



Pilates (Health & wellbeing series)

By Patricia Lamond

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Pilates has taken the exercise world by storm. This method aims to create balance within the body by working on different muscle groups - for the purpose of general health, as well as the enhancement of sporting performances and improved posture. This full-colour step-by-step guide book with its superb, detailed full-colour photography is the perfect introduction. Geared for first-time exercisers who wish to do simple matwork for fitness, either at home or with a teacher, the book concentrates on matwork, using photographs to demonstrate all the key moves and illustrations to explain what is happening under the skin. The book is an ideal complement to work undertaken with a teacher, as it enables the beginner to practise safely at home. Detailed text and illustrations explain exactly how the exercises work, how they benefit you, and how to do them well. The author explains the importance of the mind-body relationship, muscle functioning and fitness for everyday activities. Pilates is suitable for people at every level of fitness, from first-timers to athletes and performers. This book is an essential, easy-to-follow, inspiring guide for anyone who wants to improve their fitness, posture and appearance.

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Editorial Review

About the Author

Patricia Lamond is a classical ballet teacher who first discovered the value of Pilates when she was teaching young dancers. Pilates instruction is now her full-time profession and she owns and runs a fully equipped studio where her clients are dancers, athletes and people who simply want to enjoy the benefits of a well-toned body. She attended postural analysis classes with Jerome Sanders of the Romano Studio in New York (Romano is a former student of Joseph Pilates) and obtained her international Pilates qualifications from the Stott Pilates Corporation of Canada.

Users Review

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Andy Breaux:

Often the book Pilates (Health & wellbeing series) has a lot details on it. So when you read this book you can get a lot of advantage. The book was authored by the very famous author. The author makes some research previous to write this book. That book very easy to read you can find the point easily after reading this article book.

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Phyllis Tucker:

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