



HOW TO START **PILATES** AT HOME

A Quick Guide

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Body & Soul, 2005 **Body & Soul (Watertown, Mass.)**, 2005 **PC Magazine**, 1999 **The New Yorker**, 2007 **Ebony**, 2001-10 EBONY is the flagship magazine of Johnson Publishing. Founded in 1945 by John H. Johnson, it still maintains the highest global circulation of any African American focused magazine.

The Illustrated London News, 1848 **Vegetarian Times**, 2009 **Total Pilates** Ann Crowther, 2009 Based on Ann Crowther's proven development of the Joseph Pilates system, this book presents simple practical measures to improve health and well-being through a unique body-mind approach combining exercise, diet, and relaxation.

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