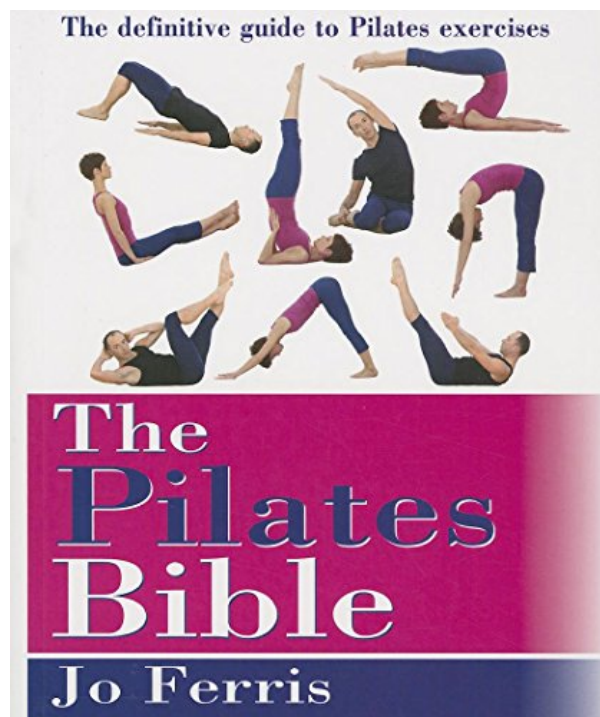
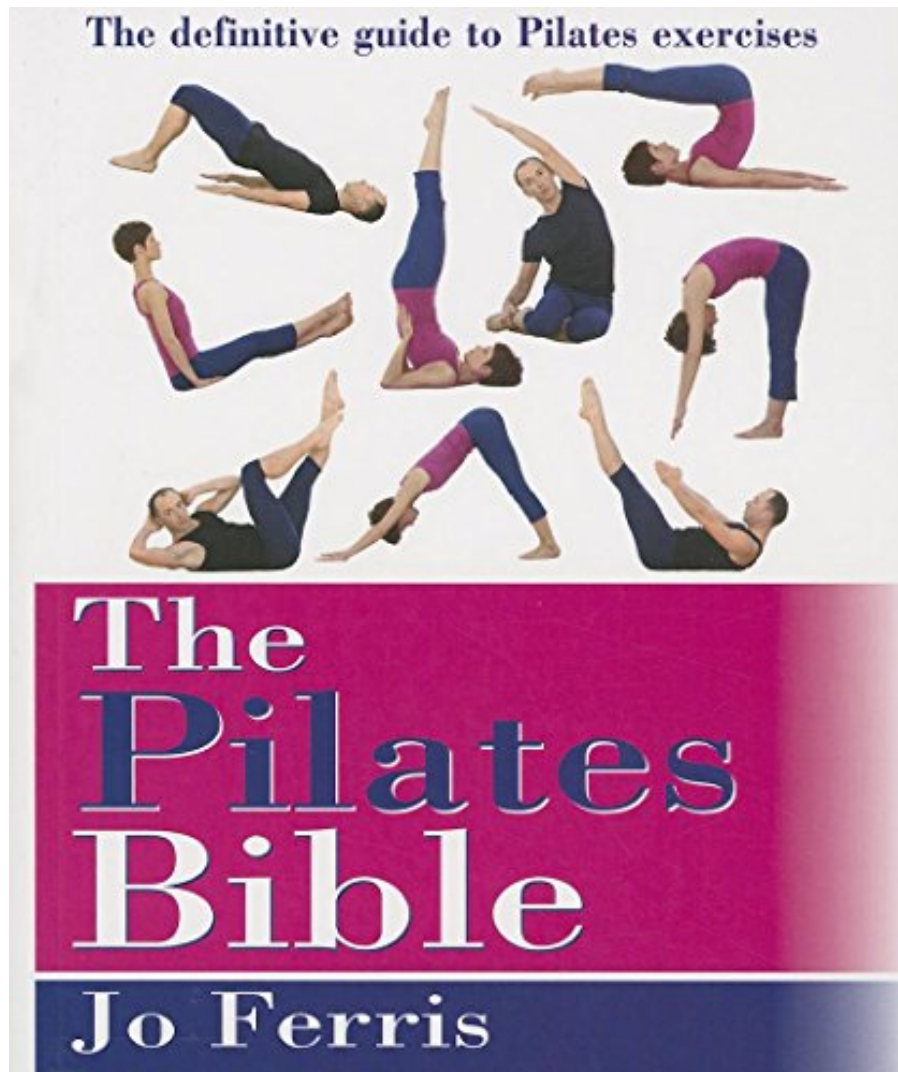


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The Pilates Bible appeals to readers who want a comprehensive understanding of this exercise method--its origin, principles, key concepts, and benefits--in addition to detailed instructions, complete with beautiful step-by-step color pictures, describing how to practise Pilates safely and effectively. Joseph Pilates (1880-1967), who was plagued by illness as a child in Germany, developed his unique movement system over many years by combining observations about what energized and aligned the body with fitness techniques of his day. In 1925, he immigrated to the United States and set up a studio to introduce his holistic technique. The system is based on six principles: breathing, centering, control, concentration, precision, and flowing movement. Instruction begins with fundamentals like finding the "scoop" and engaging the "powerhouse." Then gentle movement to stabilize the back and the pelvis is introduced. Each exercise builds on the one before it. Once practitioners master the basics, they are ready for the Beginner's Program, where they learn how to move using the principles. The Intermediate Program progresses to more complex exercises that encourage moving with flow, greater precision and concentration, and integrating the breath. The Advanced Program offers more challenging positions requiring greater strength, stamina, and coordination. Comprehensive instructions at each level provide exercise goals, common errors to avoid, and modifications to help those who may experience difficulty.

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About the Author

A graduate in physiotherapy, a Pilates instructor and physical therapist specializing in neurology.

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