

A woman with long, wavy brown hair is lying on her back on a light-colored wooden floor. She is wearing a white, ring-shaped Pilates exercise device around her waist. Her arms are extended upwards, and her legs are bent at the knees, with her feet flat on the floor. She is looking directly at the camera with a slight smile.

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**Dr. Melinda Bryan, DPT, Principal
Pilates Master Teacher Trainer, Kaz®**

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Pilates for Beginners Denis Kennedy, Dominique Jansen, Dr. Sian Williams, 2011-08-15 This easy to follow guide describes how to develop a comprehensive practice program for Pilates Readers start with a self assessment to choose their level of physical ability then explore the principles that support Pilates practice while learning about the internal and external forces that affect the body Next a personal practice program detailed in a thirty six step by step sequences takes readers through a

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Move Yourself Happy Dianne Buswell, 2023-03-14 A fun and highly accessible guide to transforming your mental and physical wellbeing through joyful movement from TV personality and celebrity dancer Dianne Buswell In this enriching 21 day programme Dianne Buswell shows you how to make joyful movement a habit Forget gruelling exercise regimes or punishing diets Dianne's unique approach nourishes your body and mind using her four pillars of health rest movement nutrition and positivity Move Yourself Happy offers step by step explanations of core moves from yoga Pilates and dance including jive tap and ballet It also contains Dianne's favourite recipes like her delicious homemade chocolate granola or spinach gnocchi as well as inspiring weekly mantras and journaling prompts fun daily movement routines and mood boosting lifestyle hacks such as having a 5 minute kitchen disco and creating your own self care sanctuary in your home This book will transform your relationship with movement and help you feel happier every day

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The Anger Cure Kathleen O'Bannon, 2009-12-14 A Step by Step Program to Reduce Anger Rage Negativity Violence and Depression in Your Life If you get angry out of the blue experience road rage often blow off steam at your kids get depressed for no apparent reason or otherwise act out of control then you need to read and heed this book Anger is not just an emotion it's a way of life based on all the things you eat think and do Specific biological nutritional and psychological states feed anger So if you don't change your lifestyle and cure your problem you're headed for degenerative diseases that increase with age things like diabetes cancer heart disease stroke arthritis obesity and addiction In her book author Kathleen O Bannon C N C uses her accumulated wealth of knowledge about lifestyle based conditions to provide a series of tests to help you diagnose what's causing your anger problem She then guides you through a series of lifestyle changes necessary to cure it For instance spikes in your blood sugar after you eat a candy bar instead of a nutritious lunch cause anger attacks as do yeast infections a lack of B vitamins and excess stress Not only does O Bannon describe the many factors that contribute to and promote anger she provides diets exercises and stress management a complete Anger Cure program based on nearly thirty years of lifestyle counseling Being angry is a choice you make when you allow your body to control you instead of you controlling your body The goal of The Anger Cure is to help you learn how to become more balanced and anger free Are you ready to take control of your life The choice is yours

Teach Yourself Pilates Book Review: Unveiling the Power of Words

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