



# **Movement Perspectives II Pilates Client Edition (Peak Performance Pilates Education Program, volume 1)**

*Jennifer M. Stacey*

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Client edition of Movement Perspectives. A well received comprehensive manual that creates a foundation to understand Pilates and Movement: Joseph and Clara Pilates' History, Master Teachers, Principles and Concepts, Effective Imagery, Cues, Program Design and Structure of Pilates, The 16 Basic Skills of Pilates, Gender differences, The Pilates' Learning Process, Neuro-muscle Physiology, Breathing, Breathing techniques. The Science of Pilates and Movement: Basic Kinesiology, Pilates Kinesiology, Breathing, Organ-Muscle Relationship, Factors that influence movement, Posture and Gait Analysis. Detailed step by step instructions on performing Pre-Pilates movements that prepare the body for Pilates. 156 pages, 8.5" x 11", wire-O bound. Over 700 photographs. 42 Original illustrations. Also available: English language and French language Teachers' Edition: Movement Perspectives.

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