



Ellie Herman's Pilates Mat

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Finally, a complete manual for Pilates Mat exercises by internationally renowned Pilates expert Ellie Herman. This guide is meant for Pilates Instructors and fitness professionals as well as Pilates aficionados who want a deeper understanding of their own practice. This book takes you through the classic Pilates Mat repertoire and introduces original exercises developed by Ellie Herman and her instructors over the last fifteen years. Included in the book are: step by step photo sequences, detailed description of over 80 Pilates Mat exercises, proper breathing and specific alignment cues, thumbnail cheat sheets, benefits and contraindications, rehabilitation applications, special tips and imagery.

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