

My Pilates Guru Paperback

My Pilates Guru My Pilates Guru The Women's Health Big Book of Pilates My Pilates Guru Pilates for Pregnancy Library Journal Pilates' Return to Life Through Contrology Pilates' Return to Life Through Contrology Revised Edition for the 21st Century Books Magazine The British National Bibliography Ellie Herman's Pilates Reformer Pilates' Return to Life Through Contrology The Pilates Bible The Red Thread The Complete Pilates Tutor Postnatal Pilates The Pilates Path to Health Pilates for You Book of Pilates The Little White Reformer Book- KRN Pilates Then, Now and In-Between Anya Hayes Anya Hayes Brooke Siler Anya Hayes Joseph Pilates Joseph Hubertus Pilates Arthur James Wells Ellie Herman Joseph Pilates and Judd Robbins Lynne Robinson Kathryn Ross-Nash Alan Herdman Anya Hayes Gary Calderone Ann Crowther Parragon Book Service Limited Kathryn M Ross-Nash

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my pilates guru provides the reader with the ultimate in practical instruction by combining the benefits of a fully illustrated book with a free instructional app the book provides core illustrated theory and step by step guides to pilates positions and exercises all the exercises are heavily illustrated making it easy for you to follow along at home and the book provides in depth instruction that takes you from the basics through to the more advanced exercises the book is structured to give core theory and explain the history of pilates include instructions on the basic beginner intermediate and advanced positions and help with designing your own sessions the my guru application uniquely enhances the pilates learning experience by giving you a free application that is downloadable onto your iphone or ipad via the app store this allows you to take your guru with you and get instruction wherever you choose to exercise its versatility allows you to design sessions that will suit your level of ability while making it easy to track your exercise history and monitor key aspects of your health

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unlocks further content to help you on your pilates journey

celebrity trainer and pilates guru brooke siler teams up with the editors of women s health to offer a comprehensive authoritative manual on this proven fitness philosophy trained by joseph pilates prote ge romana kryzanowska brooke is an unparalleled expert and one of the most sought after teachers for her signature body re shaping techniques combining the best of flexibility and strength training pilates is the path to the lean fit body every woman craves and the women s health big book of pilates guides readers in every step and leg lift of the way using the body as the ultimate fitness vehicle pilates transforms bodies in record time from moves targeting trouble zones to cardio circuits that blast fat all over this go to manual covers everything including how to incorporate pilates at work in travel and in your daily routine what props to use to best boost your workout pilates principles to help combat lower back pain stress low energy and more from basic mat moves to the right foods that fuel a lean toned figure the women s health big book of pilates is the go to guide for beginners and experts alike

my pilates guru provides the reader with the ultimate in practical instruction by combining the benefits of a fully illustrated book with a free instructional app the book provides core illustrated theory and step by step guides to pilates positions and exercises all the exercises are heavily illustrated making it easy for you to follow along at home and the book provides in depth instruction that takes you from the basics through to the more advanced exercises the book is structured to give core theory and explain the history of pilates include instructions on the basic beginner intermediate and advanced positions and help with designing your own sessions the my guru application uniquely enhances the pilates learning experience by giving you a free application that is downloadable onto your iphone or ipad via the app store this allows you to take your guru with you and get instruction wherever you choose to exercise its versatility allows you to design sessions that will suit your level of ability while making it easy to track your exercise history and

monitor key aspects of your health

pilates for pregnancy is a straight talking woman to woman exercise guide focusing on pelvic floor and core strength to improve your health mood and energy during pregnancy clear step by step pilates exercises tailored for the demands of each trimester show you how to improve your posture as your bump grows protect your back especially when lifting older children optimise the position of your baby for a better birth experience help you release tension and create a positive mindset for birth reconnect and restore your core postnatally focusing on your pelvic floor muscles including for caesarean recovery you'll find helpful advice and motivational tips from mums throughout explaining how much pilates improved their strength birth experience and postnatal recovery to help you prepare physically and mentally for your new arrival

first published in 1945 pilates return to life through contrology contains the authorized legal edited and original library of congress version of joseph h pilates and william j miller's 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 currently sustain a worldwide revolution in fitness strategies and exercise techniques 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 are the result of decades of scientific study experimentation and research into the variety of physical ills that upset the balance of body and mind

