



# The Bespoke Approach

*"If your spine is inflexibly stiff at 30, you are old.  
If it is completely flexible at 60 you are young"*

*Betsy from The Bespoke Approach explains why  
both Pilates and Yoga are beneficial - whatever  
age you are!*



Special Offer

£5 off  
a private session

Quote Local5  
Valid until 30/06/17



Betsy of The Bespoke Approach moved to East Lothian six months ago. An experienced and enthusiastic teacher of both Pilates and Yoga, Betsy has quickly established herself in the local area since relocating. She can be easily recognised in her purple Fiat 500 which advertises her business!

Pilates and Yoga are different, but complementary forms of exercise. Pilates focuses on improving the strength, control and efficiency of our core muscles – our upper thighs, buttocks, abdominals and back. It provides a whole body workout through a progressive sequence of exercises using either equipment or a mat. Yoga focuses more on flexibility, balance and breathing, and classes often include periods of mindfulness and relaxation. But, both Pilates and Yoga help us to move more easily and efficiently with better posture and to maintain better functional movement into older age.

With over 20 years experience, Betsy has taught students of all ages and abilities, both male and female and the age range of her students has spanned from 5 to 90 years old. She offers private sessions in Drem and group classes in North Berwick, Drem, Athelstaneford and East Linton. Many people find they benefit from an individual session. Sometimes they might be returning to exercise after a break or have medical issues such as back or knee problems. Others might be overweight or older. Or there are those that want to progress more quickly with an individual focus or like the flexibility of working on a one to one basis.

Individual Pilates sessions usually take place on Betsy's Reformer. Invented by Joseph Pilates for the specific purpose of accelerating the process of strengthening core muscles and improving flexibility and body alignment, this specialised piece of equipment enables a much wider range of exercises to become accessible to individuals with specific needs or goals. The Reformer is one of the most widely used pieces of equipment in Pilates studios. Exercises are undertaken in a wide range of positions giving a full body work out. With regular practice clients soon feel significant improvements in body movement during daily life.

Private mat sessions in either Pilates or Yoga can be booked by duos or small groups. Betsy also offers her Bespoke Blend, a session which interweaves elements of both Pilates and Yoga.

**THE BESPOKE APPROACH | [www.thebespokeapproach.com](http://www.thebespokeapproach.com)**  
For further information on private sessions or group classes contact  
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