

Your name/logo  
Address  
Telephone  
Email  
Website

Dear.....

I would like to introduce myself as your local Pilates professional/instructor.

I teach small group classes and clients on an individual basis. My Pilates teaching is research-based and takes into consideration that encouraging correct movement with good technique can help alleviate and manage conditions such as low back pain. My Pilates classes strongly focus on enhancing strength and mobility for everyday tasks and living.

I have attached my CV and would be happy to meet with you and teach a short session so you may consider the possibility of developing a mutual referral scheme.

Please feel free to contact me or with your permission I would like to call in and introduce myself in person.

Kind regards,

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