



## Pilates (Secrets of...)

*Cathy Meus, Sally Searle*

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**Pilates (Secrets of...)** Cathy Meus, Sally Searle

Showing how pilates can tone your body, improve posture and benefit overall well-being, this volume is part of the "DK secrets of ..." series which offers a juxtaposition of theory and practice, providing full explanations in an attempt to demystify each subject and show how best to apply it.

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