



The Complete Pilates Tutor: A structured course to achieve professional expertise (Complete Tutors)

Alan Herdman

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Whether you are just beginning your journey or have been practicing for years, this complete course in Pilates matwork is an invaluable resource, taking you through all Pilates exercises as originally conceived and practiced by Joseph Pilates. Also included are pre-Pilates moves which are especially helpful for beginners. All exercises are shown step by step for beginner, intermediate and advanced levels, with instructions on adapting poses with supports such as cushions, blocks and dynabands, and alternative moves for those with special needs along with any contraindications. Careful attention is given to how poses are executed safely and with maximum effect.

A fully illustrated chapter details the anatomy and physiology of the human body, explaining its various functions and how each body system works. Advice on setting up your own practice is also included.

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