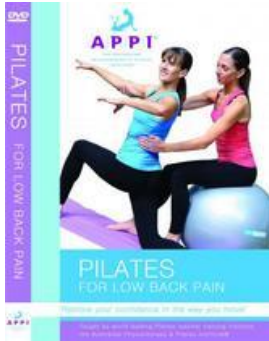


**FOR IMMEDIATE RELEASE**

## APPI releases Pilates for lower back pain DVD!

£16.99 inc VAT.



**London, United Kingdom, March 2010-** The Australian Physiotherapy & Pilates Institute has just launched its very own Pilates DVD for low back pain. The DVD is ideal for beginners and those with low back pain and is taught by world leading Pilates teacher training institute, APPI.

Based on current practices in the Physiotherapy world, APPI has developed this DVD as a safe tool for relearning how to protect your body from injury as well as restore efficient movement and posture

This practical and enjoyable DVD is split into easy to follow sections including:

- The key elements
- A warm up
- The class
- A cool down

You will also be shown ways to make the movements more or less challenging so that you can always work at the right level for your body. If you are new to Pilates, have back pain, or simply want to polish your body, let the APPI Physiotherapists guide you through their trademark program.

The DVD is priced at £16.99 per copy and is also available at wholesale pricing. It can be purchased online and in any of our Pilates Art Physiotherapy studios in London. These studios are located in Kilburn, Hampstead, and Wimbledon. Order your DVD now!!!

**About APPI:** The Australian Physiotherapy & Pilates Institute© (APPI) is now firmly established as a world leader in Pilates training. Courses now run throughout the United Kingdom, Ireland, Spain, Portugal, Malta, Germany, Brazil & Australia. Physiotherapists Elisa and Glenn Withers established the APPI in 1999 in response to the demand for rehabilitation based Pilates teacher training. Its international team of expert and experienced Physiotherapists and Rehabilitation Therapists oversee the development, quality and teaching of all APPI courses. This ensures that the latest research is consistently brought into all APPI courses. Continuing education opportunities within the APPI are numerous and varied to provide ongoing exploration and knowledge about Modified Pilates and its application.