

My First Book Of Pilates Pilates For Children My First Book Of Series

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Featuring 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 series of simple and fun introductory exercises, guided by familiar movements and illustrations, encourages children to get to know their bodies through flexibility, coordination, and play.

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This fun follow-up to Walter Foster Jr.'s My First Book of Pilates encourages children and parents alike to get up and move! Featuring 10 poses and exercises for young children with a series of simple and playful movements, My First Book of Gymnastics shows kids how fun and easy gymnastics can be.

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Introduce your children to Pilates with My First Book of Pilates and encourage them to get to know their bodies through flexibility, coordination, and play. 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 and approachability.

My First Book of Pilates: Pilates for Children (My First ...

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Pilates immigrated to the US in the 1920s and opened a studio in New York, where he taught his method, which he called "contrology" - for several decades. Who is pilates for? Pilates has something to offer people of all ages and levels of ability and fitness, from beginners to elite athletes.

A guide to pilates - NHS

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My First Book of Pilates - Kindness and Joy Toys

My First Book of Pilates is the perfect introduction to a balanced body for young children! ISBN: 9781633225893 ISBN-10: 1633225895 Series: My First Book Of ... Series Audience: Children For Ages: 3 - 6 years old Format: Board Book Language: English Number Of Pages: 30 Published: 24th April 2018

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