



Pilates Mat Training Manual (Official International Training Manual)

Melinda Bryan

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**Pilates Mat Training Manual (Official International Training Manual Melinda Bryan
FOR DETAILED MOST UP TO DATE PILATES INSTRUCTION GET THE OFFICIAL
MANUALS OF THE PILATES STUDIO® OF LOS ANGELES.**

Designed for everyone with Pictures to accompany every exercise. For the first time Since 1992, these easy to follow industry secret training manuals, previously available only to a selective few, have now been released to the world.

**USED BY CERTIFIED PILATES EXPERTS AS THE UNIVERSAL OFFICIAL PILATES
TRAINING MANUALS WORLDWIDE.**

The MAT PILATES manual, is 1 of the series of 6 Pilates Manuals, authored by MELINDA BRYAN, Founder and Director of Performing Arts Physical Therapy & The Pilates Studio® of Los Angeles Since 1992. All 6 manuals have been recently revised to meet today's standards, and include some hard to find and rarely taught Pilates routines.

These OFFICIAL MANUALS are based on the Original Pilates Teacher Certification Program developed by The Pilates Studio since 1992. The program was offered in California EXCLUSIVELY for years at The Pilates Studio of Los Angeles under the direction of Melinda Bryan. The Pilates Studio of LA, known as the very first Official Pilates Certification Center on the West Coast of the United States, is one of only two Original licensing centers in the world.

As the former co-owner of the once federally registered trademark PILATES, almost twenty years ago, The Pilates Studio of LA played a vital role in bringing Pilates exercise into the public eye as one of the most effective fitness methods of our generation. Almost 2 decades have passed!... Long gone are the days when the BEST Pilates available were limited to the West Coast or the East Coast.

The world has evolved and the time has come to bring Pilates to a whole new generation. Melinda with over 20 years of experience as one of the world's leading Principal Master Pilates Teacher Trainers, and her extensive Physical Therapy expertise, has applied current basic medical information to the method while at the same time maintaining all of the original principles and purity of the method.

Book Size 8.5 W x 11 H

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Spent a free the perfect time to be fun activity to complete! A lot of people spent their sparettime with their family, or their particular friends. Usually they carrying out activity like watching television, about to beach, or picnic from the park. They actually doing same every week. Do you feel it? Would you like to something different to fill your free time/ holiday? Might be reading a book is usually option to fill your totally free time/ holiday. The first thing you ask may be what kinds of reserve that you should read. If you want to consider look for book, may be the publication untitled Pilates Mat Training Manual (Official International Training Manual can be very good book to read. May be it might be best activity to you.

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