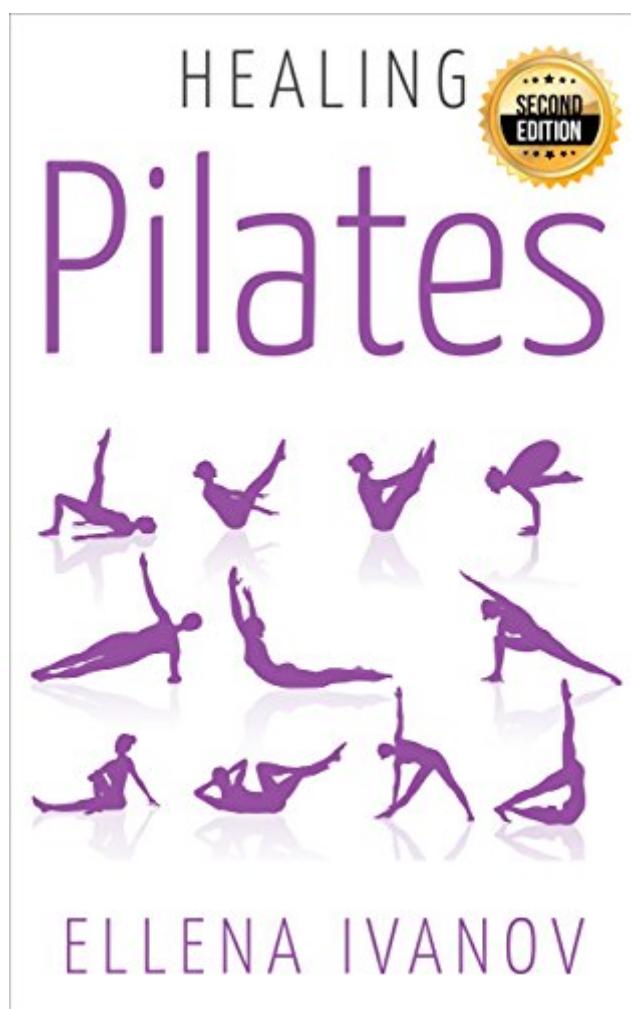


The book was found

Healing Pilates: Pilates - Successful Guide To Pilates Anatomy, Pilates Exercises, And Total Body Fitness - 2nd Edition



Synopsis

SECOND EDITION SPECIAL & LIMITED TIME OFFER!!!Free BONUS inside! (Right After Conclusion) - Get limited time offer, Get your BONUS right NOW!This #1 Best Selling Critically Acclaimed Book is now available Globally on - Download it Now!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.This #1 Best Selling Critically Acclaimed Book is now available Globally on - Download it Now!Download your copy TODAY!

Book Information

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Customer Reviews

At first glance, I thought this book is about non-medical healing techniques. I wonder what does "pilate" means. So I researched it, and found out that it is about physical fitness in ancient times. This book is a good guidelines on having a physically fit body and more.

Detailed and to the point. People interested in pilates, looking to get in shape, can definitely benefit from this book. My wife recommends it. We were fortunate enough to get this book during a promotion.

I enjoyed reading this e-book due to my new found love of pilates as a relaxing and effective exercise, not only of a physical nature but also of a mental and emotional nature, as well. This book covers all of the tiny aspects of pilates that people tend to skip over and is effective when combined with instructions of a certified pilates instructor. A must-buy for anyone who does this type of exercise on a day-to-day basis. You will gain a lot of new information.

To say frankly, I knew a little about Pilates. Its popularity as a system of exercise is increasing

worldwide day by day. Pilates system that is holistic in nature improves one's health by strengthening the muscles in the body. Moreover, Pilates is enough to lose weight and stay in shape. I found it perfect for my overall progress of the body. The astounding effects of Pilates upon body system make me astonished. Practical Pilates section of this book introduces me with different system of mat exercise for individual part of the body. I strongly recommend this book if you are conscious about yourself.

This book exposes one to a lot of benefits associated with Pilates. I never knew so much about this sort of exercises that stabilizes, strengthens and energizes one this way. The book also shows how it can affect the mind and bring about improvement. It shows a wonderful comparison with Yoga which is a way of stretching one's mind to attain physical fitness. Overall, this book is recommended for total body fitness as it looks into the major aspects of concern of individuals today such as a fine body, nice abs, obesity, relaxation of the mind and so on. It was an enjoyable read and educative as well.

