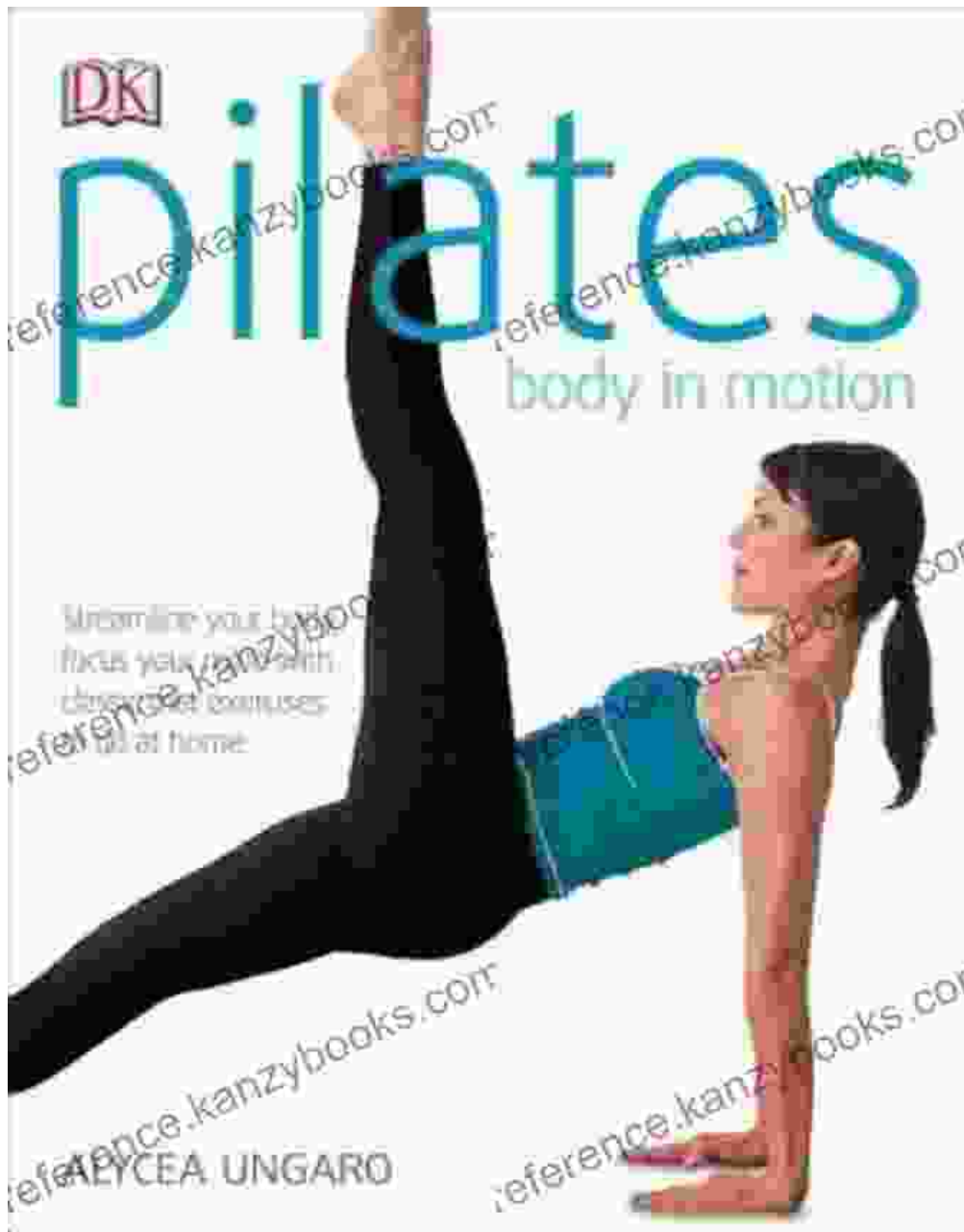


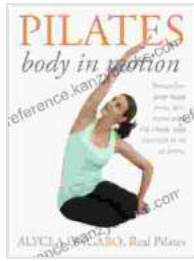
Pilates Body in Motion: A Comprehensive Guide to the Pilates Method

By Alycea Ungaro



Pilates: Body in Motion by Alycea Ungaro

★★★★☆ 4.6 out of 5



Language	: English
File size	: 35809 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
X-Ray	: Enabled
Word Wise	: Enabled
Print length	: 384 pages
Lending	: Enabled



Pilates Body in Motion is a comprehensive guide to the Pilates method, with over 100 exercises and variations to help you improve your flexibility, strength, and posture. Written by Alycea Ungaro, a certified Pilates instructor with over 20 years of experience, this book is perfect for beginners and experienced Pilates practitioners alike.

The book begins with an introduction to the Pilates method, its history, and its benefits. Ungaro then provides detailed instructions for each of the exercises, with clear step-by-step instructions and full-color photographs. The exercises are grouped by body part, so you can easily find the ones that you need to work on.

In addition to the exercises, Ungaro also provides information on Pilates principles, such as breathing, alignment, and concentration. She also includes tips on how to modify the exercises for different fitness levels and body types.

Pilates Body in Motion is a valuable resource for anyone who wants to learn more about the Pilates method. It is a comprehensive guide that

provides everything you need to know to get started with Pilates and continue practicing it safely and effectively.

Benefits of Pilates

Pilates has many benefits, including:

- Improved flexibility
- Increased strength
- Better posture
- Reduced pain
- Improved balance
- Increased coordination
- Improved circulation
- Reduced stress

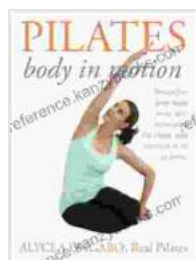
Who can benefit from Pilates?

Pilates is beneficial for people of all ages and fitness levels. It is especially beneficial for people who:

- Are looking to improve their flexibility
- Want to increase their strength
- Need to improve their posture
- Are experiencing pain
- Want to improve their balance

- Want to increase their coordination
- Want to improve their circulation
- Want to reduce stress

Pilates Body in Motion is a comprehensive guide to the Pilates method that is perfect for beginners and experienced practitioners alike. With over 100 exercises and variations, this book has everything you need to get started with Pilates and continue practicing it safely and effectively.



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Book Review: In Controluce Scatti Di Epilessia

In Controluce Scatti Di Epilessia Author: Elisa Serafini Publisher: Postcart Edizioni Publication Date: 2019 ...



The Little Red Book of Running: A Comprehensive Guide to the World's Most Popular Sport

Running is one of the most popular sports in the world. It's a great way to get fit, lose weight, and relieve stress. But if you're new to...