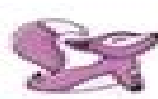


Angelika Constam
Jacqueline Mirsadeghi et Sylviane Maire

Méthode Pilates *pour enfants*

Des exercices simples à réaliser à la maison



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EDITIONS

Meacutethode Pilates Pour Enfants

Ying Liu



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Méthode Pilates pour enfants Angelika Constam, 2017-09-08 **Méthode Pilates pour enfants** Angelika Constam, 2015-06-10

Nombreux sont les gens souffrir de douleurs dorsales conséquences de notre mode de vie sédentaire. Pourtant, il est possible de préserver nos enfants de ce mal en leur apprenant de bonnes bases posturales, ce qui constitue l'objectif de la fameuse méthode Pilates adoptée déjà par des millions de personnes. Celle-ci permet de renforcer ses muscles profonds pour mieux stabiliser sa colonne vertébrale et recréer une harmonie entre sa souplesse et sa force musculaire. Les mouvements de la vie quotidienne s'en trouvent améliorés et les bonnes postures deviennent naturelles. Ce livre rend cette méthode accessible aux enfants : tous les exercices ludiques et faciles exécutés sont illustrés de photographies. Ils peuvent être utilisés tout au long de leur croissance et exécutés également par les grands. Des programmes d'exercices viennent compléter cet apprentissage pour une pratique régulière et efficace. Adoptez des postures justes et saines pour toute la vie.

Angelika Constam a obtenu un diplôme de haut niveau en natation, un diplôme de l'école de Physiothérapie de l'Hôpital Universitaire de Zurich et un diplôme en Pilates PMA. Elle s'est spécialisée dans le traitement des blessures sportives et des maux de dos en tant que Physiothérapeute à la Clinique de Médecine et de Réhabilitation Sportive de l'Hôpital Exeter, NH, puis à la Clinique VA Boston, affiliée à la Faculté de Médecine de Harvard. Formée en tant qu'instructeur Pilates depuis 2006, www.pilatesphysio.ch Angelika vit et travaille désormais à Lausanne. Elle est membre et conférencière de l'Association de Physiothérapie.

Yogamin Karine Bélanger, Annie St-Amour, 2010-11

Yogamin est un programme d'exercices physiques pour les enfants de 3 à 8 ans qui s'inspire de trois disciplines : le yoga, le taï chi et la méthode Pilates.

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