



# Tania Ahmad

## Yoga and Pilates Instructor

Tania teaches one-to-one and group classes catering to all levels and abilities, beginner to advanced, in both yoga and Pilates. Tania leans on her creative side to put together her sessions and workouts; no two sessions are identical.

Offerings include:

- Pilates for posture, core stability, coordination, balance, some challenging backbends and balancing postures (arm balancing).
- Pilates sessions incorporate dumbbells, booty bands, magic circle, and work on building core strength, creating flexibility and tone in your body.
- Yoga flows are creative, focusing on lengthening and strengthening.
- Scaravelli-inspired Hatha style yoga designed to care for the health of your spine and joints to create longevity in your practice.
- Mindfulness and breathwork for mental clarity and to relieve stress.
- Stretch and mobility.
- Advanced yoga and Pilates to challenge and further your personal practice.

Tania teaches one-to-one sessions and group classes.

You can find the times of Tania's group lessons below.:

### Monday

Beginner Pilates, 8.30-9.30am  
Stretch and Mobility, 10.00-10.30am  
Stretch and Mobility, 10.30-11.00am  
Pilates (Open Level), 11.00am-12 noon

### Wednesday

Vinyasa Flow, 8.30-9.30am  
Stretch, 10.00-10.30am  
Stretch, 10.30-11.00am  
Pilates (Open Level), 12.00-1.00pm

### Thursday

Stretch and Mobility, 10.00-10.30am  
Stretch and Mobility, 10.30-11.00am  
Pilates (Open Level), 11.00am-12 noon  
Beginner Pilates, 2.00-3.00pm