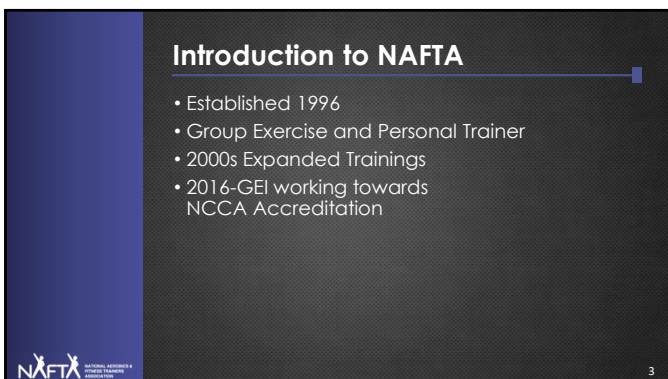




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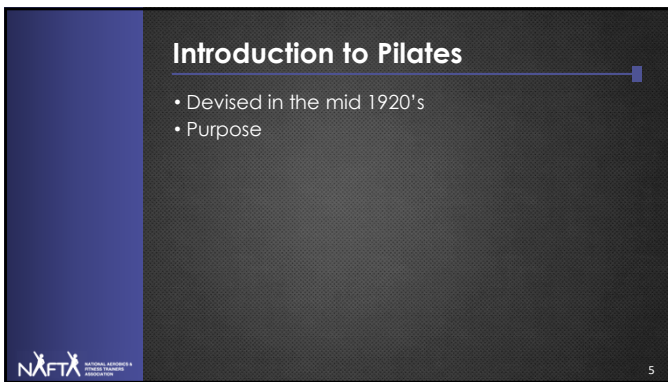
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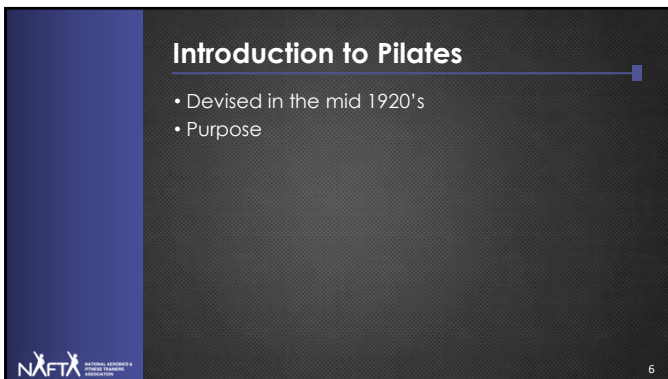
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6



Why Pilates?

- Reasons for Pilates

7

7



Module 3

Benefits of Pilates



8

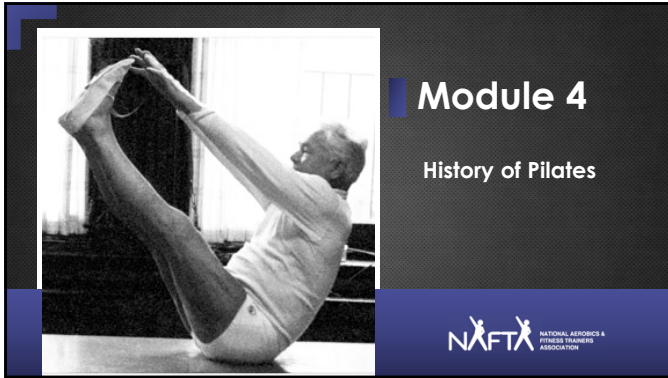


Benefits of Pilates

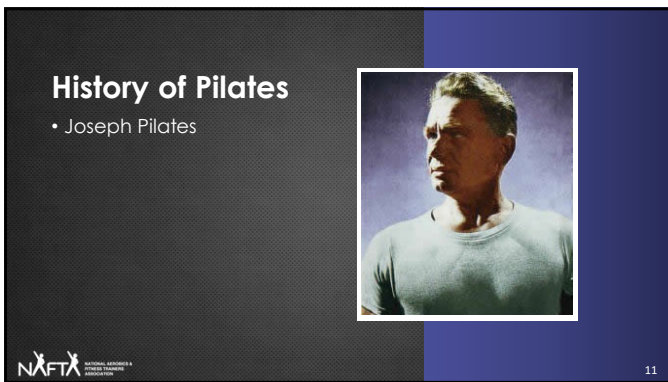
- Develops core abdominal strength.
- Leaner Body
- Improves: balance, stability and flexibility
- Reduces stress and fatigue
- Improves body awareness
- Enhances Muscle control
- Relieves pain, stiffness, and tension

