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Angie Newson

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Classical Pilates Mat Instructor Manual: Authentic Training Resource (English Edition) Dr. Melinda Bryan, DPT, Principal Pilates Master Teacher Trainer Kaz®, 2009 Authored by Dr Melinda Bryan DPT Principal Pilates Master Teacher Trainer GEN2 this first volume in her definitive series is the official guide to Classical Pilates Mat work It delivers the full Mat repertoire from beginner fundamentals to advanced sequences while preserving the authentic integrity of Joseph Pilates original method First established in 1992 it has shaped certification programs worldwide for over three decades Combining Dr Bryan's clinical expertise as a Doctor of Physical Therapy with her 35 years of teaching experience it remains the trusted reference for instructors and practitioners seeking mastery of Classical Pilates Mat work This manual offers a comprehensive repertoire of Mat exercises serves as a global benchmark for certification is rooted in Joseph Pilates original teachings and is authored by a medical and Pilates authority Dr Melinda Bryan DPT As a cornerstone of Classical Pilates training it is trusted in 14 languages and available in print and ePUB formats Master Classical Pilates Mat work with the definitive manual trusted by instructors and practitioners worldwide

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improve flexibility strength and endurance while at the same time creating a more balanced inner spirit and heightened self esteem and coordination What's more because of the book's clever split book format each workout can be tailored to your personal level of fitness simply by flipping the pages of the full color demonstrations at the top and choosing which of the suggested routines within the workout listed at the bottom you want to do Each exercise also offers advice on how to make your workout either easier or more challenging Inside you'll find 36 different programs and 60 different exercises adding up to hundreds of personalized exercise routines a list of fitness goals from weight loss to increased confidence and coordination a self assessment test to determine your level of flexibility balance and stress a step by step full color photographic instructions for all positions and exercises sample workout routines a guide to gear from products around the home to optional extras and a chart to measure progress For yoga the focus will be on the general hatha style which offers a full range of physical benefits and concentrates on getting the breathing right The principles of both yoga and Pilates can be applied not only to each exercise but also extended to shape your life **Well to the Core** Robin Long, 2023 Robin Long certified Pilates instructor and founder of Lindywell is on a mission to help you reclaim your health your fitness and your body In Well to the Core join Robin on a journey toward holistic health and discover 1 Ten core components of an effective and realistic approach to healthy and balanced living 2 Grace over guilt mindset to release shame and develop helpful habits in every season of life 3 How breath nature rest and play can improve your quality of life and exclusive Pilates workouts mindfulness exercises and deliciously crafted recipes to nourish your mind body and soul **Yoga and Pilates Home**

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