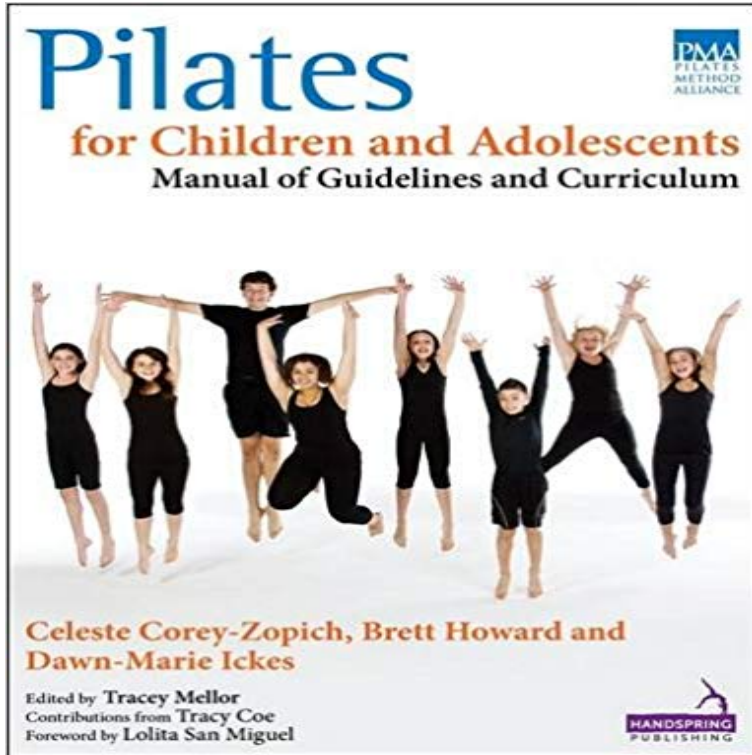


# Pilates for Children and Adolescents: Manual of Guidelines and Curriculum



This is a comprehensive manual of guidelines and formal curriculum for teaching Pilates to young people.

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