

**The  
Anatomy Of  
Pilates**

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# Anatomy Of Pilates PDF [BOOK]

Cervical Spine Anatomy  
Normal Spinal Anatomy -  
Spine-health Flex Studio  
Hong Kong | Boutique  
Pilates, Barre & Yoga  
Studios First Class Pilates

and Gyrotonic in Ixelles -  
Corpus ... Body Harmonics  
Movement and Health |  
Toronto Pilates ... The  
Studio HQ - Yoga, Pilates,  
Barrecode, Cycle The  
Hundred Wellness Centre  
Dubai Physiotherapy,  
Clinical Pilates & Yoga |  
Richmond ... Cervical Spine  
Anatomy Normal Spinal

Anatomy - Spine-health  
Flex Studio Hong Kong |  
Boutique Pilates, Barre &  
Yoga Studios First Class  
Pilates and Gyrotonic in  
Ixelles - Corpus ... Body  
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Physiotherapy, Clinical  
Pilates & Yoga | Richmond  
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## **Cervical Spine**

## **Anatomy**

The neck, also called the cervical spine, is a well-engineered structure of bones, nerves, muscles, ligaments, and tendons. The cervical

spine is delicate—housing the spinal cord that sends messages from the brain to control all aspects of the body—while also remarkably strong and



flexible, allowing the neck to move in all directions.

## **Normal Spinal Anatomy - Spine- health**

Lumbar spine (lower

back) - typically including 5 vertebrae (known as L1 to L5), which have a great deal of motion and flexibility. Because this section of the spine bears most of

the body's weight and allows for the most motion (which stresses the anatomical structures), this is the area associated with most back problems.

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centre for Classical  
Pilates. At our elegant  
branches in Southside  
and Central, we cater  
to the needs of  
individuals across all  
fitness levels through

our highly flexible and personalized range of small group classes, workshops, retreats, corporate packages and instructor training.

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and Gyrotonic in**

## **Ixelles - Corpus ...**

embracing all aspects needed to become a real Pilates trainer (anatomy, exercises, special cases, PMP). It is not only about learning exercises, it is

rather to understand the human body, how it moves, how you can help people to feel better and this makes a real difference. It is more than worth it for all the knowledge and



good vibes you get ...

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of all humans. Our  
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skilled teachers,  
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administrators are  
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ethnicities, shapes,  
sizes, ages and  
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Pilates is an intelligent mind-body approach to improving posture, control, movement patterns and strength.

Our classes are grounded in science, anatomy, physiology and biomechanics, whilst encompassing the art of breath work, flow and advanced

repertoire.

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