



Ageless Pilates: The Secret to Moving Comfortably, Easily and Pain-Free for the Rest of Your Life

By Christine Binnendyk

Effortless Movement. Paperback. Book Condition: New. Paperback. 188 pages. Dimensions: 9.2in. x 7.4in. x 0.6in. Master Pilates trainer Christine Binnendyk shows over-40-year-olds how to slow down the aging process - and jettison pain patterns - with this safe, simplified, and fully illustrated approach to Pilates. In just 15 minutes a day, with no equipment at all, the Ageless Pilates system retrains the body past pain and discomfort, regardless of age or current condition. Binnendyk has revolutionized the practice of Pilates with an easy-to-learn ABC system that creates youthful energy and mobility starting with the very first lesson. The ABCs - Anchor Points, Body Geometry and Comfort Choices - quickly become intuitive, allowing the system to carry from the exercise mat into everyday life. Anchor Points provide stability and safety for every position and movement. Body Geometry creates an efficient structure that works just the right amount to get results, but not so much that it causes undue wear and tear. Comfort Options offer the flexibility to fine tune every exercise based on how the body feels right in this moment. When combined, these concepts transform body mechanics and movement patterns creating a body that is strong and limber, comfortable and pain-free....



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