

Eloise Dejouria - Janice Nichols Genc ya da yasli, herkesin kolaylikla yapabilecegi Pilates egzersizleri... Eklem ve kemikleri hayat boyu korumak icin kaslarin guclendirilmesi ve esnemesi esasina dayanan Pilates, degisken ve kisiye ozeldir. Bu kitapta Pilates tekniklerini; nefes almadan bel, boyun, kalca egzersizlerine kadar ogrenmenizi saglayacak yontemler goreceksiniz.

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