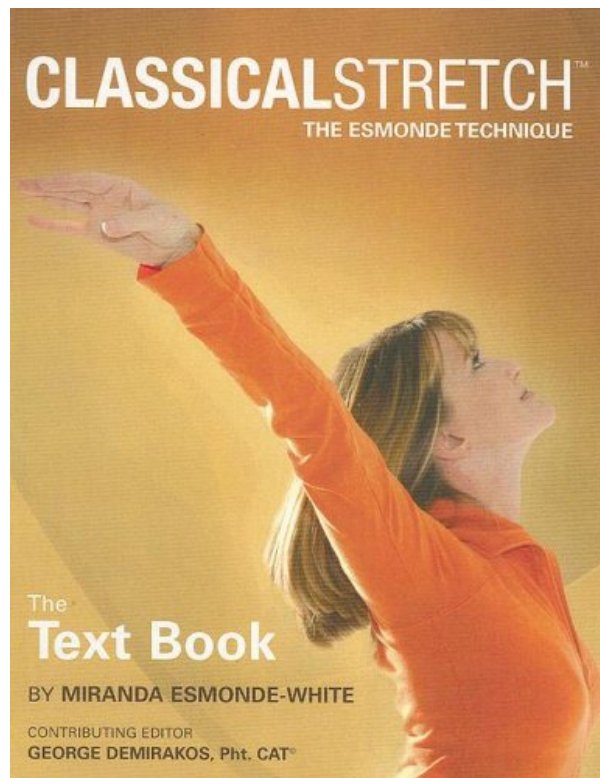
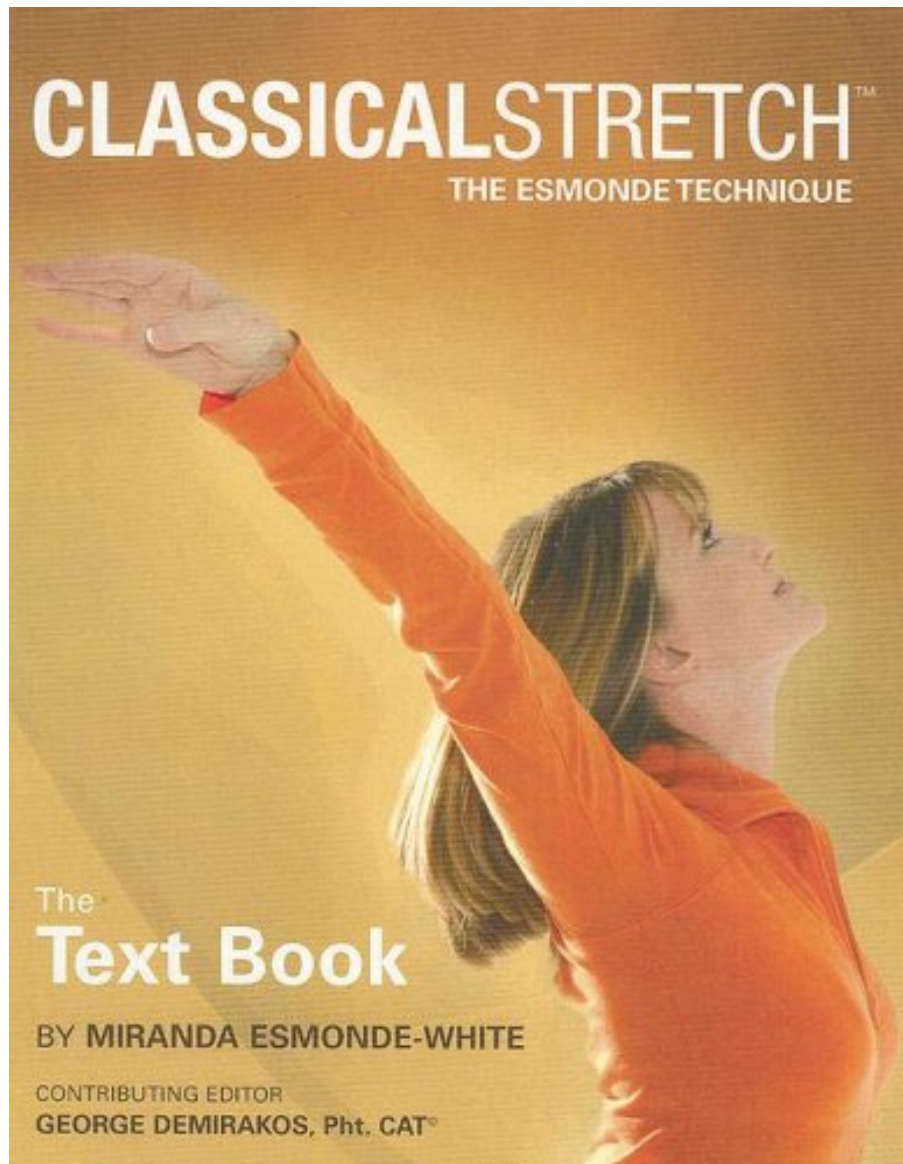


