



my

# Pilates guru

your ultimate Pilates instructor

Anya Hayes



# My Pilates Guru Paperback

**Brooke Siler**



## **My Pilates Guru Paperback:**

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[My Pilates Guru](#) Anya Hayes, 2012-04-23 My Pilates Guru provides the reader with the ultimate in practical instruction by combining the benefits of a fully illustrated book with a free companion iOS app My Pilates Guru LITE The book provides core illustrated theory and step by step guides to Pilates positions and exercises All the exercises are heavily illustrated making it easy for you to follow along at home and the book provides in depth instruction that takes you from the basics through to the more advanced exercises The book is structured to give core theory and explain the history of Pilates include instructions on the basic beginner intermediate and advanced positions and help with designing your own sessions The My Pilates Guru LITE application uniquely enhances the Pilates learning experience and is downloadable to your iPhone or iPad via the App Store This allows you to take your Guru with you and get instruction wherever you choose to exercise Its versatility allows you to design sessions that will suit your level of ability while making it easy to track your exercise history and monitor key aspects of your health There is also the option to buy the My Pilates Guru app which unlocks further content to help you on your pilates journey

**Jennifer,**

**Gwyneth & Me** Rachel Bertsche,2014 A pointed look at our fascination with celebrities as one woman strives to remake herself in the image of her favorite stars What woman hasn't seen pictures of Jennifer Aniston Gwyneth Paltrow or Beyonce and wished she had their clothes their abs their seemingly flawless lives For Rachel Bertsche these celebrities are the epitome of perfection self assured and effortlessly cool Yet lately between juggling her career her marriage and her dream of becoming a mother Bertsche feels anything but put together In Jennifer Gwyneth Me Bertsche embarks on a quest to emulate her Hollywood role models while sticking to a budget to see if they really hold the keys to happiness While trying to unlock the stars secrets she learns valuable lessons A toned body doesn't come easy or cheap avoiding social media can do wonders for your peace of mind and confidence is the key to pulling off any outfit But can she immerse herself in the A list lifestyle and still stay true to herself And will her pursuit of perfection really lead to happiness Excerpted from publisher The British National Bibliography Arthur James Wells,2002

**Pilates for Pregnancy** Anya Hayes,2018-08-23 Pilates for Pregnancy is a straight talking woman to woman exercise guide focusing on pelvic floor and core strength to improve your health mood and energy during pregnancy Clear step by step Pilates exercises tailored for the demands of each trimester show you how to improve your posture as your bump grows protect your back especially when lifting older children optimise the position of your baby for a better birth experience help you release tension and create a positive mindset for birth reconnect and restore your core postnatally focusing on your pelvic floor muscles including for Caesarean recovery You'll find helpful advice and motivational tips from mums throughout explaining how much Pilates improved their strength birth experience and postnatal recovery to help you prepare physically and mentally for your new arrival

**The Women's Health Big Book of Pilates** Brooke Siler,Editors of Women's Health,2013-10-22 Celebrity trainer and Pilates guru Brooke Siler teams up with the editors of Women's Health to offer a comprehensive authoritative manual on this proven fitness philosophy Trained by Joseph Pilates protégé Romana Kryzanowska Brooke is an unparalleled expert and one of the most sought after teachers for her signature body reshaping techniques Combining the best of flexibility and strength training Pilates is the path to the lean fit body every woman craves and The Women's Health Big Book of Pilates guides readers in every step and leg lift of the way Using the body as the ultimate fitness vehicle Pilates transforms bodies in record time From moves targeting trouble zones to cardio circuits that blast fat all over this go to manual covers everything including Tricks to incorporate Pilates at work in travel and daily routine What props best boost your workout and what to skip Pilates principles to help combat lower back pain stress low energy and more From basic mat moves to the right foods that fuel a lean toned figure The Women's Health Big Book of Pilates is the go to guide for beginners and experts alike

