



Lutterworth Pilates and Therapy Centre

Helping people to have a healthy, injury-free body. By building core muscle strength, improving posture and realigning the spine to improve bodily function and physical appearance through pilates, yoga and physiotherapy services. To support recovery from injury, illness and live a pain-free life.

- **Physiotherapy Services:** We offer treat a wide range of conditions, including sports injuries, spinal problems, and everyday aches and pains. We also offer a six-week chronic back pain management programme.
- **Pilates:** Focusing on building a healthy, injury-free body through controlled concentration of movement. Working the muscles from the inside out.
- **Yoga:** Perfect for those looking to relieve stress, build strength & stamina, while developing greater flexibility.
- **Counselling:** Therapy allows you to feel heard, to think and talk about issues you are experiencing across a wide range of topics. We have a quiet private room where you can speak to a therapist in a confidential one to one environment.
- **Mindfulness:** Mindfulness and meditation techniques can be the most simple, gentle and yet most powerful tools to aid wellbeing and happiness.
- **Referrals:** We accept exercise referrals and recommendations from medical professionals such as GPs, physiotherapists, osteopaths, chiropractors and sports therapists.

Booking in advance is essential. For more information please contact Nikki:

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