CLASSICAL STRETCH: THE ESMONDE TECHNIQUE BY MIRANDA ESMONDE- WHITE



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About the Author

Miranda Esmonde-White is one of America's greatest advocates and educators on healthy aging. She is best known for her PBS fitness show Classical Stretch, which has been on the air since 1999. A former ballerina, she designed the Essentrics technique, which uses low-intensity strength and stretch exercises to relieve pain, prevent injury, and slenderize the body. Esmonde-White works with professional and Olympic athletes and celebrities, and teaches classes to thousands of students worldwide each year.

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Book by Esmonde-White, Miranda

- Sales Rank: #1302526 in Books
- Brand: Brand: Pearson Learning Solutions
- Published on: 2006-08-27
- Original language: English
- Number of items: 1
- Dimensions: 10.90" h x .70" w x 8.30" l, 1.53 pounds
- Binding: Paperback
- 285 pages

Features

- Used Book in Good Condition

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Most helpful customer reviews

37 of 37 people found the following review helpful.

Great for those who want to learn more about the Esmonde Technique and Classical Stretch

By SerenityDiva

I am a fan of Classical Stretch and the Esmonde Technique and was delighted to be able to find out more information on these fabulous health and fitness programs. This textbook has a lot of information to absorb and I really recommend being able to purchase Season 4 as the episodes coincide with each chapter for an even better experience. Miranda shares her history, why she founded Classical Stretch and how it evolved. She further explains why her technique works for a variety of issues from weight loss to improving athletic performance to pain alleviation and prevention and more. There are a lot of photos and diagrams to really learn the anatomy and how her system works with each system in the human body...it's more than "stretching." I feel I get a lot more out of her programs with what I have learned. Also, I found her style to be very engaging, just like I do with the video workouts.

The only caveat is this is not an exercise program book nor is it intended to be (it is a textbook), those looking for a book workout of Classical Stretch or the Esmonde Technique will be disappointed.

32 of 33 people found the following review helpful.

Excellent companion to videos

By puddlelum

The Classical Stretch workout is a synthesis of Tai Chi, yoga, pilates, ballet and physical therapy. While gentle enough for rank beginners, it is still challenging enough for Olympic athletes, because you work within your own body's changing capabilities. Proper alignment and absence of free weights prevents injury, and stretching prevents residual soreness often experienced by those increasing their exercise level. There is no equipment to buy, lug or store: you use your own muscles, gravity and occasionally a chair or hand towel.

Besides weight loss, body reshaping and improved posture, the Classical Stretch workout offers prevention of osteoporosis and injury, healing of scar tissue, and maximization of strength, flexibility and range of motion.

It is not, however, a workout in which you simply flail about, imitating the instructor's motions. Instead, the mind must be actively engaged, to target specific muscles being worked, to employ correct technique and alignment, and to visualize the resistance ("lift a concrete ball") or relaxation ("lift a satin ribbon") required to achieve desired results.

Although some verbal instructions in engaging the mind are given in the videos, time is of course limited. The book provides detailed and illustrated instruction in technique (PNF:proprioceptive neuromuscular facilitation, fascia readjustment, etc.), theory (dynamic vs. static and e-centric vs. concentric stretching, muscle chains, etc.), and anatomy (muscle origin/insertion/action, structure and function of three basic types of joints, etc.). With acute attention to technique, the videos could stand alone. Without the videos, the book is just another anatomy course. For maximizing the exercise benefits and understanding the body's structure and health, the book makes an excellent companion to the videos.

21 of 22 people found the following review helpful.

Stretching by the book

By joy4U

This book is the accompanying text for the Classical Stretch Season 4 series. It is truly a textbook and is designed to provide the anatomy and detailed explanations of the techniques used in the Edmonde Technique. While the presentation is dry, the information is quite useful to anyone in the fitness or physical therapy fields.

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