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Morgan,2003-01-01 **The Little White Reformer Book- KRN Pilates Then, Now and In-Between** Kathryn M Ross-Nash,2023-12-25 To say I love this work is truly an understatement I live breathe and cherish it It is this passion that brings this book to you My wish is that when you read the last exercise you will see that ALL of these students of Joe Pilates and students of Joe Pilates teachers share a common bond They teach Pilates They come to it from their unique vantage point a reflection of the times a need to adjust but they all teach the work of Joe Pilates They all began on their own path and had their unique journey but in the end all paths start with Joe I hope that the notes in this book will inspire you to open your hearts your eyes and your work to investigate the work of these gifted teachers Because of their hard work dedication and inspiration we have the method before us that we do today As the method unifies the mind body and spirit I hope that through this book the Pilates community will find understanding respect and tolerance for the progressive variations of Joe's essential Pilates which experience and individual creativity have inspired Whether we teach the Hundred with palms down or palms up and so many other variations on the exercises Mr Pilates bequeathed to us We are all in this together to share the many gems of this work we know as Pilates The exercises I describe in this book are a blend of the original way I learned the exercises from Romana when I began training in the 80s through and post my teacher training with her in the 90s and my journey in this work as a student of Kathy Lolita Jay and others who had a close relationship with Joe Pilates or his work The exercises and order Romana used during my teacher training were slightly different I have included many of these changes in the notes and I refer to those as RK I was blessed recently to have completed Lolita San Miguel's Pilates Master Mentor Program and was inspired by how and why she teaches the work Lolita and her lead teacher Danielle Armstrong shared their insights for this book I refer to these insights in the Notes as LSM Sarita Allen trained for many years with Kathy Stanford Grant and has shared her notes and insights into Kathy's teaching I refer to Sarita's notes insights and variations in the Notes as KSG Recently I have had the gift of becoming friends with the brilliant John Steel To be honest there was a time when he had been painted as a villain Nothing could have been further from the truth Having spent time with John he further solidified my belief in this work and he enlightened and delighted me with his wit and humor about his time with Joe and Clara Most of all he inspired me to continue my quest to unify the Pilates community John like Mr Pilates myself and so many

others believe in this work and the power of this work to make the world a better place one body at a time Often Romana would point to a photo and tell me to add that exercise into my workout If someone was doing the exercise I was told to watch it and learn it I was not taught as we teach our clients today We had to be responsible for our orders our exercises and our safety I used the photos on the wall and the few verbal cues that we were given to learn the exercises Most of all we had the touch of our teachers to help us find the work the flow of the movement to increase our circulation and the freedom of tension to lubricate our joints I hope you appreciate the simple format of this book and how important it is for me to pay respect to those who have blazed the trail and formed us into the teachers we are today I thank my teachers and colleagues from the bottom of my heart for sharing themselves and their knowledge I hope this book will inspire you to look deeper and search into yourselves and your Pilates then now and in between *Everything Pilates* Amy Taylor Alpers,2011-12-15

Explore the fitness craze that s right for everyone Whether you re a ballerina or a couch potato a mountain biker or a fitness novice you can do Pilates and reap its amazing benefits Perfect for building stronger leaner more flexible muscles relieving stress and achieving full body health the Pilates method is a revolutionary program that has the power to transform lives Written by the founders of the internationally renowned studio The Pilates Center The Everything Pilates Book gives you all you need to start doing Pilates in your own home and choose a studio that s right for you The book provides step by step instruction on how to do such incredible exercises as the Spine Stretch the Roll Up and the Swan as well as more than 100 clear photographs that make it easy to get started The Everything Pilates Book helps you Create a supple powerful body Prevent osteoporosis Reduce the risk of injury Establish proper posture Increase strength and flexibility Tone abs Alleviate back pain No matter of your physical condition The Everything Pilates Book can help you take control of your body

