



Healing Pilates: Pilates - Successful Guide to Pilates Anatomy, Pilates Exercises, and Total Body Fitness - 2nd Edition

Ellena Ivanov

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**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 “yes” 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 “apparatus” 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 “Electric” 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.

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Darrin Russell:

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