



Stretch, Hold, Move, Leap! the Science of Yoga, Pilates, Ballet: Data Graphs for Science Lab: Volume 1 (Paperback)

By M Schottenbauer

Createspace, United States, 2013. Paperback. Book Condition: New. 279 x 216 mm. Language: English . Brand New Book ***** Print on Demand *****.This book contains graphs showing data from a variety positions found in basic yoga, Pilates, and ballet classes. Yoga positions include standing (mountain) pose, triangle pose, warrior 1 and 2, fan pose, and sun salutations; Pilates moves include the 100, boat, leg lifts, and arm circles; ballet moves include stepping, turning, kicking, and leaping. A variety of additional poses are included throughout the book. Bonus Material: Diagrams of yoga, Pilates, and ballet positions are demonstrated by the cartoon character Blue Dude. These diagrams are included only for the purpose of illustrating the positions, and do not provide instruction for the practice of yoga, Pilates, or ballet.



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