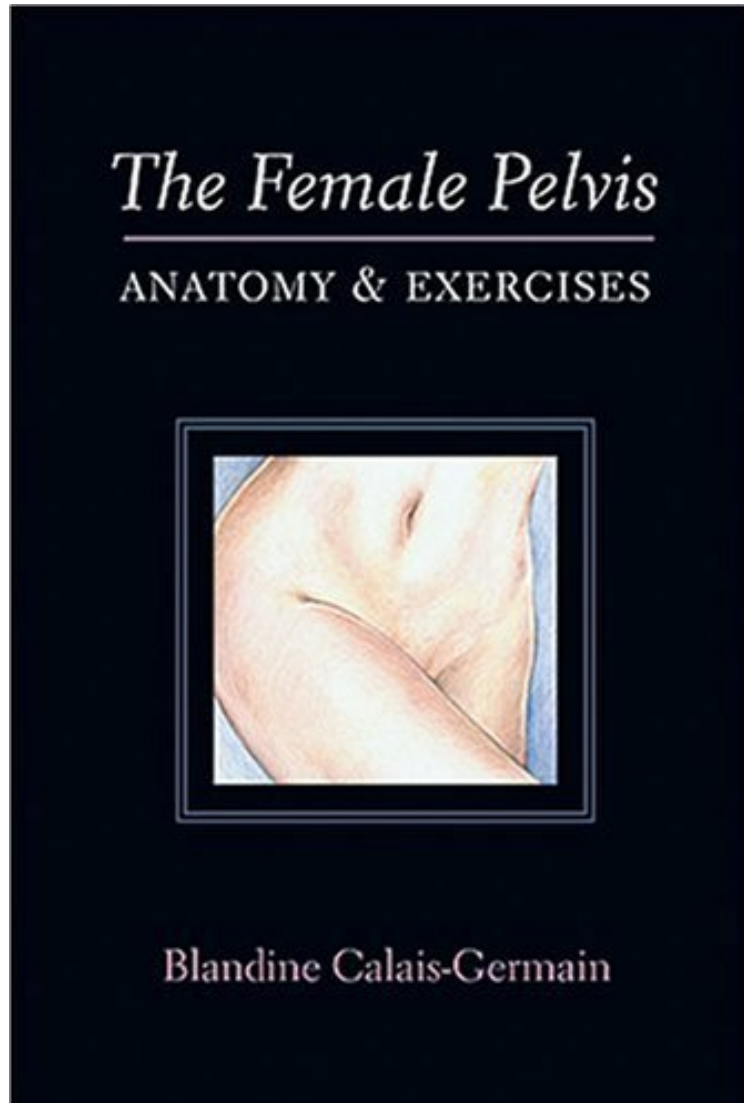


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## The Female Pelvis Anatomy Exercises

*Blandine Calais-Germain*

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The book begins with a description of the functional anatomy of the pelvis, how it responds to pregnancy childbirth.

This is followed by a series of specific exercises, initially for self-discovery, then to increase the flexibility, strength, coordination of the pelvic functions

About the Author Blandine Calais-Germain's lifelong involvement with dance, both as performer and teacher, eventually led to an interest in other physical disciplines, and then to more formal study of the complex and integrated movements of the body. From 1977 to 1980 the author studied physiotherapy at the French School of Orthopedics and Massage in Paris. In physiotherapy, body movements are analyzed both in terms of their neurophysiological and mechanical aspects, which allows for a better understanding of the actual mechanisms of movement. From her work with dance and physiotherapy, the author developed an innovative method for teaching the physical structures of anatomy in relation to movement. This method, the subject of her companion volumes *Anatomy of Movement* and *Anatomy of Movement: Exercises*, has been enthusiastically received in workshops that she presented for many years in France. Her two books have been translated and published throughout the world in many languages.