Pilates Mat

In-Studio & Online 4-Week Series & Video Recorded

Monday, December 21st – Monday, January 11th | 11:30 AM–12:30 PM

Video Access until Monday, January 18th



Are you ready to improve your posture and enhance your everyday movement?

What are some of the benefits of Pilates Mat?
Improve core strength and stability

Develop better spine mobility and posture

Pilates Mat is based on the original exercises by Joseph Pilates.

This class is designed for you to improve your posture and every day movement through different spine alignments and core exercises.

What will you experience in this series?
Begin with a warm up to activate the body

Move into dynamic stretches and Pilates flow

End with a cool down through deep stretches

Who should attend?
This practice is meant for everyone – all levels are welcome to join.

What you'll need?
Please have a yoga mat, blanket or pillow, water bottle and wear comfortable clothes that are easy to move in.



Natalie Doering,
Yoga & Pilates Mat Teacher

Easy Ways to Register: Put phone camera up to the QR Code below. A link will appear on your phone screen. Tap on the link & you'll be directed to the registration page.

FEE: $40 for 4-Week Series! Included in $20 Single-Class-Pass, $69 Monthly Unlimited Yoga Membership & **$89** Monthly Premium Unlimited Yoga Membership.

Can't make the scheduled class time? Register to receive access to the weekly video content until Monday, January 18th!

Questions? Contact The 5 Koshas Team at office@5koshasyoga.com