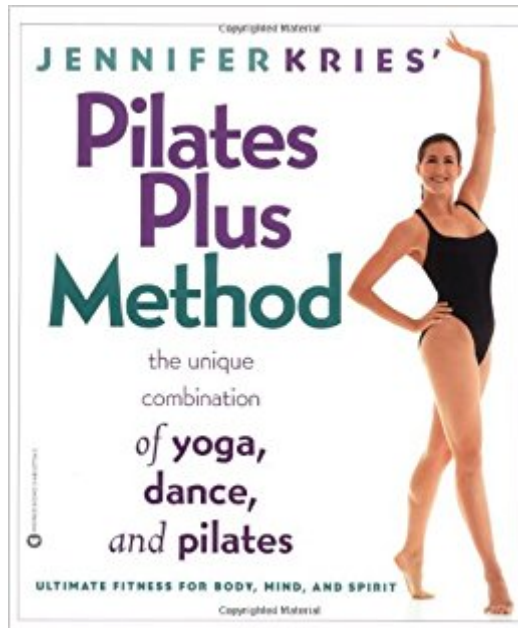


The book was found

Jennifer Kries' Pilates Plus Method: The Unique Combination Of Yoga, Dance, And Pilates



Synopsis

All things unexplained has become a hotter topic than ever, yet the books available to young people (Gen-X/Y) are the same books targeted to the older generation.

Book Information

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Average Customer Review: 5.0 out of 5 starsÂ Â See all reviewsÂ (5 customer reviews)

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Customer Reviews

...I devoured this book as soon as it arrived. I have been practicing yoga and Pilates regularly for a little over a year, and I've been "dipping my toe in the pool" trying to get into dance. With my knowledge of some of the Pilates basics and using some of the NYC Ballet Workout, as well as some classic yoga moves, I tried to come up with the best way to synthesize the three into one routine. In many cases, I felt like I came up short. This book does a very nice job combining the three, although the emphasis is clearly on Pilates. Before introducing her full 68 move routine, Kries describes how she was introduced first to dance, then to Pilates and finally to yoga. In a nutshell, she has been dancing since she was 9, using Pilates since she was 13 and practicing yoga since she was recovering from an injury in her late teens. Dance provides the body with slenderness and agility as well as an outlet for artistic expression, Pilates with strength and yoga with flexibility, both for the body and the mind. She next discusses the 9 essential elements that are essential in her workout, as well as exercises to help strengthen those elements. Emphasis in this chapter is on the breathing techniques needed for yoga and Pilates. She also has a chapter of pre-exercises for all three disciplines to help prepare for the complete workout. The first, the pre-rollup, is also used as a diagnostic to determine whether you should begin at level 1, 2 or 3. And now the workout. Of the 68 exercises presented, a little more than half are level 1. Of the remaining, about 25 are level 2 and 8

are level 3. In other words, even an absolute beginner should be able to perform the bulk of the workout. The workout starts with yoga breathing, then moves onto a dance inspired warmup.

When Pilates became the craze a few years ago, I immediately elected to apportion it a critical segment of my allotted exercise time. Using .com as an information springboard, I chanced upon Jennifer Kries and her set of Method sessions on VHS and DVD, purchased "The Method Precision Toning" and have been strengthening my abdominal powerhouse ever since. "Precision Toning" moves fast for a duration of what seems like an hour, despite the 20 minutes cited on the jacket. As any Pilates advocate knows, each position follows a rigorous sequence where doing the exercise correctly matters much more than doing it with infinite repetition. Ms. Kries' instructions, although impeccable, however can become a little overwhelming on both an envisioned and executorial level, especially when attempting to pull the navel to the floor, raise the shoulders so they crest off the floor, squeeze the inner thighs, relax the shoulders, breath properly and then actually facilitate the physical movement of each position. The perfect solution to understanding and performing each exercise to the best of your ability comes in the form of Ms. Kries' 280+ page paperback book, "Pilates Method Plus: the Unique Combination of Yoga, Dance, and Pilates," complete with enough photos, illustrations, step-by-step instruction, motivational quotations and helpful imaginative 'insight' sidebars to provide just the right mind-body connection to ensure positional perfection. As stated in the title of the book, the Method, however, is not just about Pilates. Ms. Kries, as a trained ballet dancer, knows the importance of stamina, endurance and determination to achieve that ultimate purely athletic moment in space.

"The Method relies on your brain as much as your body; it is a thoughtful and introspective approach to working out." ~Jennifer Kries After discovering Jennifer Kries' workouts you might want to delve into her new book focusing on fitness for the goddess that you are. Not only will you finally meet Jennifer Kries through reading about her fascinating life, you start to gain a deeper understanding of the Pilates principles. Jennifer also explores the world of Eastern yoga and dance techniques. What is especially exciting about "Pilates Plus Method" is the abundance of inspirational quotes. There are William James quotes you will want to remember and post in your workout room. These are quotes worth collecting, although Jennifer's writing style is the highlight of her book. She is precise and disciplined, all while showing care and giving you the support and encouragement you need during each exercise. I am truly impressed with her writing! Up until now she has been a mysterious goddess to me and to read about her life has made me realize what an amazing

instructor she truly is. This book is very useful while working out. You might want a more detailed explanation for "Single-Bent-Leg Teaser" and you can quickly look up any of the poses/exercises in the index. Of course, Jennifer is featured throughout the book and her well-toned beautiful body is a true inspiration to me. I see her picture and have to get to my workout, pronto. You will find pictures of all the exercises and enjoy detailed instructions. The "Insight" sections lead you deeper into an understanding of the pose/exercise and I enjoyed reading about the inspiration for the "seal" exercise.

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