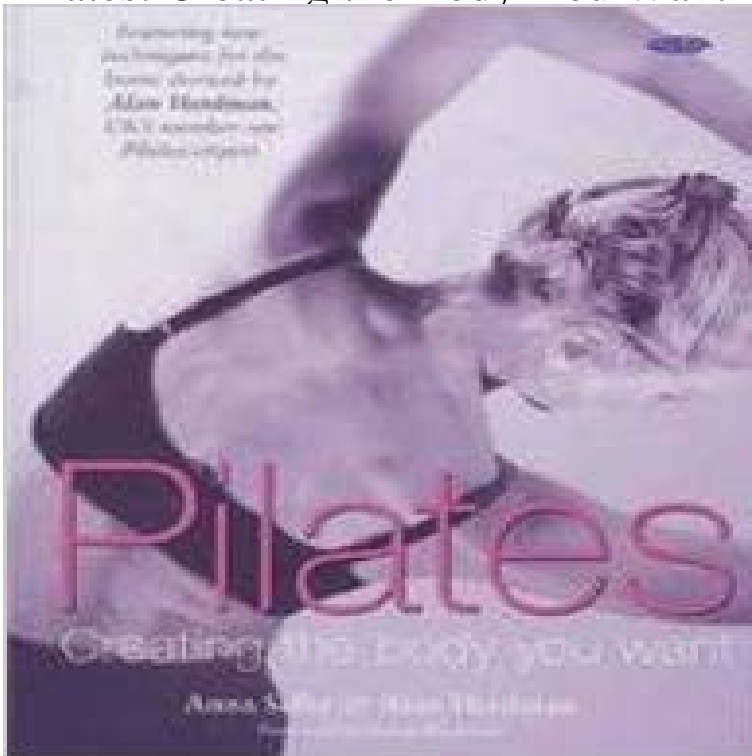


## Pilates: Creating the Body You Want



Advice from a leading UK practitioner of the Pilates technique Step-by-step instructions to restore your body to full fitness and create a feeling of wellbeing Techniques to help develop your body shape to become more balanced, poised and elongated Learn to move your body so the most routine activities - sitting, walking and standing - become infused with grace and good posture Controlled and safe exercises suitable for any age and ability

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