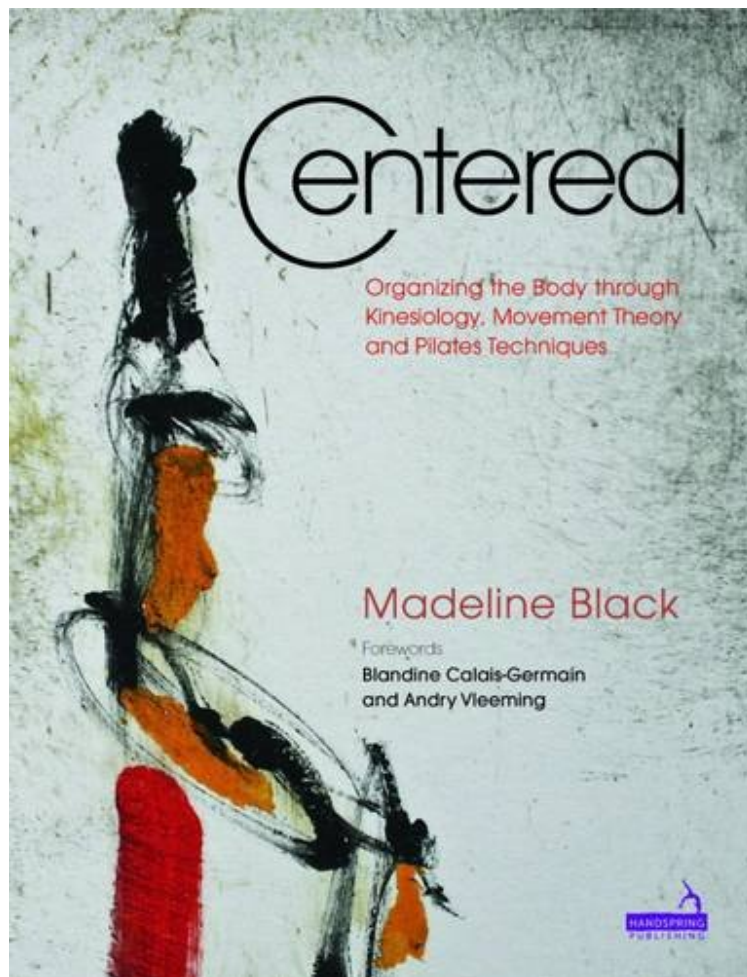


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Centered: Organizing the Body Through Kinesiology, Movement Theory and Pilates Techniques

Madeline Black

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This book will, for the first time, provide a complete picture demonstrating the complex interconnectedness of the musculature, fascia, and joints, and the implication of these deeply intertwined systems for movement through Pilates, yoga, and other fitness disciplines. Black's richly illustrated presentation style will allow the instructor to grasp the biomechanics underlying posture and dysfunction and hence to enable change and improvement.

About the Author Madeline Black's life pursuit is the discovery of how the human body moves. This encompasses the creation of movement techniques based on Pilates, Yoga and Gyrotonic; the integration of manual work into the movement experience; and through her training of other teachers, helping others to sustain movement capacity throughout their lives. Her extensive study and widely respected accomplishments in the field of movement and fitness have fueled her rise as an international leader in training and certification of Pilates instructors. Worldwide, her name is synonymous with the highest level of professional pursuit in the teaching and practice of Pilates. She has authored certification training manuals and many articles for industry magazines and online. Madeline Black's first extensive book covering the range of her work will focus on biomechanics combined with personal stories and solutions through movement. Her book will be a source for all movement teachers and non-teachers, who will find its use invaluable in understanding their own body and for improving personal practice.