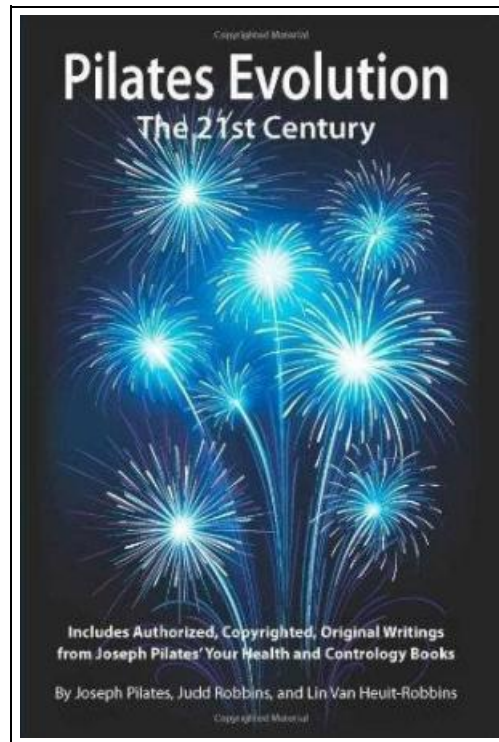


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Presentation Dynamics Inc, United States, 2012. Paperback. Condition: New. Language: English . Brand New Book. Much has changed in the 21st century since 1934 when Joseph Pilates wrote his first book, *Your Health*, about fitness and health. In 1945, he followed up that first expression of fitness theories and principles with his detailed and definitive book of exercises, *Return to Life through Contrology*. Both of these original books were copyrighted and republished by Presentation Dynamics in 2000 in the book *Pilates Primer: The Millennium Edition*. Presentation Dynamics has now added 96 new pages of content to this book with the release of *Pilates Evolution for the 21st Century*. It details the very latest in 21st-century modifications, methodology, and enhancements to Joseph Pilates exercises. The new text opens with an introduction to 21st-century evolutionary developments, discussing how Pilates original students became the next generation of teachers. It also describes how these students have, in fact, gone on to develop a wide range of variations in their teachings, bringing new science and techniques to new variations in body positioning, balancing, centring, and aligning. In some cases, the teachers use exercise props, and in other cases, this new generation of teachers brings Pilates methodologies from the ground and mat into standing positions. Other variations in instruction blend Pilates principles with dance, yoga, and various sports to make Pilates instruction applicable to a growing number of students and disciplines. This book organises the new Pilates developments into 10 primary chapters, each focusing on a different 21st-century speciality. Each of these new chapters focuses on a different major area of Pilates evolution, such as standing or circular work, sports-specific Pilates, or Pilates exercise variation with individual props. Each chapter introduces the technique, concept, prop, or emphasis, while the chapter ends with a list of resources from...



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