

Lindsey Jackson's
PILATES ESSENTIALS
FOR BEGINNERS AND IMPROVERS

strength
health
focus
energy
balance



"The clearest Pilates DVD ever
from the most compelling of instructors"

EXTRA FEATURES | WIDESCREEN | ALTERNATIVE AUDIO

Pilates Essentials

Certified Pilates Instructor Lindsey Jackson has a unique teaching style and makes Pilates accessible, easy to follow and entertaining whilst bringing all the known benefits of a strong core, abdominal and back strength and a calmness of mind. On this DVD she **includes a warm up to prepare your body, a workout for all at multi levels, and a calming relaxation.** Lindsey teaches a mixed gender class, illustrating 3 levels to suit different abilities. **Her knowledge of health, fitness, yoga and Pilates fuses effectively, producing this holistic DVD for beginners and improvers.**

Artist	Pilates Essentials
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