9

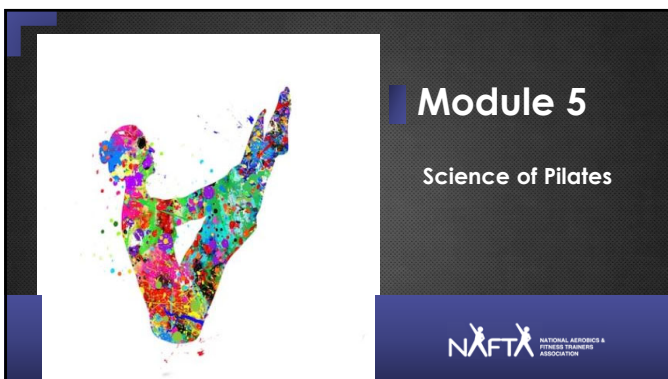
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12


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Physiology of Pilates

- Skeleton
 - Two separate parts
 - Functions

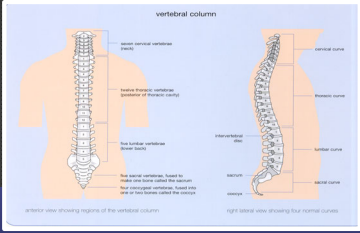

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Vertebral Column




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The Muscles

- Cardiac
- Smooth
- Striped/Striated


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Stretch Reflex

The Stretch Reflex

1. Muscle spindle senses stretch

2. Sensory neuron conducts action potential

3. Sensory neuron synapses with alpha motor neuron and interneuron

4. Alpha motor neuron in quadriceps is activated while the alpha motor neuron in the hamstring is inhibited

5. The quadriceps contract and the hamstring relaxes

SOURCE: <https://www.khanacademy.org/test-prep/mcat/biology/biological-basis-of-behavior/a/neuromuscular-stretch-reflex>

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Module 6

Techniques of Pilates

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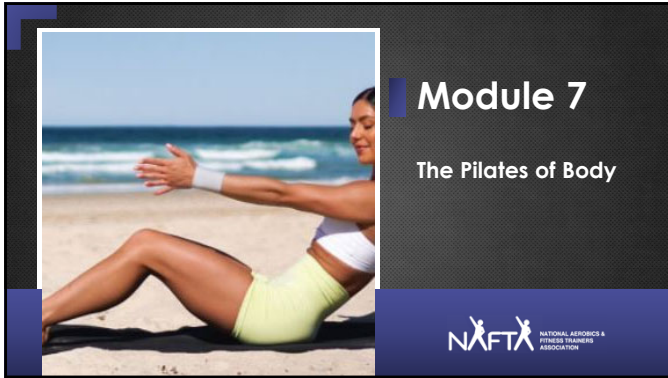
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Technique Principles

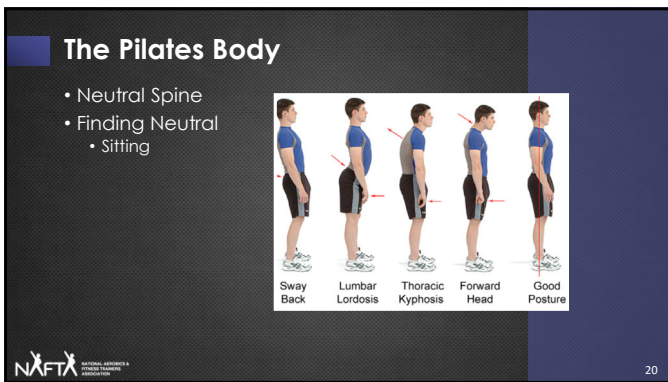
- Concentration
- Breath
- Centering
- Control
- Precision
- Flowing Movement
- Isolation
- Routine

