



# **Back to Life with Appi Pilates: A Six Week Programme to Refine, Tone and Strengthen Your Body**

*Elisa Withers*

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Clearly illustrated, with detailed colour photography throughout, the book is packed with helpful physiotherapy watch points and tips, enabling you to master the principles and key elements behind the technique in the safe hands of rehabilitation experts. The programme includes a daily warm up and cool down and a series of expertly adjusted exercises, guaranteed to help you achieve better poise and posture, core strength and a more streamlined, balanced body in just six weeks. The APPI (Australian Pilates and Physiotherapy Institute) method is applied at all levels of rehabilitation and allied health, and in the UK alone, APPI practitioners work with the NHS, the British Military, the English National Ballet, the Cirque De Soleil, and many Premier League football clubs.

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