

Beautiful Pilates



BOOK DETAILS

- Author : Helen L. Tardent
- Pages : 198 Pages
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BOOK SYNOPSIS

Helen Tardent, Sydneys foremost Pilates practitioner, introduces you to the dance industrys best-kept secret. Drawing directly on Joseph Pilates mind-body exercise technique, Helen highlights the fluid beauty of the method while showing how it can leave you feeling agile, firm, exhilarated, strong and revitalised. Along with acclaimed photographer Greg Barretts photographs, Helen reveals the beauty of Pilates poses as you have never seen them before. In this book she leads you through a warm-up of Pilates classics and then demonstrates the graceful poses of forty-five core exercises that make up a complete program. Including specially tailored modifications for those with restrictions, Beautiful Pilates gives you sequences for every level of fitness, from beginners through to the super-advanced.

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