

Movement Perspectives™

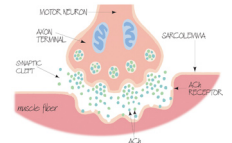
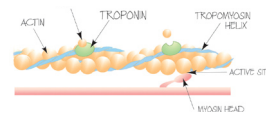
Jennifer Stacey's Peak Performance Pilates' Education Program Teaching Manual. volume 1.

by Jennifer Stacey, M.S.

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Illustrations by: Lauren McMullen. Photographs by: Jennifer Stacey, M.S.

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"Jennifer Stacey's 'Movement Perspectives Manual Volume 1' is by far the most comprehensive treatment of Introductory Pilates that I have ever seen. It covers so much more than Joe's exercises: from how muscles work, to how to breathe, from how one might assess a client's posture, to examples of language imagery for teachers. Jennifer has thought of everything, and provided meticulous detail that should please even the most thoughtful Pilates student. She has worked tirelessly on this first volume, and I can't wait to see the next one!"

Jillian Hessel, Pilates Teacher, Author.



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