



## "The Bannister Method"" Balance, Strength, Flexibility, and Core /

Lecture/presentation

Material Projectable

"The Bannister Method" is a program that is designed to increase balance, muscular fitness, flexibility, and core strength, and to bring energy into the body. Engaging in this program can help individuals maintain their body's capacity to function the way they need to for their particular lifestyle. "The Bannister Method""Balance, Strength, Flexibility, and Core provides an overview of this innovative approach to training, which consists of a fusion of yoga, Pilates-based core work, active isolated (A-I) stretching, and flexibility. The workshop features five progressive phases that collectively will enhance muscular fitness, core strength, flexibility, and balance

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**Título:** "The Bannister Method""Balance, Strength, Flexibility, and Core Presented by Gail Bannister-Munn

**Editorial:** Monterey, CA Healthy Learning 2008

**Descripción física:** 1 online resource (86 minutes)

**Duración:** 012507

**Nota general:** Title from resource description page (viewed January 13, 2017)

**Lengua:** In English Original language in English

**Materia:** Athletic Training Body Mechanics

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