

the 21st Century

TEACHING PILATES

Comprehensive Manual

Third Edition



Five Pilates Mat Exercises: Bridge, Side Bridge, Chair, Spine Cleaner, Ladder, and the Pilates Roll Up

Includes full descriptions of Instructors' and Knowledge Goals, Teaching Skills, and more!

by MARISSA LINS PILATES

Illustrations by Anna Higgins

Pilates Teaching Reference Manual

M Walker



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