



Cath Hopkinson



Pilates Specialist

Holistic Practitioner

Forever Living Products

Wellness Packages

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Why Experience Wellness?

“Take care of yourself. Good health is everyone’s major source of wealth. Without it, happiness is almost impossible”. Unknown

Pilates | Holistic Therapies | Forever Living

We set up the former company Experience Pilates Ltd to concentrate on the Pilates teaching. Having seen the changes that Pilates can bring about we then branched out into Pre and Post Natal, and more recently we have become one of the few UK wide Pilates Breast Cancer rehab specialists.

Having a background teaching Pilates to chronic pain patients in the NHS I undertook further study to encompass holistic therapies, and more recently the addition of the Forever Living products.

Being able to combine not just Pilates, but also holistic therapies and natural aloe vera and bee products led to the development of Experience Wellness Ltd. The general model health means that we only seek out treatment when we are ill - we want ‘fixing’. If we took time out and looked after our mind, body and spirit we might be able to prevent some of the illness’ we suffer from.

At Experience Wellness we help you to look after yourself and give you the tools and treatments that keep you stress free, healthy and happy. Cath is approachable and is known for her ability to get the results you want, and also to make you smile!

Experience Wellness - Holistic Health and Happiness

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Pilates Specialist

Weekly small group Pilates:

- Fun and achievable classes – moves adapted to meet everyone's ability and needs
- Specific Beginners class and also Pilates for Weight Loss classes
- **FREE** Weekly video homework and newsletter
- **FREE** Regular competitions and prizes

Group classes run as courses
[Click here for more details](#)

Private Pilates tuition in the Studio:

- Designated Pilates Studio with small equipment and the areas only wall mounted Spring Board
- Individually tailored programmes for your specific requirements - back / neck pain, weight loss, pre and post natal, long term conditions, chronic pain, breast cancer rehab
- Postural assessment
- **FREE** Pilates by Numbers home exercise pack and videos
- **FREE** personal web page for all your workouts
- **FREE** Email and phone support

Private sessions run as courses
[Click here for more details](#)

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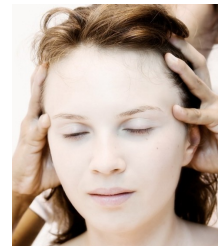
Holistic Practitioner

In our designated Therapy Room we are able to offer the following complementary therapies:

Therapeutic Massage. Massage helps us to relax and can help ease aches and pains. It helps trigger the release of the body's natural painkillers and gives a general sense of contentment. You don't have to lie down to have a massage; positions can be adapted so you remain seated and comfortable .



Indian Head Massage. A massage therapy that works specifically on the areas surrounding the head, scalp and face, neck and extending to the shoulders and upper back. Used for thousands of years to help reduce stress and muscle tension, eases headaches and can help with migraines. Treatments can use oils, or you can have it dry if you prefer.



Reflexology . A popular and relaxing treatment based on the principle that reflex points on the soles, tops and side of the feet are connected to corresponding areas throughout the body. Using thumbs and fingers Reflexology is said to help correct imbalances throughout the body and help release blocked energy.





Holistic Practitioner continued

Reiki. A non invasive complementary therapy using natural energy flow for health and wellbeing. Its gentle nature means that Reiki is suitable for all ages.

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Holistic Pain Management. Constant pain can be very upsetting and debilitating. Often you feel alone and that no-one understands... But we do... Learn how holistic therapy techniques that you can do at home can help reduce pain and let you cope better with life.



Coming soon...

Pregnancy Massage. Gentle and therapeutic touch to help relax and ease some of the symptoms of pregnancy. Using supports to maximise your comfort, take time out for yourself and unwind.



Lymphatic Drainage. Can also be used whilst pregnant, but is good for stimulating the lymphatic vessels which carry waste products away. Specialised and gentle rhythmic pumping techniques to move the skin in the direction of the lymph flow.



Infant Massage. Learn how to massage baby and help with bonding; helps soothe and settle baby and relaxes the parent.



Watch this space for launch dates....



Forever Living Products



Natural Aloe Vera and Bee Products

The aloe vera plant is a succulent plant concealing a pure inner gel that has been used for centuries to improve health and enhance beauty.

