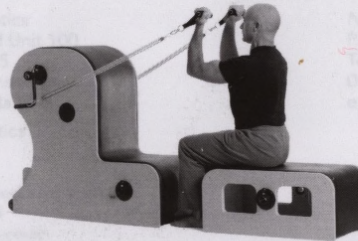


# Contents

Library of Congress Cataloging-in-Publication Data

Foreword vii  
Preface ix  
Acknowledgments xi  
Introduction xiii

- 1 Enhancing the Mind and Body 1
- 2 Alignment, Posture, and Movement 13
- 3 Powerful Pilates Practice 29
- 4 Mat Work 47
- 5 Universal Reformer 119



6	Cadillac	223
7	Wunda Chair	267
8	Barrels	287
9	Ped-a-Pul	309
10	Arm Chair	317
11	Magic Circle	325
12	Sample Exercise Routines	339
Selected Resources		359
Index		361
About the Author		373

