



Pilates – Mat work

Pilates was developed in the 1920s by the legendary physical trainer and founder of the Pilates Studio: Joseph H. Pilates. The Pilates method is an exercise system focused on improving body alignment. It strengthens the abdominal, back and stabilizer muscles, while stretching and relaxing your body. When modified, it is gentle enough for pregnant woman yet challenging enough for advanced exercisers. Incorporating exercises that target your abdomen, back, and legs, it can make your whole body feel stronger.

Location	In-villa
Instructor	Activity Instructor
Level	Beginner - Advanced
Availability	Every day
Booking	24 hours advance notice (Subject to availability)
Private Session	1,000 Baht/Person
Class lesson	200 Baht/Person
Including	Cool towel, water and mats will be provided