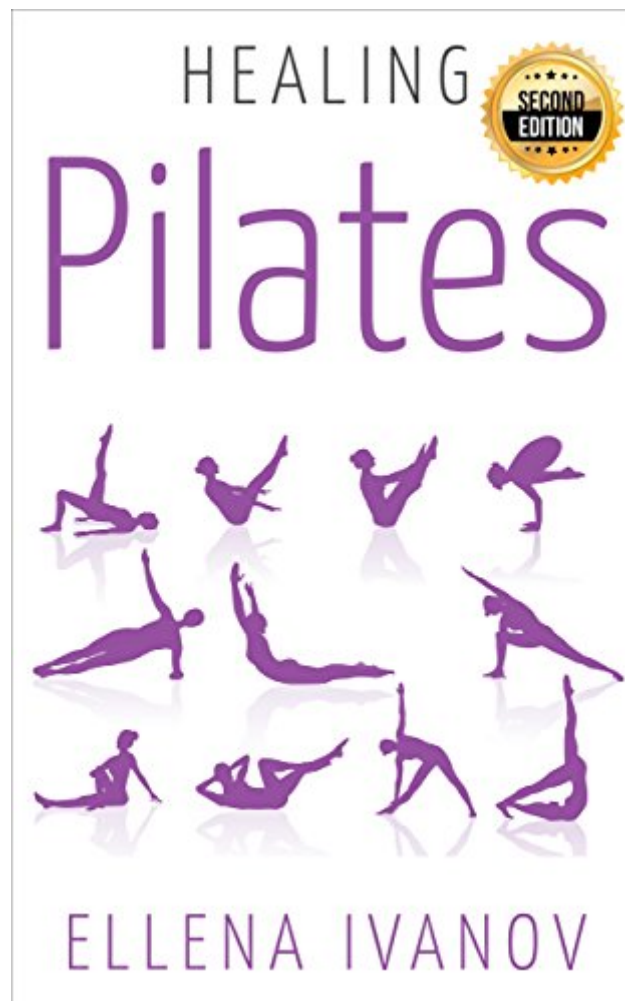


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# Healing Pilates: Pilates - Successful Guide To Pilates Anatomy, Pilates Exercises, And Total Body Fitness - 2nd Edition



## Synopsis

\*\*\*SECOND EDITION\*\*\* SPECIAL & LIMITED TIME OFFER!!!Free BONUS inside! (Right After Conclusion) - Get limited time offer, Get your BONUS right NOW!This #1 Best Selling Critically Acclaimed Book is now available Globally on - Download it Now!Do you want to strengthen, lengthen, and sculpt your muscles?Are you in need of losing weight?Can you use help with stubborn belly fat?Would you like to do movements that would help with body aches and pains?If you can say â œyesâ • to even one of these questions, then Healing Pilates is the book for you!In this book by Ellena Ivanov you will learn several benefits and factors on practicing Pilates.Introduced by Joseph H. Pilates, Pilates (Originally called "Contrology") is a term used for an exclusive classification of strengthening, stabilizing and stretching exercises. Pilates is the art of highly controlled and calculated movements, which will have a feeling of a workout rather than some imposed kind of therapy. Pilates retains the ability to aid in getting, through constant practicing, flexibility, control, strength, develops control and endurance in the entire body and posture.In this book, you will learn several reasons that your body is in need of trimming and would benefit from Pilates, such as the same old tiresome routines, decreased immunity levels, reliance on technology as a big cut to physical activity and being overweight that denotes social humiliation.Healing Pilates delves into the history of Pilates and talks about the Return to Life through Contrology (the combination of Control and Logia that Joseph Pilates writes about).The mechanical aspects of Pilates are body alignment, stretching and an increased core strength. With Pilates, you may also want to use â œapparatusâ • or accessories and equipment to further your experience. Some of the types of equipment mentioned in this book include Pedi-Pole, Wunda Chair, Cadillac, High â œElectricâ • Chair, Ladder, Barrel and Spine Corrector and the most famous being the Reformer.Some of the benefits of using Pilates is for weight loss, for aiding in dance, during pregnancy, to reduce belly fat, for back pain and to improve ab development.Pilates is an absolute synchronization and dexterity of soul, mind and body. Some of the principles of Pilates are concentration, control, centering, and flow of movement, precision, breathing and power house (human body as a system of harmonized organs).This book will also show you a comparative analysis between the practices of Pilates and Yoga so that you can make an informed decision on which method is best for you.Healing Pilates also has a section on precautionary measures.If you want to get your body in better shape while improving your overall health and mind set, then Pilates is for you.This #1 Best Selling Critically Acclaimed Book is now available Globally on - Download it Now!Download your copy TODAY!

## Book Information

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## Customer Reviews

At first glance, I thought this book is about non-medical healing techniques. I wonder what does "pilate" means. So I researched it, and found out that it is about physical fitness in ancient times. This book is a good guidelines on having a physically fit body and more.

Detailed and to the point. People interested in pilates, looking to get in shape, can definitely benefit from this book. My wife recommends it. We were fortunate enough to get this book during a promotion.

I enjoyed reading this e-book due to my new found love of pilates as a relaxing and effective exercise, not only of a physical nature but also of a mental and emotional nature, as well. This book covers all of the tiny aspects of pilates that people tend to skip over and is effective when combined with instructions of a certified pilates instructor. A must-buy for anyone who does this type of exercise on a day-to-day basis. You will gain a lot of new information.

To say frankly, I knew a little about Pilates. Its popularity as a system of exercise is increasing

worldwide day by day. Pilates system that is holistic in nature improves one's health by strengthening the muscles in the body. Moreover, Pilates is enough to lose weight and stay in shape. I found it perfect for my overall progress of the body. The astounding effects of Pilates upon body system make me astonished. Practical Pilates section of this book introduces me with different system of mat exercise for individual part of the body. I strongly recommend this book if you are conscious about yourself.

This book exposes one to a lot of benefits associated with Pilates. I never knew so much about this sort of excersises that stabilizes, strenghtent and energizes one this way. The book also shows how it can affect the mind and bring about improvement. it shows a wonderful comparism with Yoga which is a way of stretching one's mind to attain physical fitness. Overall, this book is recommended for total body fitness as it looks into the major aspects of concern of individuals today such as a fine bod, nice albs, obesity, relaxation of the mind and so on. It was an enjoyable read and educative as well.

I am studying healing pilates this past few days and I am so interested about them. So, I looked for books that can explain and teach me more about healing pilates and I found this book. This book shows the need for body trimming. I learned the astounding effects of pilates. This book taught me how to prepare for pilates mat exercise. I understand now why to choose pilates. This book gave me the information that I need but some of it must be discussed more.

I have been struggling so much for losing more weight for the holidays, and when I passed my eyes with this book while looking for recipes for my diet and all, I just took this and placed my order in. I haven't finished the book yet on how Pilates will help me find my inner core and exercise on a different way instead of just simply going to the gym, but i feel relieved knowing about the benefits and great effects of the said exercise.

Many people depends on gym and fitness centers for exercise and fitness of body. Pilates excersises are the best option to keep body fit, because Pilate excercises are designed to strengthen the muscles in the body, improve the overall flexibility of the person, and essentially build up oneâ™s overall health. This book contains many exercises for you to try. So, if you want to immediately begin working on Pilates, you can do so with this book. This is an ultimate guide on Pilates!

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