

Pilates Fusion: Well-being For Body, Mind, And Spirit - Shirley Archer

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A healthy body, clear mind, and soaring spirit are now within reach in Pilates Fusion a holistic approach to one of the most beneficial fitness practices today. Melding the best of Pilates with Eastern philosophy, Pilates Fusion features over 50 fully illustrated stretching, breathing, and mat-based exercises matched with meditative visualizations to awaken the spirit while strengthening the body. Pilates instructor Shirley Sugimura Archer provides tips on setting up a practice space, pointers on correct execution, and enlightening counsel on the mind-body-spirit connection. Offering simple exercises for those just starting out along with more advanced forms, plus sequences tailored to meet specific needs, Pilates Fusion makes it easy to become fit and feel fantastic inside and out. Author: Archer, Shirley Publisher: Chronicle Books LLC Illustration: N Language: ENG Title: Pilates Fusion: Well-Being for Body, Mind, and Spirit Pages: 00128 (Encrypted EPUB) On Sale: 2013-01-30 SKU-13/ISBN: 9780811839877 Category: Health & Fitness : Exercise

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