



Pre and postnatal Pilates on the Mat

By Carolayne Anthony



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A practical workbook intended for the pilates instructor. This book will aid in helping the pilates instructor develop safe and beneficial exercises for the prenatal client. Pilates enthusiasts will also enjoy this clear,concise book full of color photographs

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Editorial Review

About the Author

Carolyne Anthony is the founder of The Center for Women's Fitness- an organisation that specialises in Women's Health Pilates programs. The Center has been teaching this population for over 20 years.

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