



The Official Body Control Pilates Manual

Lynne Robinson, Helge Fisher, Jacqueline Knox, Gordon Thomson

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Pilates body conditioning is today's fitness buzzword, and following the success of Lynne Robinson and Gordon Thomson's original "Body Control: The Pilates Way" a variety of books have appeared, none as authoritative, practical, safe and geared towards solving your body's problems as this. "How will Pilates help me?" is its keynote, so after explaining the fundamental Eight Principles through accessible, balanced core programmes come 'Pilates prescriptions' for your specific needs. From back pains, posture problems to prevention of common sports injuries and training your children to use their bodies properly, this is the one-stop reference.

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