



## Secrets of Pilates

*Sally Searle, Cathy Meeus, Cathy Meeus, Sally Searle*

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**Secrets of Pilates** Sally Searle, Cathy Meeus, Cathy Meeus, Sally Searle

Reintroduce your mind to your body and develop a healthier, more relaxed approach to life. One of the first exercise systems to acknowledge the link between mind and body, Pilates will not give you bulging biceps--or leave you feeling exhausted after each session. Instead, Pilates provides you with a balanced approach to toning your body, correcting your skeletal alignment, and improving your posture and coordination. After a brief introduction to the principles of this exercise system, this book provides the newcomer with descriptions of basic exercises, all illustrated to show precise body movements and postures. By developing mental awareness of your body, Pilates brings the mind into closer connection with the body rather than allowing the mind to control it.

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