



KAY MCLORN

Kay McLorn MCSP is the Practice Principal of Blackstone Physiotherapy.

RELAX AND REJUVENATE

Kay McLorn from Blackstone Physiotherapy discusses how their peaceful retreats help people from all walks of life and ages.



Libby and Kay - Galgorm Retreat.

Morning refreshments were included and then we had free time in the stunning Spa facilities. In the afternoon there was a second class of stretching and relaxation. This concluded the Pilates on the first day. We met for dinner around 8pm.

The Pilates classes commenced again from 10am on the second morning after a delicious breakfast. Our late check out allowed another relaxing morning in the Spa combined with another Pilates workout in The River House.

Bookings for these luxury Pilates Retreats can be made through Pilates Tone® at Blackstone Physiotherapy. Our next event at the Galgorm Resort & Spa is planned for May and a summer retreat in August. Plans are ongoing for an international event in summer 2017.

Pilates Tone® at Blackstone Physiotherapy is the regional training center for APPI Pilates in Ireland. We have bespoke Pilates and Reformer studios with classes led by Pilates Tone Master Instructors Kay McLorn and Libby Robinson both Chartered Physiotherapists.

Pilates Tone® has now had 4 successful retreats and the popularity is growing. Our first retreat was to Switzerland in June 2014, the second again to Switzerland in 2015. There was such a great demand for these Retreats that we decided to have one closer to home. We got in touch with the Galgorm Resort & Spa and in October 2015 had our first one night retreat, returning in February 2016 for our second in this first class venue.

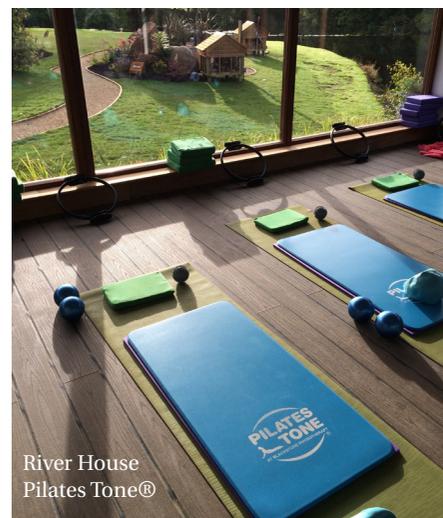
We were the first people to hold our classes in the beautiful new 'River House', a bespoke exercise studio in the new Thermal Spa Village. The River House is raised on stilts, with views over the cascading River

Maine, creating a tranquil and calming environment for focusing on the mindful Pilates exercise regime.

Pilates helps people from all walks of life and ages. On this most recent retreat we had Husband and Wife couples, Mothers and Daughters and groups of friends looking for a special treat combining exercise, relaxation and fun in a different social setting.

Pilates starts at the core, giving stability to the spine by focusing on the deep abdominal muscles closest to the spine. This gives increased strength, flexibility and improves our posture and alignment. As our muscle tone improves we find we can move easier and our whole body becomes stronger and our movement easier.

These Pilates exercises taught by experts, together with the fantastic surroundings and benefits of the spa really serve to enhance well-being and that feel good factor!



River House
Pilates Tone®

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