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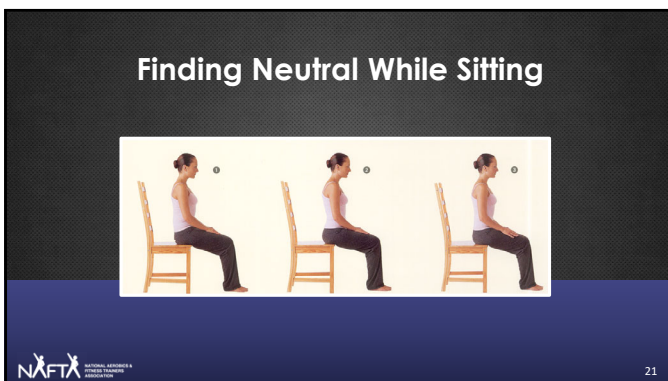
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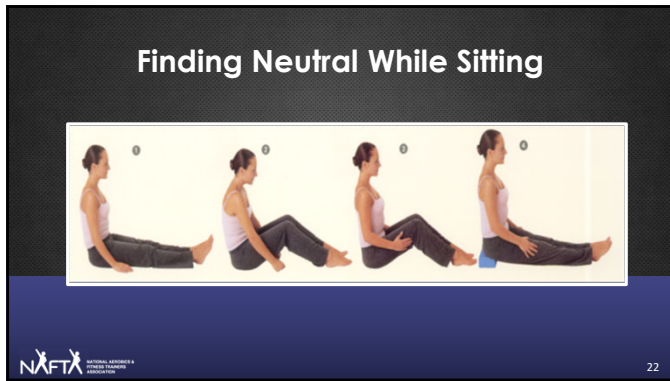
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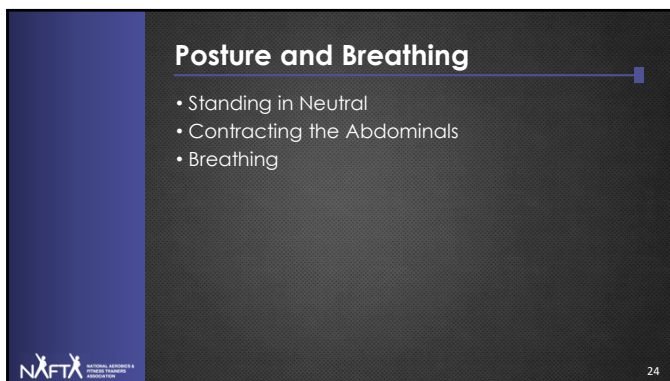
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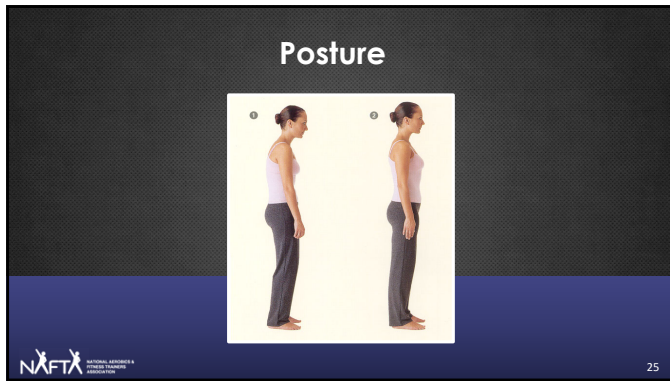
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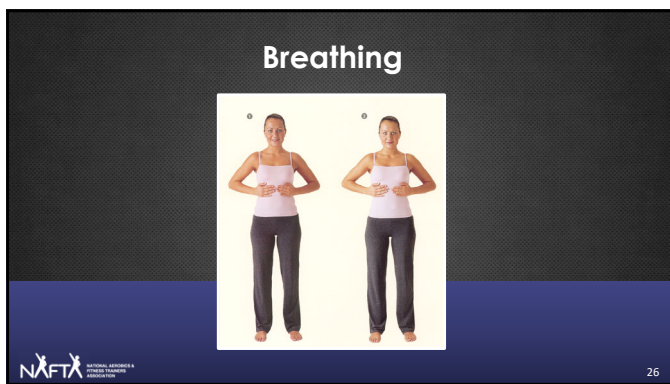
