

# Sarah Curtis Pilates

Holistic, Organic, Dynamic

**SPRING TERM 2017**

## **MERRY CHRISTMAS & HAPPY NEW YEAR!!!!**

With just a few weeks left of what has been a fantastic Autumn Term of Pilates, the Festive Season will soon be upon us! I would like to take this opportunity to Thank you so much for all your hard work and commitment, and to wish you all a ***Very Merry Christmas and a Happy New Year!!***

**The last classes for 2016 will be held on Friday 16th December.**

### **Spring Term Dates**

**Thursday 5th Jan— Friday 3rd Feb**

**(I'm on a family Holiday 4th Feb—11th Feb)**

**Half Term 13th Feb— 17th (reduced timetable)**

**Full Time Table will start back on Monday 20th Feb**

For more details on any of the above and to see my Full Timetable please go to [www.sarahcurtisPilates.com](http://www.sarahcurtisPilates.com) or contact me on 07970665495.

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### **Pilates for Runners.**

#### **New for 2017**

Pilates For Runners is aimed at ALL runners. This 4 week program will cover:

Injury Prevention, Nutrition, Core Stability and Flexibility Repertoire, Running Posture, and Improving technique with drills. Booking is essential.

Fundraising Prize Draw

£1 per ticket for a chance to get the next Half Term of Pilates FREE!!

ALL proceeds to:

Children's Hospice South West

**February Half Term Classes**

**The Pilates Studio Bude**

**Monday, Tuesday, Thursday, Friday**

**9 am—10 am**

**Thursday 6-7pm & 7.15-8.15pm**

**Please book in advance**

***Tahini Energy Balls! My Go To Snack!***

*This recipe is quick, versatile, packed full of goodness and very tasty! They can keep in the fridge for 2 weeks, or the freezer for 2 months! Simply blend all the ingredients together to your desired texture then shape the mixture into balls approx. 2.5 cm across*

*2 handfuls of unsulphured dried apricots*

*4 dates, pitted*

*1 handful of hulled hemp seeds ( or any seeds!)*

*1 handful of pumpkin seeds*

*1 tablespoon of cinnamon*

*1 tablespoon of raw cacao powder*

*1 Tablespoon of agave or Honey*

*3 Tablespoons of tahini*

*Coca nibs or chopped Pumpkin seeds to decorate*