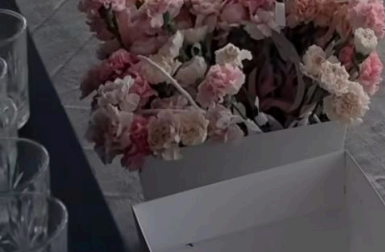




# HEN PARTY PILATES

Bespoke Pilates & Wellness Experiences

*with Lucy Dyson Pilates*



Kick off your hen weekend with a fun, feel-good Pilates session designed especially for your group, the perfect way to bring everyone together.

**Every hen party session includes:**  
Private Pilates class for your group  
Personalised playlist for the bride  
All equipment provided  
Suitable for all fitness levels  
Relaxed and supportive atmosphere  
Optional time for group photos at the end

Lucy travels to your accommodation or venue, so you can enjoy the session without needing to go anywhere. Manchester city centre studio sessions are available, subject to availability.

# PACKAGE 1

## The Signature Session

This 60-minute class will get everyone moving, laughing and feeling good. The perfect way to start the day before heading off for brunch or the rest of your plans.

Perfect for groups looking for a lighthearted activity, whether they're Pilates lovers or complete beginners. expect a session that everyone can enjoy,

### **Includes**

- 60-minute Pilates class
- Personalised playlist for the bride
- All equipment provided
- Time for group photos
- Suitable for all fitness levels



# PACKAGE 2

## The Reset Session

For groups looking for something a little more relaxed and wellness-focused.

Start with an energising Pilates class before slowing things down with an extended stretch and guided relaxation, helping everyone reset and feel their best for the rest of the weekend.



### Includes

- 60-minute Pilates class
- Extended stretch and relaxation
- Guided breathing / mindfulness
- Personalised playlist for the bride
  - All equipment provided
  - Time for group photos



# PACKAGE 3

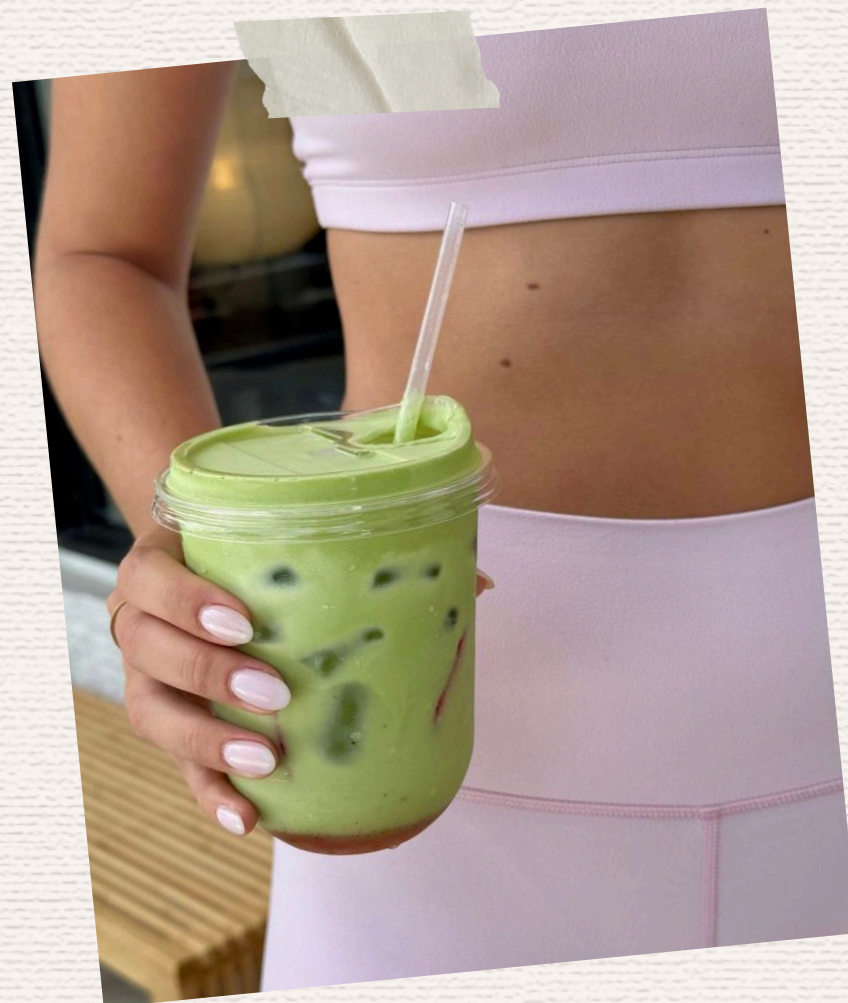
## The Hen Retreat

A retreat-style experience combining energising movement, restorative stretching and celebratory moments to bring the group together in a relaxed and uplifting atmosphere.

Perfect for hens looking for something a little more special than a standard class.

### Includes

- Welcome herbal teas or wellness shots pre-class
  - Our signature Pilates class
  - Extended stretch and relaxation
  - Guided mindfulness / breathwork
- Celebration drink (smoothie, fizz or cocktail option) post class
- Group photos throughout on a disposable camera for the group to keep



# ADD-ONS



## **Bridal Goodie Bag –**

A curated bag of Pilates and wellness treats to spoil your bride that little bit more

## **Wellness Drinks –**

Health shots or smoothies after class.

## **Signature Bride Cocktail Experience –**

A personalised cocktail created for the bride by a premium mixologist.



# About Your Instructor



Hey! I'm Lucy, a Level 4 Pilates Instructor with a specialist focus on Women's Health and Pre/Post-Natal care.

With years of experience teaching at Manchester's most exclusive studios and a background in professional dance, I have refined a method that balances that Pilates burn with restoration (and fun!).

My approach ensures that your bridal party experiences movement that is safe, effective, and tailored to the unique needs of every person in the room.