Forever Living has been established for over 30 years and operates in over 140 countries. They are the largest grower, manufacturer and distributor of aloe vera and bee products in the world.

The versatility of this product means that aloe vera can be taken as a drink or applied to the skin and is suitable for all ages. Not tested on animals, but the products can also be used on animals.

The range includes:

Drinks taken daily they can help digestion and absorption of nutrients, they add vitamins, minerals and amino acids to your diet, but above all, promote a healthy lifestyle.

Skin and Personal care suitable for all ages and skin conditions these luxury products combine aloe and other ingredients to revitalise and protect the skin. They work naturally with your skin, protecting them from signs of aging and leave your skin feeling soft and younger looking.

Supplements made from the finest quality ingredients, grown and collected from the best sources - Tired in the morning? Hectic social life? Not always having a balanced diet...? Kick start your day!

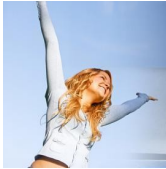
All the Forever Living Products have a 60-day money back guarantee.
Who else does that???

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Wellness Packages

Wellness Packages are designed with you in mind...



Choose from Private Pilates, any Holistic Therapies or the Forever Living products... The only thing that limits you is your imagination!

Below are a few example of Wellness Packages...

Weight Loss:

- Spring Board and BOSU Pilates sessions,
- Lymphatic Drainage,
- Forever Lean (two revolutionary ingredients that can help reduce the body's absorption of calories from fat and carbohydrates).

Post Natal:

- Mat based Pilates to help get your figure back
- Baby Massage to relax and soothe baby
- Forever Aroma Spa Collection—time for you and some much-needed pampering.

Sports Specific:

- Pilates using the Springboard and BOSU to improve your core stability so you can play your sports to greater effect
- Therapeutic massage to release any tension and muscle aches
- Aloe Heat Lotion to help diminish everyday stresses and strains or MSM gel to soothe aching muscles and joints.

There is no 'standard' package as yours will be specific to you and your needs - you decide what you want!



Treatment Price List

Small group Pilates are run as courses and prices vary between £39.00 for a 6-week course and £52.00 for an 8-week course.

All treatments are undertaken in a relaxing and welcoming treatment room. All sessions are one hour (unless specified)

<u>Holistic Treatment</u>	<u>Single</u>	<u>2 to 5</u>	<u>6</u>
Individual Pilates	£40	£35	£30
Reflexology	£30	£28	£25
Indian Head Massage			
(3/4 hour)	£25	£23	£20
Reiki	£30	£28	£25
Therapeutic Massage*			
Back/Neck/Shoulder (½hour)	£10		
Full Body (1 hour)	£18	--	--

*special training rate – no further discounts apply

Wellness Packages - try different treatments to help you achieve your goals - phone for details of the different combinations available!

Stress, pain, posture, flexibility, strength - they can all be helped with a Wellness Package!

Take a further 10% off when you buy 6 assorted treatments.

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Cath Hopkinson & Experience Wellness



I have been teaching exercise for over 18 years, starting with Aerobics and what seems everything else in between! About 13 years ago, I saw the 'Pilates light' when I was undertaking a Diploma with the University of Luton in Post Natal exercise. When the guest presenter took a Pilates class, I was hooked. Eventually I found a teacher training course and trained with Modern Pilates, with Cherry Baker and her team.

There have been many fitness trends come and go, but not many have stood the test of time that Pilates has. Pilates was a man, who in the 1920's began to develop a system of exercise he termed 'Controlology', and began teaching it to dancers and athletes in New York City.

He was quite a visionary and also an inventor. He predicted that he was '50 years ahead of his time', and that everyone should be doing his exercise. Today many millions of people are now doing Pilates daily - something he predicted!!

Pilates has found favour with many medical professions as it addresses muscle imbalances (a major cause of pain), lengthens and strengthens muscles, as well as releasing endorphins - the 'feel good' hormones.

Pilates is suitable for everyone and both men and women. Movements can be adapted and modified and we also look at how we can put Pilates into your everyday life.

How will you Experience Wellness?