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THE PILATES HEALING BIBLE: TONE YOUR BODY THROUGH EXERCISE THAT STRENGTHENS AND

Chartwell. 1 Spiral (cloth)(s), 2013. hard. Book Condition: New. Informed by gymnastics, tai chi, and weightlifting, Pilates can help you to develop a sense of balance and poise that will benefit you in any physical endeavor as well as in your day-to-day activities. Illustrated with dozens of captioned, color photographs, this book introduces such core principles as mindful breathing and centering, and includes simple but effective warm-ups, stretches, and relaxation routines that you can do at your desk, as well...

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- Authored by Cosby, Melissa.
- Released at 2013



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