



# Teaching Pilates: Comprehensive Manual

*Marissa Lins*

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## **Teaching Pilates: Comprehensive Manual** Marissa Lins

Teaching Pilates: Comprehensive Manual is a comprehensive teaching resource for teachers in training or experienced teachers needing an all encompassing Pilates technique reference book. Special features include: a brief history of Joseph H. Pilates, teaching guidelines and applications, basic problem solving, anatomy and kinesiology references, and an introduction to the Gentry Technique including a brief history of Eve Gentry and over 80 Pre-Pilates exercises. The Teaching Pilates: Comprehensive Manual guides readers through every traditional Pilates exercise on every piece of equipment in a full color, spiral bound textbook.

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