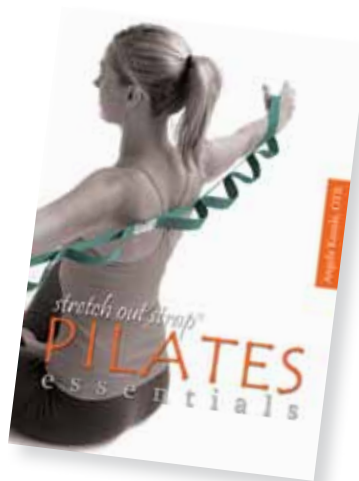




Angela Kneale, OTR, specializes in the integration of movement, breathing, postural alignment and relaxation techniques for optimal health and wellness. She has achieved full certification from internationally recognized Stott Pilates, enjoys teaching and has incorporated Pilates into her Occupational Therapy practice for over 10 years.

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Stretch Out® Strap Pilates Essentials

This book by Angela Kneale, OTR, targets dynamic exercises that both lengthen and strengthen the body, while challenging core stability and control. Using the Stretch Out® Strap during exercise provides sensory feedback that helps develop better posture, flexibility, muscular balance, and body symmetry, as well as core strength and shoulder stability. These exercises heighten body awareness and relieve stress, focusing on deep breathing and quality, controlled movements. Over 40 exercises, Color photographs, Softcover, 48 pages.

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Includes: book packaged with a Stretch Out® Strap.

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also see:

Stretch Out® Strap
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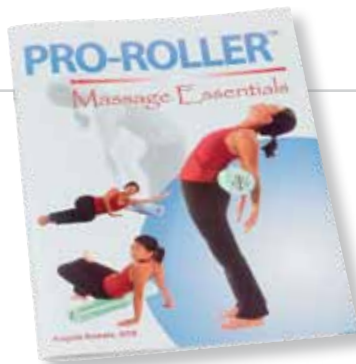


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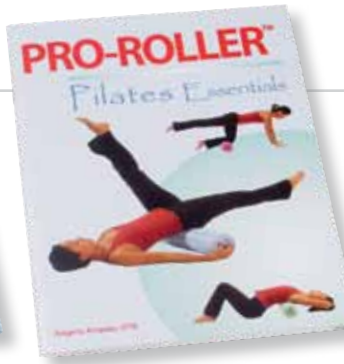
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