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Since its original development by Joseph Pilates in the early 1900s, the Pilates Method of exercise has become popular worldwide as a means to a stronger, leaner, more flexible body, greater energy levels, and an increased ability to cope with the stresses of everyday life. Borrowing principles from Eastern and Western exercise philosophies and endorsed by medical and fitness professionals, Pilates is not repetitions of meaningless exercises but a holistic approach to creating balance through engaging the body, breath, and mind. By working the body "smart" rather than "hard," exercising the Pilates way leaves you stimulated, not exhausted, and results in long, lean muscles rather than bulk. Long used by dancers and athletes for rehabilitating injuries, Pilates is ideal for anyone who wants to improve their physique and fitness potential. Simply Pilates, the book, comprises a complete workout, progressing step-by-step through a series of beginner-level exercises which can easily be performed at home with nothing more than an exercise mat. Author Jennifer Pohlman, a trained and experienced instructor, provides clear explanations emphasizing the awareness of posture, movement, and breathing. An introductory section outlines the philosophy and six essential principles of Pilates, and exercises include suggestions for advancement as your confidence and ability improves. Simply Pilates, the DVD, will lead you through 27 beginner-level exercises, leaving you feeling refreshed and invigorated. This Kit Contains: Simply Pilates Book: 64 pages of full-color photographs with clear, step-by-step instructions, enabling newcomers to Pilates to achieve their personal fitness and body conditioning goals. Simply Pilates DVD: 42 peaceful minutes to relax and focus your mind in the privacy of your own home. Jennifer's calm and encouraging approach will guide you step-by-step through a complete workout, with no more equipment required than an exercise mat.

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