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Subject: Rebalance Pilates
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To: clerk@hambledon-pc.gov.uk



Hi Jo

It was suggested that I get in touch with you to try and bring some awareness to what I am trying to achieve at the studio during these really challenging days.

Sadly the studio had to close for the safety of everyone that comes but rather than just halt classes we have taken everything to an online platform where we can continue teaching everyone from the safety of their own homes. By using Zoom it isn't just a pre-recorded class but instead it's live meaning we can all interact, see one another, and I can watch everyone to ensure they are following safely. Importantly it's a way we can all stay connected.

I don't know via the village email system whether this can be shared as maybe of some value to some of our local community, especially those who are living alone?

I hope you are keeping well yourself and I will look forward to hearing from you.

Kindest wishes

Rhian

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