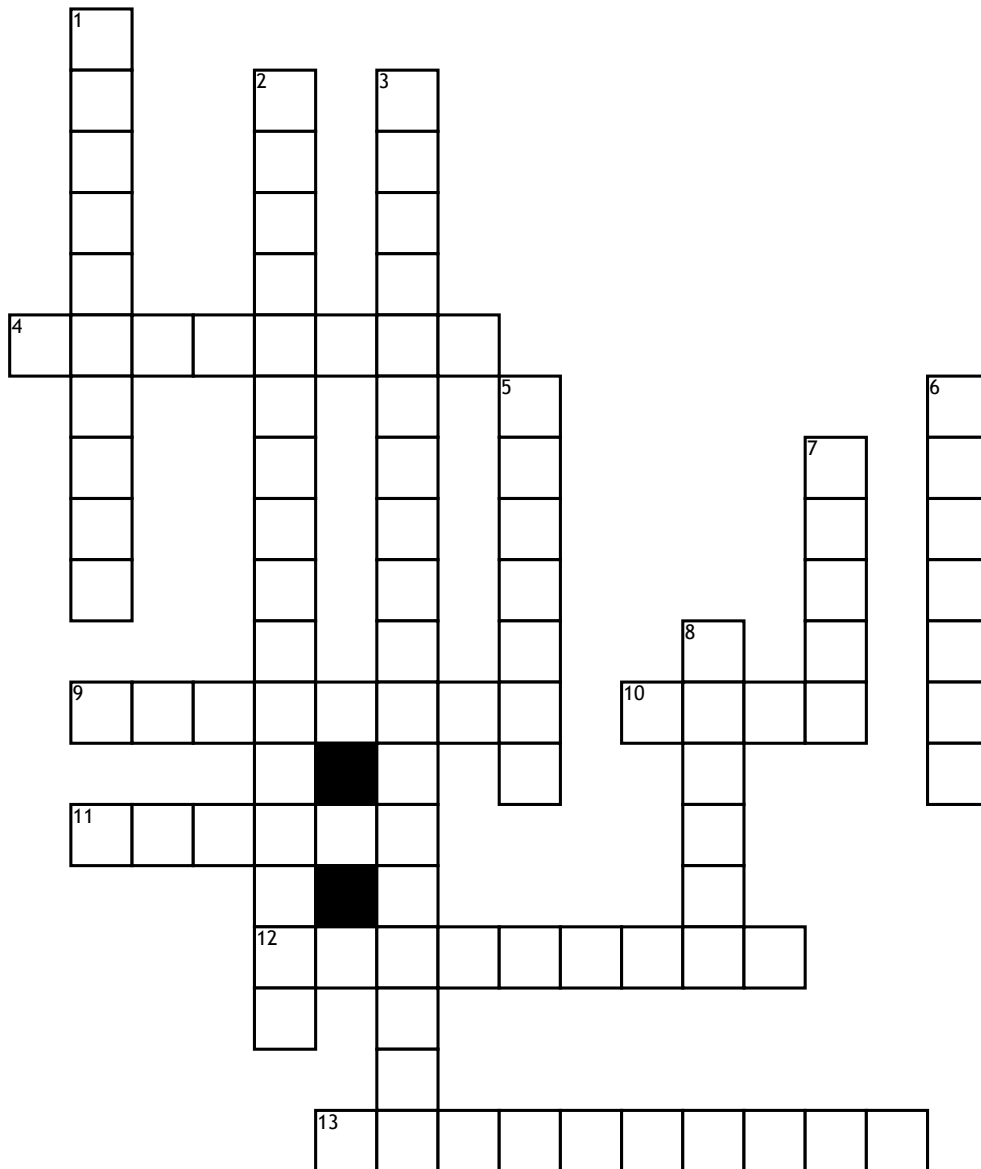


# Alignment



## Across

4. What sort of problems can anatomical information help correct?

9. The Feldenkrais Method uses gentle?

10. A Pilates session prompts you to concentrate deeply on what muscles?

11. Pilates was created by \_\_\_\_\_ Pilates.

12. Risk of physical injury can be decreased by having correct?

13. Pilates is what type of exercise?

## Down

1. The objective of Pilates is the coordination of the mind, body and spirit which is called?

2. By applying practical knowledge to these systems of the body a safer learning environment is created.

3. This hands-on teaching method encourages the body to work as an integrated dynamic whole.

5. Dance work should always cater to a student's physical?

6. The Alexander Technique is a process that teaches you to release harmful?

7. The Feldenkrais Method was created by \_\_\_\_\_

Feldenkrais.

8. The Feldenkrais Method can increase your range of?