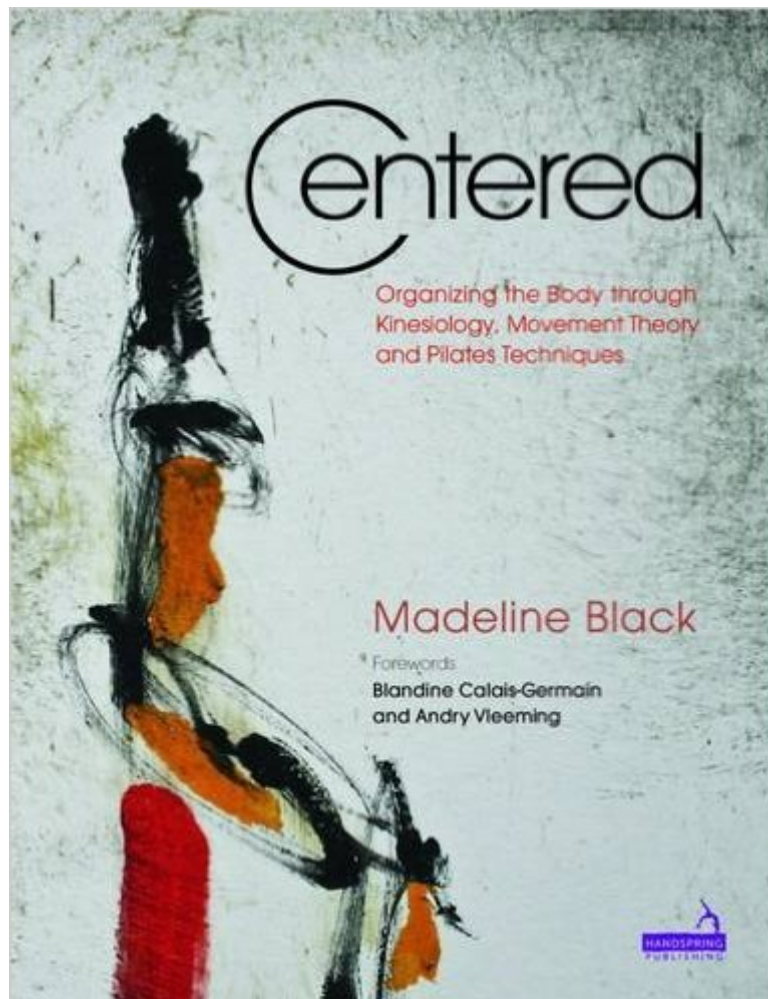


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Centered: Organizing The Body Through Kinesiology, Movement Theory And Pilates Techniques



Synopsis

This book will, for the first time, provide a complete picture demonstrating the complex interconnectedness of the musculature, fascia, and joints, and the implication of these deeply intertwined systems for movement through Pilates, yoga, and other fitness disciplines. Black's richly illustrated presentation style will allow the instructor to grasp the biomechanics underlying posture and dysfunction and hence to enable change and improvement.

Book Information

Paperback: 341 pages

Publisher: Handspring Publishing; 1 edition (October 19, 2015)

Language: English

ISBN-10: 1909141151

ISBN-13: 978-1909141155

Product Dimensions: 0.8 x 7.8 x 9.8 inches

Shipping Weight: 12.6 ounces (View shipping rates and policies)

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Customer Reviews

Wonderfully organized and written book for the advanced Pilates practitioner. Madeline Black is a pioneer in the Pilates industry as this book reflects her thoughtful and intelligent approach to helping clients. A must-have resource for any Pilates Studio.

Best book ever! Worth the wait when back ordered!

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