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ABCs: Alignment, Breathing, Core Control creates healthy fitness habits for a lifetime; Traditional calisthenics unite with essential Pilates principles for safety

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Wonderful book for sharing Pilates with children. The examples provided on body alignment, posture, and exercises are written in a fun way that children can really

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Are there any Pilates exercises I can do with my kids(s)? Stay tuned for an upcoming m.a.c. Pilates for Kids workshop at Harmony, beginning this July!

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