



Pilates & Stretch Therapy

Ready to start enjoying less chronic pain & tension, better mobility, and healthier posture?

Book Now

A headline that's even more transformative

Move better, feel younger and live life without pain!

Or (from your about page)

Get rid of nagging aches, pains, & tightness so you can feel good, move better, & enjoy your life!

Subline in here to explain the book button:

Connect with me for a free 15-minute consultation call and find out how you can unlock your movement potential


Book Your Call

(reiterate what they're booking)



Love this piccc! You in action, both methodologies. Love it. Chef's kiss

This pic is so gorge, but i think it belongs on About Me. While we're still convincing/familiarising newcomers, maybe we could use another one of you in action with a client?



Pippa Frame

Are you dealing with regular aches, tightness, and discomfort that make it hard to do what you love? Ready for a life with less pain and more joy? I've been there and I'm here to help.

I'm focused on making sure your body moves and feels its best. I can help with issues like back pain, aching neck, stiff hips, osteoporosis, joint replacement, pregnancy, and any ongoing discomfort or tension. We can also focus on active aging, helping you maintain your independence and mobility throughout your life. Let's put your health first and aim for a happier, healthier you.

Ready to start moving & feeling better? Connect with me, and let's begin the journey to a happier you.

[What is Pilates?](#) [What is Manual Stretch Therapy?](#) [Learn More About Me](#)

Here is how i would rework this section to make it more customer-facing:

Sick of aches and pains? Want to move better?

Are you dealing with regular pain, tightness, and discomfort that make it hard to do what you love? Feeling limited and frustrated at not being able to move like you used to?

I've been there too, and I'm here to help you live with less pain and more joy.

Through Pilates and Manual Stretch Therapy, we can get your body moving and feeling its best. Work with me to deal with back pain, aching neck, stiff hips, osteoporosis, joint replacements, pregnancy, and any ongoing discomfort or tension.

We can also focus on active aging, helping you maintain your independence and mobility throughout your life. Let's put your health first and aim for a happier, healthier you.

Want to know how these system can change your life?

[What is pilates?](#) [What is stretch therapy?](#) [Learn more about me](#)

And then herre, what about adding a CTA, for those who are READY!

Ready to start moving and feeling better? Book your first session now
[\[Book Your Session\]](#)

This is NOT my area of expertise, but what about different colour buttons for navigation and for ACTION?

(just to avoid repetition)

Check Out our Current Special Offer!

Feel better for less with a limited-time deal!

Get Special Offer

[Get Special Offer]

Join the Newsletter

Need a quick solution to nagging low back discomfort, tight hamstrings, or tired, achy feet?

Enter your name and email to join my list and get your FREE foot rolling guide to reduce lower body stiffness and feel better in just 5 minutes a day.

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I think get right to the value here:

Need a quick solution for low back pain, tight hamstrings, or achy feet right NOW?

Drop your name and email here and I'll send you

- A FREE guide to reduce lower-body stiffness that'll help immediately.
- Weekly tips, tricks and videos for better movement, mobility and pain management.

(maybe this is not what is in the newsletter – we can finesse)