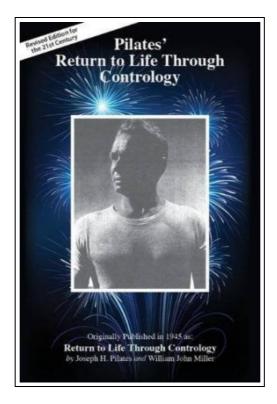
Pilates Return to Life Through Contrology: Revised Edition for the 21st Century (Paperback)



Filesize: 4.12 MB

Reviews

This pdf is indeed gripping and interesting. It is definitely simplistic but shocks within the 50 percent of your book. Once you begin to read the book, it is extremely difficult to leave it before concluding. (Michael Spinka)

PILATES RETURN TO LIFE THROUGH CONTROLOGY: REVISED EDITION FOR THE 21ST CENTURY (PAPERBACK)



Presentation Dynamics Inc, United States, 2012. Paperback. Condition: New. 21st ed.. Language: English . Brand New Book. First published in 1945, Pilates Return to Life Through Contrology contains the authorised, legal, edited, and original Library of Congress version of Joseph H. Pilates and William J. Millers first complete fitness writings. It details the exercises, poses, and instructions fundamental to the matwork developed by Joseph and Clara Pilates. Based on his concepts of a balanced body and mind, and drawn from the approach espoused by the early Greeks, these are the exercises that continue to sustain a world-wide revolution in fitness strategies and exercise techniques. Joseph Pilates has been nothing short of revolutionary in his impact on the world of fitness and exercise. Readers will learn and view the original 34 exercises that Pilates taught to his students, many of whom have become exercise gurus in their own right. These carefully designed exercises constitute the results of decades of scientific study and research into the variety of physical ills that upset the balance of body and mind.Practitioners of Pilates forms and exercises in the 21st century continue to expand upon this earlier work by presenting a variety of creative new approaches involving circular movements, standing postures, and core strengthening exercises using props such as tubes, weights, poles, bands, magic circles, mini-balls, stability balls, foam rollers, and more. Now included in this Revised Edition are 18 additional pages of explanations of what has transpired since the original 1945 work, along with several photo/text sequences of the latest 21st-century enhancements in the Pilates world. There are new descriptive pages of text that first describe the fitness principles evolved from Pilates original Contrology work. This is followed by detailed text describing 21st-century evolutionary developments that present the key dancers, choreographers, and leaders in the...



Other PDFs



A Smarter Way to Learn JavaScript: The New Approach That Uses Technology to Cut Your Effort in Half

Createspace, United States, 2014. Paperback. Book Condition: New. 251 x 178 mm. Language: English . Brand New Book ***** Print on Demand *****. The ultimate learn-by-doing approachWritten for beginners, useful for experienced developers who want to...

Download PDF

>>



Environments for Outdoor Play: A Practical Guide to Making Space for Children (New edition)

SAGE Publications Ltd. Paperback. Book Condition: new. BRAND NEW, Environments for Outdoor Play: A Practical Guide to Making Space for Children (New edition), Theresa Casey, 'Theresa's book is full of lots of inspiring, practical, 'how...

Download PDF

>>



Dont Line Their Pockets With Gold Line Your Own A Small How To Book on Living Large

Madelyn D R Books. Paperback. Book Condition: New. Paperback. 106 pages. Dimensions: 9.0in. x 6.0in. x 0.3in. This book is about my cousin, Billy a guy who taught me a lot over the years and who...

Download PDF

>>



Index to the Classified Subject Catalogue of the Buffalo Library; The Whole System Being Adopted from the Classification and Subject Index of Mr. Melvil Dewey, with Some Modifications.

Rarebooksclub.com, United States, 2013. Paperback. Book Condition: New. 246 x 189 mm. Language: English . Brand New Book *****
Print on Demand *****.This historic book may have numerous typos and missing text. Purchasers can usually...

Download PDF

»



Hands Free Mama: A Guide to Putting Down the Phone, Burning the To-Do List, and Letting Go of Perfection to Grasp What Really

ZONDERVAN, United States, 2014. Paperback. Book Condition: New. 211 x 137 mm. Language: English . Brand New Book. Rachel Macy Stafford s post The Day I Stopped Saying Hurry Up was a true phenomenon on...

Download PDF

»