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and mind and drawn from the approach espoused by the early greeks these are the exercises that continue to sustain a worldwide 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 pilates studio and certifying organizations through the present this section ends with a discussion of evolutionary props and apparatus developments plus 21st century sample exercises drawn from our larger new book pilates evolution for the 21st century following this section are three complete prop based demonstration exercises that include both photographic sequences four per exercise and step by step instructions for 21st century pilates exercises using the magic circle elastic resistance and the small fitness mini ball

for pilates trainers fitness professionals and those wanting a deeper understanding of their practice classic pilates repertoire plus original exercises from ellie herman detailed descriptions and photos with breathing alignment cues contraindications and rehab

applications paperback black and white photos

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the pilates bible is the most authoritative and comprehensive book on pilates matwork ever written and demonstrates why this hugely popular exercise has gone from cult status to an essential part of our modern lifestyle drawing on the latest medical research the authors have updated old favourites as well as introduced many new all can be performed with little or no equipment and the pilates bible allows you to progress safely at your own pace through beginners intermediate and advanced there are also special sections on pilates for new mothers and children people with problems such as osteoarthritis back pain and knee injuries as well as pilates at the gym and the workplace and for the performing arts and sport this is truly the one stop guide for pilates novices as well as those hoping to consolidate what they already know

the red thread the integrated system and variations of pilates the mat gives to you over 35 years of experience in the pilates method mat in one book the book not only instructs how to execute the goal of each exercise but how to build with variations and challenge each exercise preparing the body for the next exercise to come the book explains how and why to choose a variation to suit the needs of the student it includes a comprehensive look at the connection between not only the prior exercise and the thread that binds them but the thread that runs through the link between the spinal function of the exercise s predecessor the book includes the purpose of each exercise which enables you to break it down so the purpose remains unchanged and the method preserved the red thread the integrated system and variations of pilates the mat offers teachers tips on how to spot what to look for the don t do s and major benefits of the exercise the 1400 plus photos are taken both from the traditional vantage point and from the teacher s view the pilates method is also presented in easy to read charts these charts breakdown in simple form what to add next this will enable you to create a perfect workout to strengthen what is weak and challenge

what is strong the charts offer a multitude of vantage points to build the work from these include spinal functions and cover a vast range of injuries my hope is that the red thread the integrated system and variations of pilates the mat will give both the teacher and the student insight into the method we know as pilates the tools you need and elicit critical thinking i hope it gives the insight needed to understand that the pilates method is not just a list of exercises and why at each level of the work one exercise follows another the red thread the integrated system and variations of pilates the mat presents an understanding that this method is not black and white but a beautiful colorful canvas as unique as the body before you

whether you are just beginning your journey or have been practising for years this complete course in pilates matwork is an invaluable resource taking you through all pilates exercises as originally conceived and practised by joseph pilates also included are pre pilates moves which are especially helpful for beginners all exercises are shown step by step for beginner intermediate and advanced levels with instructions on adapting poses with supports such as cushions blocks and dynabands and alternative moves for those with special needs along with any contraindications careful attention is given to how poses are executed safely and with maximum effect a fully illustrated chapter details the anatomy and physiology of the human body explaining its various functions and how each body system works advice on setting up your own practice is also included

a postnatal recovery program aimed at all mothers offering a pilates regimen based on up to date research on pelvic floor and abdominal healing this is a straight talking woman to woman postnatal recovery guide with a twist based around pilates fundamentals and a progressive pilates program tailored for postnatal recovery this book will enable women to establish good posture and breathing habits for life as well as rebuilding strength after birth pelvic floor dysfunction is a real issue affecting 75 of women in their lifetime we have a culture of suffering in silence and currently many women simply accept postnatal issues

