likes to ensure her students are 100% focused throughout each class in order to reap the benefits.

Hannah teaches one-to-one by appointment and group classes.

You can find Hannah's class schedule below:

Tuesday

Intermediate Pilates, 10.00-11.00am

Deep Release Yoga, 11.00am-12 noon

Intermediate Pilates, 3.00-4.00pm