



Desk Pilates: Living Pilates Every Day (8215-2)

Angela Kneale

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Desk Pilates by Angela Kneale, OTR gives you a chance to reconnect your body and brain, deepen breathing patterns, improve confidence with movement, utilize core muscles to support the spine and decrease your muscle tension.

Pilates exercises can be enjoyed right at your workstation with no equipment. They may be performed as an entire sequence or as focused, individual movements throughout the day. 22 exercises are featured, complete with step-by-step instructions and full-color photographs demonstrating correct form.

The second edition has been updated with a revised introduction, refined exercise instructions and new ergonomic workstation ideas.

Written by Angela Kneale, OTR. Angela is an occupational therapist, integrative health coach, certified STOTT Pilates® instructor and Franklin Method® educator.

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Philip Martin:

Many people said that they feel fed up when they reading a guide. They are directly felt the idea when they get a half parts of the book. You can choose the book Desk Pilates: Living Pilates Every Day (8215-2) to make your reading is interesting. Your skill of reading talent is developing when you just like reading. Try to choose simple book to make you enjoy you just read it and mingle the impression about book and reading especially. It is to be initially opinion for you to like to available a book and go through it. Beside that the publication Desk Pilates: Living Pilates Every Day (8215-2) can to be a newly purchased friend when you're experience alone and confuse in what must you're doing of this time.

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