



Our first #LagreeLegend of 2017 is **Natasha Sibley**, who attended 14 classes in the month of January! Read more about what motivates Natasha and keeps her coming back.

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How long have you been practicing the Lagree Method and how did you start?

I started a year ago, but found the classes really tough going just once a week. About three months ago, I decided to step it up and go more regularly - I'm definitely progressing faster now. The classes are still tough though!

What is it about Studio Lagree that makes it a staple part of your monthly routine?

It's always a challenge, and I always get pushed to my limit. You never leave Lagree feeling like you could have done more!

Who is your favourite instructor?

Matt is my favourite - he doesn't let me get away with anything! I dread him saying my name in a disappointed tone...

What is your favourite and least favourite move?

I love the Plank-to-Pike and Catfish - I can just about manage to do them! I hate ALL of the leg work and Leaning Tower – I can't manage one inch of it!

Will we see you back in the studio next month?

Definitely! Sad to say I really look forward to my Lagree classes!



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