



# Basic Cuing for Pilates Teachers

*Laurette Ryan*

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## **Basic Cuing for Pilates Teachers** Laurette Ryan

Basic cuing for Pilates teachers breaks down the basics of cuing, instructing verbally your classes and students. Although it is written for the Pilates instructor, Yoga teachers coaches and teachers of movement to any individuals or groups will benefit by the precise instruction on effective communication to produce a great movement experience .

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