

# Help Make Mum Stronger this May with Pilates

For Devonport locals Dawdy Brown and Nicky Hume, Pilates is about family and friends as well as everyday wellbeing. Dawdy, an architect and textile artist, is the creative genius behind the new appliqué kits at [birdiebrown.com](http://birdiebrown.com) and has a passion for enjoying life's beautiful things. She has been exercising at Pilates Unlimited for 10 years. Dawdy's husband Hamish caught the Pilates bug eight years ago and they both now enjoy regular private lessons twice a week.



**Nicky and husband Chris have also been doing Pilates for five years. Nicky uses the method to manage a tricky spine and to help her enjoy boating, walking her beautiful husky, and of course the inevitable desk work, without discomfort. She is a great example of how the Pilates method can take people out of pain, beyond rehabilitation and to a place where they can do challenging exercises and feel good. Chris also knows the importance of looking after himself. As an architect, he makes his pilates sessions a priority whilst running his own practice.**

Between them, the two couples have two private lessons each week, with instructors Ray, Ana, Lizzie, Vanessa and Eric. The fully equipped studio caters to all individual needs and goals. The Guillotine was originally designed by Joseph Pilates to fit in New York apartment doorways to encourage clients to work out at home! Featured here is Dawdy doing an exercise called the Semi-Circle. Nicky is working out on the Electric Chair, which is great for her posture and strength. This piece of apparatus is great preparation for the ski season!

Dawdy and Nicky always enjoy catching up at the beginning and end of their lessons, and are great advocates of authentic Pilates and how it makes

them feel stronger and healthier, while enjoying the good life!



**If you're curious about how Pilates can benefit you, or want to treat someone special for Mother's Day, give Pilates Unlimited a call - they have gift certificates and starter packages available to give your wellbeing a boost.**

For further information please contact the studio at: 18 Northcroft Street, Takapuna, on 09 486 1018 or visit [Pilatesunlimited.co.nz](http://Pilatesunlimited.co.nz) ◀

**PILATES UNLIMITED**

takapuna beach

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