Bio 2020
Hi my name is Faye Jackson, I am from the UK I started my Pilates journey many years ago . I became obsessed with the principles of pilates . It’s my passion and I was determined to teach to others.

I was a gym bunny for many years, having batted my body with high impact exercise and suffering from lots of injury and a bad back I found pilates ! it’s changed my life in every way.

I also teach Les Mills programmes , Bodybalance and CX works along with many core and stability classes. It’s such an honour to be invited to join this incredible festival. I hope you join me on the mat with an open mind And enjoy all Pilates has to offer🧘🏼‍♀️

Pilates is a wonderful form of low-impact exercise that aims to strengthen muscles while improving postural alignment and flexibility. Pilates target the core, although the exercises work other areas of your body also
8 Principles of Pilates
• Concentration. Concentration promotes the mind-body connection. ...
• Centering. During your Pilates workout, you should consciously bring your focus to the center of your body. ...
• Control. Pilates' method is based on mindfulness, including proper, safe and complete muscle control. ...
• Precision. ...
• Breathing. ...
• Alignment. ...
• Flow.