



# Pilates Fusion: Well-Being for Body, Mind, and Spirit

*Shirley Sugimura Archer*

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# Pilates Fusion: Well-Being for Body, Mind, and Spirit

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## **Pilates Fusion: Well-Being for Body, Mind, and Spirit** Shirley Sugimura Archer

A healthy body, clear mind, & soaring spirit are now within reach. Melding the best of the Pilates practice with Eastern philosophy, this book presents a unique program for holistic health. Stretching, breathing, & mat-based exercises are matched with visualizations to help awaken your spirit while you strengthen & lengthen your body. Provides easy-to-follow, step-by-step directions. Provides tips on setting up a practice space, pointers on correct execution, & 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 your specific needs, this book makes it easy for anyone at any level to become fit & feel fantastic -- inside & out! Illus.

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