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MY FIRST BOOK OF PILATES: PILATES FOR CHILDREN



Walter Foster Jr., United States, 2018. Board book. Condition: New. Elsa Fouquier (illustrator). Language: English . Brand New Book. Introduce your children to Pilates with My First Book of Pilates and help them develop bodily awareness and key development of developing muscles and flexibility. Featuring simple, colorful step-by-step guidance, My First Book of Pilates gives kids an introduction to the popular exercise program adults have enjoyed for so many years. A dozen poses have been specially selected for their efficacy...

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- Authored by Rida Ouerghi
- Released at 2018



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