



# **The Pilates Healing Bible: Tone Your Body with This Gentle, Effective Exercise System that Strengthens and Conditions the Muscles and Improves Posture and Breathing**

*Melissa Cosby*

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The Pilates Healing Bible is your introduction to the principles of Pilates, bringing together the themes of mindfulness and movement. You can tone your body through exercise that strengthens and conditions the muscles and improves focus, comfort, and clarity.

The drills in this book are warm-ups, stretches, and relaxation routines to help you prepare for a full Pilates practice. Pilates is a blend of disciplines informed by gymnastics, Olympic weightlifting, tai chi and everything else that piqued the curiosity of its inventor, Joseph Pilates.

This book includes a range of exercises formulated to work with your busy lifestyle, from routines that can be done at your desk, to floor routines for home, plus a classical Pilates mat routine. Readers will find that easy- to-follow instructions accompanied by step-by-step images to illustrate each exercise.

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