



The Professional Pilates Teacher's Handbook: Maintaining your health, sanity and passion.

Laurette Ryan

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The Professional Pilates Teacher's Handbook is guide to preventing burn-out . Keeping your body and mind on track. Discover the four aspects of self which must be addressed in order for you to feel energetic and passionate about your work. Learn the little things that can grow your reputation and success and lead you on your way to a fulfilled teaching life. Body mechanics, client issues, money issues and tips for a thriving business.

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