



## The Pilates Healing Bible: Tone Your Body through Exercise that Strengthens and

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By Cosby, Melissa.

Chartwell. 1 Spiral (cloth)(s), 2013. hard. Book Condition: New. Informed by gymnastics, tai chi, and weightlifting, Pilates can help you to develop a sense of balance and poise that will benefit you in any physical endeavor as well as in your day-to-day activities. Illustrated with dozens of captioned, color photographs, this book introduces such core principles as mindful breathing and centering, and includes simple but effective warm-ups, stretches, and relaxation routines that you can do at your desk, as well as some classical Pilates mat routines. Melissa Cosby's step-by-step explanations are ideal for beginners, but may also serve as a welcome refresher for more advanced practitioners. 224.



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