Mindluster Platform

About the course Pilates

Course Presenter : The Mindful Movement

Pilates course focuses on developing core strength, flexibility, and overall body conditioning. Participants will learn a series of exercises that promote proper alignment, breath control, and mindful movement. The course covers Pilates principles, such as concentration, control, centering, precision, breath, and flow. Join us to enhance your posture, improve muscular strength, and achieve a balanced and toned body through the practice of Pilates. The Mindful Movement

Humanities Category's Courses

Course Lesson(8)

Lesson 1 : **Pilates for Beginners 30 Minute Practice with Sara Raymond Mindful Movement**

Lesson 2 :
Intermediate Pilates Mat Workout 45 Minutes Total Body with Sara Raymond Mindful Movement

Lesson 3 : **Daily Practice of Gentle Pilates for Back Care with Sara Raymond Mindful Movement**

Lesson 4 :
Nourishing Pilates 40 Minute Full Body Workout for Self Care with Sara Raymond Mindful Movement

Lesson 5 : **All Levels Pilates for Posture and Spinal Health with Sara Raymond Mindful Movement**

Lesson 6 :
One Hour Intermediate Full Body At Home Pilates Workout with Sara Raymond Mindful Movement

Lesson 7 : **20 minute Pilates For Abdominal Work with Sara Raymond The Mindful Movement**

Lesson 8 :
In Just 30 minutes you can Relieve Aching Neck and Shoulders Pilates Workout Mindful Movement

Related courses

Civics Basics

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for Business Contact
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