



Teaching the Pilates Universal Reformer Repertoire (Peak Performance Pilates Education Program, volu

By Jennifer M. Stacey

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An in depth, comprehensive teaching manual of Joseph and Clara Pilates' Universal Reformer Repertoire. Step by step instructions on how to perform and teach the Pilates' Universal Reformer Repertoire. Classic Transitions, Mounts/Dismounts, Sequencing, Modifications, Variations, Spotting, Real Client Errors, Benefits, Imagery and Cues. Teaching "gems" from the Pilates' Master Elders. Photographs of various body types and levels performing the work. Dr. Wonsons' tips: Structural, Neural, and Meridian Benefits, and tips on enhancing performance of the skills. 256 pages 2740 photographs 8.5" x 11" wire-O bound.

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