



# **Pilates - A Teachers' Manual: Exercises with Mats and Equipment for Prevention and Rehabilitation**

*Verena Geweniger, Alexander Bohlander*

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**The Pilates book for professionals:** Background information and extensive practical knowledge on using the Pilates approach in prevention and therapy. The foundations include, among others, the "Pilates Principles" (Breathing, Centering, Flow, Precision, Concentration, Control and Coordination). The extensive praxis part presents all **techniques and exercises (mat and equipment training)** with **detailed photos of movement sequences** and with precise instructions and explanations of each exercise. **Class plans** provide concrete suggestions for the design of course units with prevention orientation and **patient examples** illustrate treatment procedures and therapeutic effects of the Pilates approach for different symptoms. - **A must-have for all Pilates professionals: teachers, trainers, physiotherapists.**

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