

Dana Bregman,

Chartered Physiotherapist. MCSP, HCPC, fitpro.

APPI Pilates instructor, Mat work 1, 2, 3, Ante/post-natal, over 60's and Osteoporosis.

I hold a degree in physiotherapy and have extensive experience in adapting exercises to suit people of different age groups and abilities. I have trained with the Australian Physiotherapy and Pilates Institute, APPI, and am certified to teach Pilates, aimed at preventing and treating a range of postural and musculo-skeletal conditions by retraining the core stabilisers to support the joints during every day activities.

My classes are gentle and safe yet challenging so you can work at your own pace even as part of a class. For those recovering from previous injury, exercise will promote recovery and reduce reoccurrence of pain by targeting muscle imbalance or weakness around the affected area.

One fantastic outcome is improved posture. With regular practice your muscles become longer and leaner and you feel and look taller, which carries great benefits to one's self esteem!

I focus on the breathing, not only because it aids the movement but also as it adds to the sense of relaxation, leaving you feeling revitalised after a good work out.

My classes are designed to give a challenging, yet balanced work out at a pace which allows one to concentrate the mind and truly feel the body and the movement so you become aware of the correct patterns movement, which will then carry over from exercises to everyday life.

Individual sessions leading on to small classes are an excellent starting point for those who have not exercised for a while, building a stable core will not only protect you against injury, but also build your confidence on the way back to health.

An increased awareness of where you are in space has been proven to reduce ones experience of pain!