such as pelvic floor weakness and abdominal separation which can be a cause of pain embarrassment and mental health problems postnatal pilates is a guide to taking control of postnatal recovery empowering women with robust information and techniques to take their recovery into their own hands as well as providing essential signposts on when to seek professional guidance posture tips are easily incorporated into day to day life breastfeeding pushing the buggy at your desk picking up your toddler and the book also features bite sized health fitness and wellbeing advice throughout along with tips for dealing with the physical and mental stresses of early motherhood exercise routines are broken down into 10 20 30 minute sessions so that women can realistically aim to commit to them around life with a baby foreword by lynne robinson pilates guru and founder of body control pilates

a timely book that focuses on how pilates is adapting and serving the 21st century world this book s forward is written by wendy leblanc arbuckle who has studied with all of the pilates elders beginning with romana kryzanowska and longtime friends and treasured mentors mary bowen and kathleen stanford grant and pilates master teacher alan herdman gary offers a contemporary voice in the pilates community that lends distinction for teachers with a greater mission to evolve practitioner student and client to their next level of health

to say i love this work is truly an understatement i live breathe and cherish it it is this passion that brings this book to you my wish is that when you read the last exercise you will see that all of these students of joe pilates and students of joe pilates teachers share a common bond they teach pilates they come to it from their unique vantage point a reflection of the times a need to adjust but they all teach the work of joe pilates they all began on their own path and had their unique journey but in the end all paths start with joe i hope that the notes in this book will inspire you to open your hearts your eyes and your work to investigate the work of these gifted teachers because of their hard work dedication and inspiration we have the method before us that we do today as the method unifies the

mind body and spirit i hope that through this book the pilates community will find understanding respect and tolerance for the progressive variations of joe s essential pilates which experience and individual creativity have inspired whether we teach the hundred with palms down or palms up and so many other variations on the exercises mr pilates bequeathed to us we are all in this together to share the many gems of this work we know as pilates the exercises i describe in this book are a blend of the original way i learned the exercises from romana when i began training in the 80s through and post my teacher training with her in the 90s and my journey in this work as a student of kathy lolita jay and others who had a close relationship with joe pilates or his work the exercises and order romana used during my teacher training were slightly different i have included many of these changes in the notes and i refer to those as rk i was blessed recently to have completed lolita san miguel s pilates master mentor program and was inspired by how and why she teaches the work lolita and her lead teacher danielle armstrong shared their insights for this book i refer to these insights in the notes as lsm sarita allen trained for many years with kathy stanford grant and has shared her notes and insights into kathy s teaching i refer to sarita s notes insights and variations in the notes as ksg recently i have had the gift of becoming friends with the brilliant john steel to be honest there was a time when he had been painted as a villain nothing could have been further from the truth having spent time with john he further solidified my belief in this work and he enlightened and delighted me with his wit and humor about his time with joe and clara most of all he inspired me to continue my quest to unify the pilates community john like mr pilates myself and so many others believe in this work and the power of this work to make the world a better place one body at a time often romana would point to a photo and tell me to add that exercise into my workout if someone was doing the exercise i was told to watch it and learn it i was not taught as we teach our clients today we had to be responsible for our orders our exercises and our safety i used the photos on the wall and the few verbal cues that we were given to learn the exercises most of all we had the touch of our teachers to

help us find the work the flow of the movement to increase our circulation and the freedom of tension to lubricate our joints i hope you appreciate the simple format of this book and how important it is for me to pay respect to those who have blazed the trail and formed us into the teachers we are today i thank my teachers and colleagues from the bottom of my heart for sharing themselves and their knowledge i hope this book will inspire you to look deeper and search into yourselves and your pilates then now and in between

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