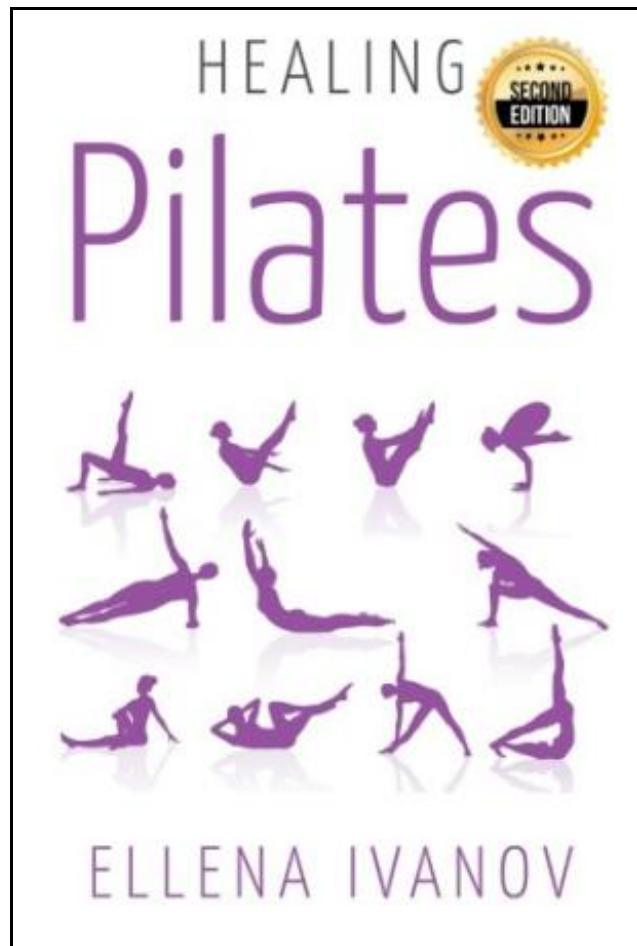


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Createspace Independent Publishing Platform, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.**SECOND EDITION** SPECIAL LIMITED TIME OFFER!!! Free BONUS inside! (Right After Conclusion) - Get limited time offer, Get your BONUS right NOW! This #1 Best Selling Critically Acclaimed Book is now available Globally on Amazon - 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...



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