

Dear friends of BYP

Many changes to the BYP in this end of winter.
New courses, new teachers, beautiful practice proposals ...

And as spring is also for me the time of pregnancy: I will be replaced for a few months for Pilates classes. But you will be in good hands, waiting for my return in full form on the Pilates mat in September! And of course I continue to manage BYP and answer your mails and phone calls.

Here's what you should not miss at BYP:

In your Reformer Space:

- Now private Pilates Reformer classes in "duo" format, with Tessa and Chloé as teachers. You can share costs with a partner but still it is an intense training !!!
- The dynamic Anna Lombardi offers private Gyrotonic classes (with the machine) and also group classes on every Tuesday at 12:15 (Pilates-Gyrokinesis)

New classes on our schedule:

- Ana opens a Swiss ball Pilates class All levels, Tuesdays 1:15 pm: a great opportunity to rediscover your!!!
- Myriam organizes a "Core flow yoga" Wednesdays at 17:30 and Hatha Yoga at 18:30
- Diana offers a new Kundalini Yoga class to brighten up your Thursdays at 7:30 pm
- Chloe starts a beginner pilates classes and all levels Thursday evenings from 17:30 and Sundays 11h and 12h15
- Anna-Maria also offers new classes on Saturdays: Pilates special for the back Saturday 11h and all level at 12H!

And to finish your week in style here our Workshops:

- Elena with Yoga Nidra workshops every first Saturday of every month (the next one: Saturday, March 2nd)
- Tessa makes you swing with her next session of "Ballet Got Soul" on Saturday March 23rd
- Helen will introduce you to the restorative practice "Melt Method" and introduce you to the fascinating world of fascia on Sunday March 24th
- And Marilia will make you dance on Saturday, April 27th with her workshop "discovery of contemporary dance" (open to all levels)

Wishing you a good practice !!!

Anne-laure and the BYP Team

We still have a double room available for Pilates on the Island of Ischia in May! Click here for more information