



**Body Control Pilates**  
**with**  
**Lynne Robinson**



Pilates-guru Lynne Robinson will be returning to Chiva-Som International Health Resort as a guest consultant. Lynne will be conducting group studio mat classes and private sessions.

Lynne Robinson is one of the world's leading experts on Pilates, bringing Joseph Pilates' teachings to the modern exerciser. She is a top-selling Pilates author, providing accessible, safe programmes that have revolutionised the way people approach exercise.

This is a great opportunity to be trained by one of the world's leading Pilates instructors. Continue these sessions at home by purchasing one of Lynne's DVDs or books, which are available in the Chiva-Som Boutique.