



Pilates Practice Companion

Alycea Ungaro

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This is an accessible and user-friendly one-stop guide. Whether you are a beginner, at intermediate level or are looking for something more advanced, pick a programme that suits your style with the "Pilates Practice Companion". This title is packed with 20, 40 and 60-minute sequence programmes covering step-by-step exercises to improve posture, flexibility and energy levels. Plus, find sections for specific problems such as back, knee, hip and shoulder. With a warm, reassuring tone and accessible, user-friendly format, this book offers a more holistic approach, listing the physical and mental benefits of Pilates and highlighting common faults with tips on 'how-not-to-do-it'. Plus, get advice on healthy eating and ways to incorporate Pilates into everyday life in order to feel more balanced.

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