I am studying healing pilates this past few days and I am so interested about them. So, I looked for books that can explain and teach me more about healing pilates and I found this book. This book shows the need for body trimming. I learned the astounding effects of pilates. This book taught me how to prepare for pilates mat exercise. I understand now why to choose pilates. This book gave me the information that I need but some of it must be discussed more.

I have been struggling so much for losing more weight for the holidays, and when I passed my eyes with this book while looking for recipes for my diet and all, I just took this and placed my order in. I haven't finished the book yet on how Pilates will help me find my inner core and exercise on a different way instead of just simply going to the gym, but I feel relieved knowing about the benefits and great effects of the said exercise.

Many people depend on gym and fitness centers for exercise and fitness of body. Pilates exercises are the best option to keep body fit, because Pilates exercises are designed to strengthen the muscles in the body, improve the overall flexibility of the person, and essentially build up one's overall health. This book contains many exercises for you to try. So, if you want to immediately begin working on Pilates, you can do so with this book. This is an ultimate guide on Pilates!

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Healing Pilates: Pilates - Successful Guide to Pilates Anatomy, Pilates Exercises, and Total Body Fitness - 2nd Edition Pilates and Bodyweight Exercises: 2-in-1 Fitness Box Set: Shred Fat, Look Great (Pilates Exercises, Bodyweight Exercises, Fitness Program, HIIT Program, ... Muscle Building, Lean Body, Total Fitness) Pilates Six Pack Exercise Bundle: Learn How to Exercise Correctly Today - Intro to Pilates - Beginner Six Pack Exercises (Ultimate Mind Body Fitness - Strengthen, Tone and Heal Your Body) Memory Exercises: Memory Exercises Unleashed: Top 12 Memory Exercises To Remember Work And Life In 24 Hours With The Definitive Memory Exercises Guide! (memory exercises, memory, brain training) Crystals and Gemstones: Healing The Body Naturally (Chakra Healing, Crystal Healing, Self Healing, Reiki Healing) The Women's Health Big Book of Pilates: The Essential Guide to Total Body Fitness Build Your Running Body: A Total-Body Fitness Plan for All Distance Runners, from Milers to Ultramarathoners-Run Farther, Faster, and Injury-Free Healing: Reclaim Your Health: Self Healing Techniques: Fasting, Meditation, Prayer, Healing Medicine, and Energy Work (Channeling, Shamanism, Chakra Healing, ... Qigong Healing, Ayahuasca Book 1) BODY BUTTER: Homemade Body Butter Recipes - 30 DIY Body Butter Recipes For Softer, Healthier, And More Radiant Skin (Body Butter, Body Butter Recipes, natural remedies) Body Language: Body Language Training - Attract Women & Command Respect, by Mastering Your High Status Body Language (Body Language Attraction, Body Language ... Language Secrets, Nonverbal Communication) Exercises for the Brain and Memory : 70 Neurobic Exercises & FUN Puzzles to Increase Mental Fitness & Boost Your Brain Juice Today (With Crossword Puzzles) RUNNING : How to get in shape while you train for mental toughness: The beginner guide to total body fitness (Build a Better Self Book 1) Reiki: The Healing Energy of Reiki - Beginner's Guide for Reiki Energy and Spiritual Healing: Reiki: Easy and Simple Energy Healing Techniques Using the ... Energy Healing for Beginners Book 1) Yoga for Kids: Safe Yoga Poses for Children ages 0-12: Starting Them Young: Children's Yoga Poses for Total Mind-Body Fitness (Yoga for Kds) The 90-Day Home Workout Plan: A Total Body Fitness Program for Weight Training, Cardio, Core & Stretching Suspended Bodyweight Training: Workout Programs for Total-Body Fitness REIKI: From Beginner to Expert - Energy Healing Double Book Bundle (+Bonus!) - Ultimate Guide to Reiki Healing & Chakra Healing (Energy Healing, Chakras ... Beginners, Reiki Symbols, Chakra Balancing) Reiki Healing: Reiki Healing, A Beginners Guide to Healing Your Body (Reiki for Beginners, Chakra for Beginners Book 1) The Healthy Gut Workbook: Whole-Body Healing for Heartburn, Ulcers, Constipation, IBS, Diverticulosis, and More (The New Harbinger Whole-Body Healing Series) BODY LANGUAGE : Decoding Alpha Male Body Language, Instantly Attract Any Woman Without Saying a Single word. (Body Language 101, Alpha male, Attract woman, ... Seduce

Women, Eye Contact, Body Language)

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