*Pilates Method* Debbie Lawrence,2015-08-27 Fitness Professionals Pilates Method is the first book to be written for the specific needs of Pilates instructors Pilates is one of the most popular and fastest growing group exercise classes in the UK For many years it has not been possible to write a definitive book for instructors as there have been many different schools of teaching However these have recently been brought together under a single national assessment meaning that all Pilates instructors must have the same foundation knowledge This book will cover these foundation subjects which include anatomy the key principles of Pilates assessment structuring a session teaching a session Written to the requirements of the national standards this book contains everything a new teacher needs to know in order to pass the national qualification and is an ideal reference for experienced instructors My First Book of Pilates Miranda Morgan,2003 This accessible pocket guide to Pilates details the history of Pilates highlights the benefits explains the basic principles and styles and details many of the Pilates exercises The Pilates Path to Health Gary Calderone,2011 A timely book that focuses on how Pilates is adapting and serving the 21st century world This book s forward is written by Wendy LeBlanc Arbuckle who has studied with all of the Pilates Elders beginning with Romana Kryzanowska and longtime friends and treasured mentors Mary Bowen and Kathleen

Stanford Grant and Pilates master Teacher Alan Herdman Gary offers a contemporary voice in the Pilates community that lends distinction for teachers with a greater mission to evolve practitioner student and client to their next level of health

*Pilates Without Tears* Jeannie Di Bon, 2016-03-08 Foreword by New York Times Best Selling Author There are many exercise books on the market today and we are well informed on the need and benefits to move and exercise more This first book by Jeannie Pilates Without Tears came to my attention for a number of reasons First the title caught my eye from what I know of Pilates this title really stood out and I was curious to learn what it meant I have found out that this book is not the usual traditional exercise manual it is a lifestyle game changer

**Pilates for Everyone** Micki Havard, 2021-07-20 Pilates benefits every body including yours Pilates is exercise for your mind body and spirit but what if your body won't cooperate How can you take advantage of all Pilates has to offer strengthening your core enhancing your flexibility and even improving your posture if you think you're too old or too big or too physically unable to perform the Hundred the Shoulder Bridge or the Double Leg Stretch No matter what your age size or physical ability is you can do every exercise in Pilates for Everyone Each Pilates exercise shows the typical movements for gaining the physical and mental benefits from that exercise Then each exercise offers at least three variations performed by people just like you to help you find the right modification that fits who you are This way no matter which version you perform you're going to reach similar goals Pilates for Everyone includes these features 50 step by step exercises for specific body areas Step by step modifications for every exercise 10 routines that combine exercises from the book for maximum benefits Expert advice from Micki Havard on how to get the most out of your practice I'm a lead instructor trainer for Merrithew and Stott Pilates I have spent more than two decades sharing the passion of Pilates and movements with my students and aspiring new instructors Micki Havard has included in this book exercises and modifications suitable for everyone's needs Micki knows how to deliver key principles so you can practice Pilates safely at home I find Micki's book easy to follow and inspiring Her guidance will make everyone strong Thicha Srivisal Pilates expert [www.breathepilates.com](http://www.breathepilates.com) [sg.thichapilates](http://sg.thichapilates) It's about time this book was written by Micki Her insights in fitness Pilates and well being are to be revered Micki's perseverance on this journey to inspire and empower others is to be embraced With her work she encourages others to achieve their fullest potential through her belief in them the Pilates method and her wealth of knowledge Literally ANY body can benefit from Micki's PHIT Coming from years of experience she has channeled all of her knowledge and experience into writing this book for everyBODY Taking away the layers of perceived obstacles by people's mindset anyBODY can do it and she shows you how in this fabulous book Debbie Robbins Founder of Air Control Pilates [www.aircontrolpilates.com](http://www.aircontrolpilates.com) [aircontrolpilates](http://aircontrolpilates) This book is an incredible resource for learning movement in a way that is accessible for EVERY body no matter what stage of life you are in Micki gives clear and detailed directions with so many options for modifications Her exercises are easy for you to follow and will help you achieve your goals I love the way the photos and descriptions speak to a diverse population Micki Havard's expert teaching will give you the confidence and

