

MODERN PILATES



The

step by step,



at home guide to

a stronger

body



*Understand Pilates and
create a new you!*



PENELOPE LATEY

Modern Pilates The Step By Step At Home Guide To A Stronger Body

Paul Massey



Modern Pilates The Step By Step At Home Guide To A Stronger Body:

Modern Pilates Penelope Latey, 2001 Using the fundamentals of Joe Pilates's work philosophy and exercises with modifications this step by step guide for practicing the modern Pilates method offers a safe exercise plan for beginners as well as advanced enthusiasts and for those of any age and fitness level including pregnant women and post traumatic practitioners It explains the origins of the Pilates method its transformation into modern Pilates and exactly how it can benefit practitioners Unlike the traditional method which focuses on constantly holding in the lower abdomen and on extremely effortful movements modern Pilates is firmly based on the functional movement possibilities of the body The exercises in this book are influenced by developments in therapeutic massage osteopathy and the Feldenkrais method Butoh a Japanese performance art developed in the 1950s and ante and postnatal work With easy to understand diagrams drawings and photos it provides exercises for maintaining good posture fitness strength grace flexibility and freedom from injury

The Anatomy of Pilates Paul Massey, 2009 The Anatomy of Pilates shows what actually happens to the body's muscles and joints during Pilates exercises Each two page spread features detailed anatomical illustrations of an exercise with muscle actions highlighted in red a detailed description of the exercise and its objectives Rehabilitation of the Spine: A Patient-Centered Approach Craig Liebenson, 2019-10-29 The gold standard resource in the field Rehabilitation of the Spine A Patient Centered Approach provides a practical overview of all aspects of spinal rehabilitation The 3rd Edition has been completely revised with new information to bring you up to date Comprehensive and easy to read this reference is invaluable for chiropractors and physical therapists as well as spine surgeons physician assistants and nurse practitioners involved in the care of patients with spine problems **Educational Opportunities in Integrative Medicine** Douglas A. Wengell, Nathen Gabriel, 2008 Surveys the nine medical licenses as well as fifty nondegree healing modalities including history philosophy basic techniques and methods and provides information on career and training opportunities

Structural Bodywork John Smith, 2005 An advanced introduction to the field of structural bodywork which focusses on the issues of postural and functional dysfunction The text builds on the theories of Ida Rolf Rolfing and Feldenkrais and reviews them in the broader context of massage therapy and other complementary therapies based on bodywork techniques including chiropractic The book is in 3 main parts Part 1 looks at the background of structural bodywork and how it has developed before defining it as it is understood today Part 2 looks at the theory of structural body work in more depth and relates it to human anatomy and clinical presentations It draws together various strands of theory and practice which have not been considered together before but are all related to bodywork practice Part 3 is a major part of the book and is a practical guide to structural bodywork techniques This latter section is highly illustrated with photographs and line drawings Content is highly readable academically sound and grounded firmly in bodywork practice Previously unrelated theories are discussed and applied to practice The well known theories of Rolf and Feldenkrais are reviewed A comprehensive practical

manual section provides numerous techniques and models for a variety of musculoskeletal skeletal problems Numerous illustrations provide a better understanding of text content *Pilates-Anatomie* Paul Massey,2010-02-15 Millionen Menschen nutzen Pilates um ihre körperliche und geistige Gesundheit zu verbessern Dieses fundierte Standardwerk für Einsteiger Trainer und Therapeuten zeigt wie die 40 wichtigsten Pilates bungen auf den Körper wirken Jede bung wird von einer anatomischen Illustration begleitet Eine ausführliche Beschreibung widmet sich der korrekten Ausführung und Atemtechnik sowie dem Ziel der bung *The Publishers Weekly* ,2002 Subject Guide to Books in Print ,2001 The British National Bibliography Arthur James Wells,2006 **Forthcoming Books** Rose Army,2002

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