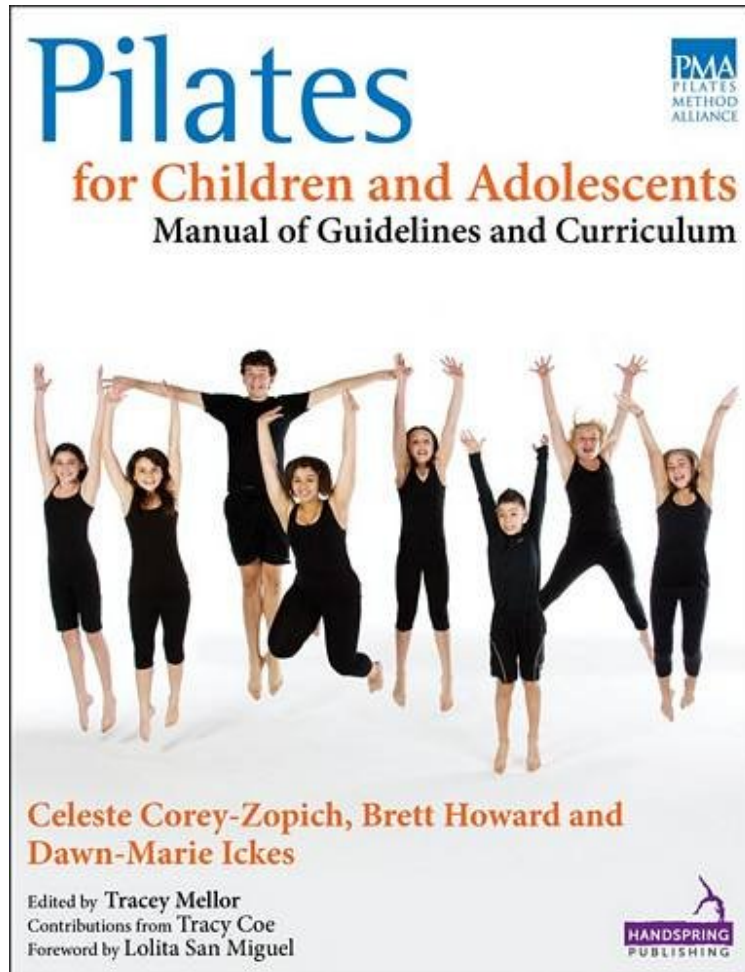


# Pilates for Children and Adolescents: Manual of Guidelines and Curriculum

*Celeste Corey-Zopich, Brett Howard, Dawn-Marie Ickes*  
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**Celeste Corey-Zopich, Brett Howard, Dawn-Marie Ickes : Pilates for Children and Adolescents: Manual of Guidelines and Curriculum** before purchasing it in order to gauge whether or not it would be worth my time, and all praised Pilates for Children and Adolescents: Manual of Guidelines and Curriculum:

0 of 0 people found the following review helpful. Good for layperson By KateGI have been taking Pilates in a studio for nearly 6 years and love it. My children are 6 and 8 and I thought they might enjoy doing some matwork to improve their core stability. This was just the book I was looking for. Being a layperson, there was just the right amount of child physiology/anatomy development information to help me understand why some modifications would be more appropriate for developing bodies. I read through the whole book in about 2 hours. The book has a section directed at instructors who want to offer this as a program in more of a school setting, so for me not as relevant, but the 85%

remaining of the book was helpful. The writing was good; clear and with just enough background and detail without being too textbooky. 0 of 0 people found the following review helpful. *Mat Work For Young People* By Nancy Shipping on this item took quite a while, and it seemed much more expensive than other Pilates books I've purchased. I'm fairly confident of the information provided though, and there aren't any other PMA certified books on this topic that I'm aware of, so it was worth the wait and the cost. 0 of 0 people found the following review helpful. This book is a wonderful resource. By ekI I am an occupational therapist working in a school. This book is a wonderful resource.

This is a comprehensive manual of guidelines and formal curriculum for teaching Pilates to young people.

About the Author Celeste Zopich, PMA(R)-CPT, is Chair of the PMA's Pilates Youth Program, and Director of Pilates Staten Island, New York, New York. Through Pilates Staten Island she teaches Pilates to clients and offers Pilates teacher training and continuing education workshops. She is the creator of a teacher-training program for Pilates teachers wishing to work with young people, and has many years of experience teaching Pilates in schools and to youth in the mat and apparatus environments.