



20 MINUTES TO MASTER ... PILATES (Thorsons First Directions)

Lesley Ackland

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Do you dream of a flat stomach, a longer, leaner body and superb posture? Do you wish to improve your overall appearance? Pilates will help you achieve all this – and more.

20 Minutes to Master Pilates is a clear introduction to the practice and its background, guiding you through key exercises that benefit both body and mind.

Pilates is a disciplined, focused form of exercise, designed to strengthen ligaments and joints, increase flexibility and lengthen the muscles. In this book you will discover a unique bodywork system that will help you transform your body and develop a physical presence and energy that exudes total confidence and grace.

Previously published as First Directions: Pilates, this ebook brings together classic text, written by an expert in the field, with a new chapter that condenses all the ideas and practices into a simple, digestible 20-minute read. It covers:

- What Pilates is, its background, history and principles
- Key exercises to work different parts of the body
- Essential techniques to ensure you are exercising efficiently and effectively
- Watchpoints to ensure you are exercising safely

This is part of the 20 Minutes to Master series, ten indispensable guides that can show you how to transform your life in simple and effective ways. Other titles in the series include 20 Minutes to Master Your Psychic Potential, 20 Minutes to Master NLP, 20 Minutes to Master Past Life Therapy, 20 Minutes to Master Yoga and 20 Minutes to Master Pilates.

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