

SIMPLY PILATES

MIND BODY BREATH

Easy to follow and beautifully demonstrated, *Simply Pilates* is an ideal guide for beginners and for those with previous experience. All you need is a mat and comfortable clothing.

Jennifer Pollman, an experienced instructor in the Pilates Method, provides clear explanations emphasising the awareness of posture, movement and breathing. After teaching in busy Letchmere and Gold Coast studios, Jennifer has established her own business in Tweed Heads, 'Pilates InsideOut'. Her approach to the Pilates Method is both dynamic and innovative and she is experienced with clients of all fitness levels and ages - from athletes to clinical rehabilitation patients.

Jennifer's calm and encouraging approach will lead you through a 42-minute floor sequence, leaving you feeling refreshed and invigorated.



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Hinkler Books



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Simply Pilates Jennifer Pohlman, 2002 Jennifer Pohlman instructs in basic Pilates exercises **Simply Pilates** Hinkler Books, 2011-08 Master the basics in record time with one easy class The Instant Master Class series are beautifully presented hardcover books with an accompanying DVD housed within a slide tray that is incorporated into the front cover Together each book and DVD set delivers a complete class for you at home featuring expert information and tips for adapting and customizing the elements at home With a selection of popular lifestyle health and fitness titles available the Instant Master Class series has something for everyone *Simply Pilates* Jennifer Pohlman, 2004 A complete workout that progresses through a series of beginner level exercises which can be performed at home with an exercise mat **More Simply Pilates** Jennifer Pohlman, 2004 More Simply Pilates is an integrated home workout program based on traditional Pilates teachings

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