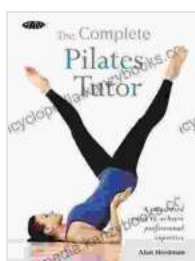


The Complete Pilates Tutor: An In-Depth Guide to Pilates Principles, Exercises, and Benefits

Pilates is a low-impact, full-body exercise method that can improve your flexibility, strength, and balance. It's a great way to relieve stress, improve your posture, and reduce pain. If you're new to Pilates, or if you're looking to improve your current practice, The Complete Pilates Tutor is the perfect book for you.



The Complete Pilates Tutor: A structured course to achieve professional expertise (Complete Tutors)

by Alan Herdman

★★★★☆ 4.8 out of 5

Language : English
File size : 43916 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 256 pages



Written by world-renowned Pilates instructor Mary Bowen, The Complete Pilates Tutor provides everything you need to know to get started with Pilates and improve your overall health and fitness. The book covers the following topics:

- The history of Pilates

- The principles of Pilates
- The benefits of Pilates
- The basic Pilates exercises
- Advanced Pilates exercises
- Pilates for different fitness levels
- Pilates for specific health conditions
- Pilates equipment
- Pilates safety

The Complete Pilates Tutor is a comprehensive and easy-to-follow guide to Pilates. It's perfect for beginners and experienced Pilates practitioners alike. With clear instructions and beautiful photographs, The Complete Pilates Tutor will help you get the most out of your Pilates practice.

About the Author

Mary Bowen is a world-renowned Pilates instructor and the author of several books on Pilates. She has been teaching Pilates for over 30 years and has helped thousands of people improve their health and fitness. Mary is a certified Pilates instructor through the Pilates Method Alliance and is a member of the Pilates Method Alliance Board of Directors.

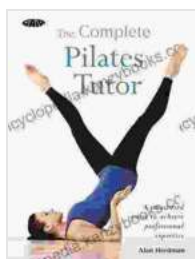
Reviews

"The Complete Pilates Tutor is the definitive guide to Pilates. It's a must-have for anyone who wants to improve their health and fitness." - Dr. Oz

"Mary Bowen is a master Pilates instructor. Her book is a comprehensive and easy-to-follow guide to Pilates. I highly recommend it." - Oprah Winfrey

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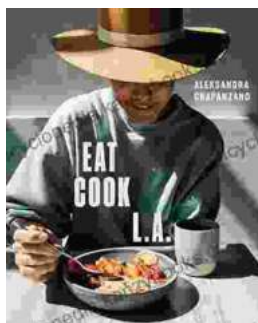


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