strength to exercise consistently and enjoy the work every time you do it Jill Harris Owner of Informed Body Creator of FitSprings [www.fitsprings.com](http://www.fitsprings.com) [jillharrisPilates.com](http://jillharrisPilates.com) Pilates for Everyone written by Micki Havard is exactly what the title implies Micki doesn't just use words but shows readers that the statement in the title is indeed true This vibrant book that warmly welcomes the reader into the world of Pilates clearly explains how each exercise is executed The models who we also learn about their background are not Pilates statues but actual everyday people who show that Pilates can be done by everyone The breakdown of the book the workouts variations modifications and adjustments are excellent and show the reader that at whatever fitness level they're at they too can move with strength and joy Michelle DuVall Creator of Barre Variations [www.barrevariations.com](http://www.barrevariations.com) **Return to Life Through Contrology** Joseph H. Pilates, William John Miller, 2021-04-02 This seminal work written by the creator of the Pilates method himself guides you through a series of precisely designed exercises that strengthen the body enhance flexibility and promote overall well-being With detailed instructions and accompanying photographs Joseph Pilates demonstrates how his innovative approach to fitness can help you achieve a renewed sense of vitality improve your posture and gain mastery over your physical and mental health Whether you're a beginner or an experienced practitioner this timeless classic is an essential resource for anyone seeking to unlock their body's full potential and embark on a journey of self-discovery and personal growth *The Pilates Body* Brooke Siler, 2000-01-04 The Pilates method may be today's hottest exercise but it has been endorsed by physicians for almost a century Originally developed by Joseph H Pilates to help strengthen and condition muscles Pilates is the ultimate mind-body exercise for anyone who wants to tone streamline and realign their body without the bulked-up results of more conventional workout methods Now in *The Pilates Body* author Brooke Siler one of the most sought-after personal trainers in the country and owner of New York's top studio for Pilates training re-AB provides a complete easy-to-follow program of Pilates exercises that can be done anywhere anytime and without machines With step-by-step instructions Siler guides the reader through the complete circuit of mat exercises each of which is clearly illustrated by photographs line drawings and unique visualization exercises With Pilates you will not only streamline your figure you will dramatically improve your posture flexibility and balance and enhance your physical and emotional well-being *The Pilates Body* shows you how [Return to Life Through Contrology](#) Joseph H Pilates, 2003-11-01 Reprint of original Joseph H Pilates *Return to Life* book Includes all thirty-three (33) original mat exercises with detailed instructions for each Also includes detailed photographs featuring Joseph H Pilates doing each exercise *Pilates for Men* Sean Vigue, 2018-04-05 The #1 Bestselling Fitness Book from International Fitness Instructor Sean Vigue Sean has helped millions of guys of all ages and fitness levels become stronger and healthier with Pilates why not YOU This all-fitness-levels easy-to-follow total Pilates training manual includes 35 dynamic Pilates mat exercises only your body weight is needed No equipment necessary complete with color photos descriptions and add-ons modifications so you'll get a great workout no matter your age or fitness level There's also 6 complete Pilates workouts



beginner intermediate advanced hard abs strong back athletic training so you can get moving right away and reaping the many benefits of adding Pilates to your life strength control endurance flexibility massive core strength agility focus and pure POWER You can also train directly with Sean as all of the 6 workouts have been filmed and added to his popular YouTube channel with links in the book It s always Sean s goal to make getting in incredible shape as convenient effective and fun as possible Never underestimate the importance of cross training combining of various exercises and workouts to work various parts of the body so Sean has included an exclusive training program link provided which includes 10 different diverse and challenging workouts from Power Yoga to Cardio Core You will never get bored with your workouts Pilates is the perfect stand alone workout or can be added into your current routines It s super convenient and can be done anywhere and anytime according to your schedule and will dramatically enhance your performance on every level for EVERY sport and EVERY activity Pilates has you covered

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