



## StretchBodyMind Pilates Instructor Training

### Reading List 2020

*None of these books are required reading but are highly recommended as credible sources of Pilates Information.*

*Click on the links to buy them directly from Amazon.*

[The Pilates Bible](#)

By Lynne Robinson, Lisa Bradshaw and Nathan Gardner

[The Complete Pilates Tutor](#)

By Alan Herdman

[Pilates Anatomy](#)

By Rael Isacowitz

[A Little Course in Pilates](#)

Dorling Kindersley

[Pilates Return to Life Through Contrology](#)

By Joseph Pilates