



# Pilates Basics: A Relaxing Way to Energize and Heal from Within

*Maritza Kojabashian, Gaiam*

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Pilates is the unique conditioning system that strengthens, lengthens, and tones muscles. It is a technique that anyone can do, no matter what his or her fitness level. To start off on the right foot, though, you need to know the main components for making this system work toward your advantage. And that's where Pilates Basics comes in. In this book, Jillian Hessel presents a methodical approach to the basic mat principles of Pilates. Full-color photographs with accompanying how-to instruction detail each exercise so that you can successfully move through the program. A focus on keeping the exercise simple, as well as showing modifications, ensures that beginners can successfully master this fitness plan.

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