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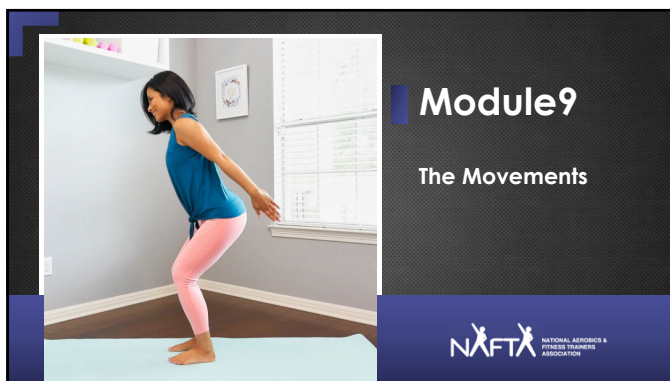
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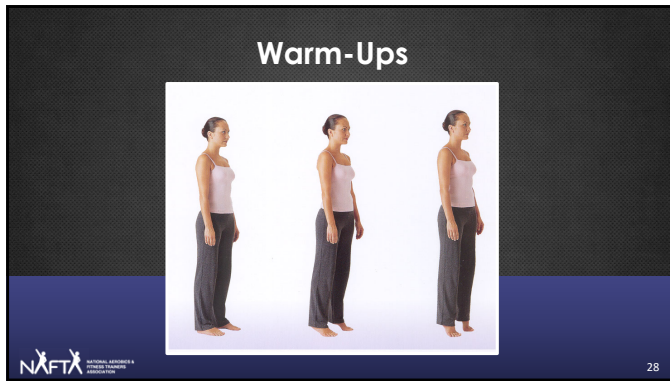
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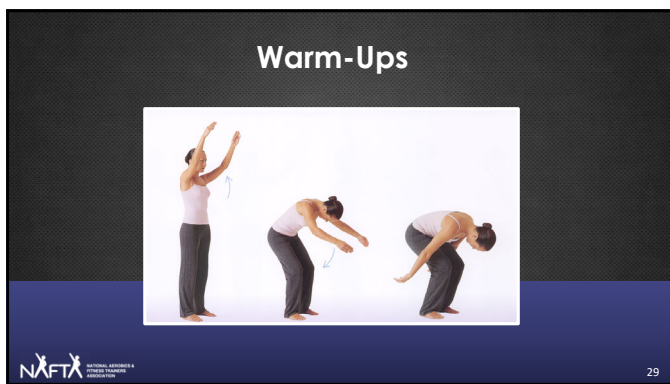
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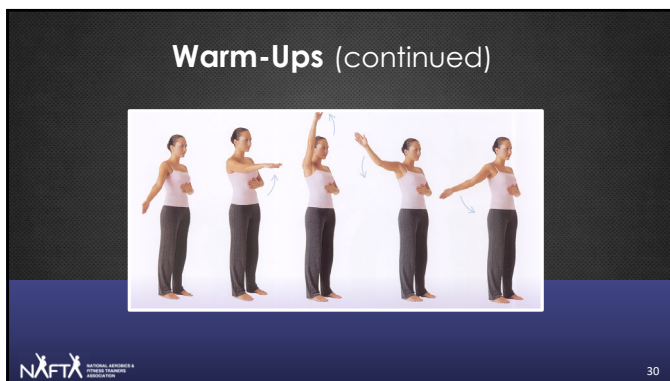
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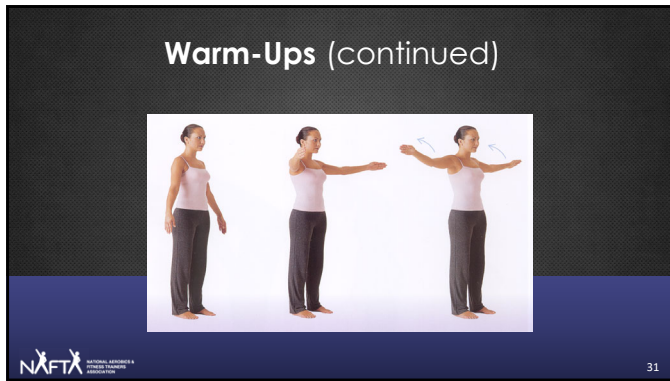
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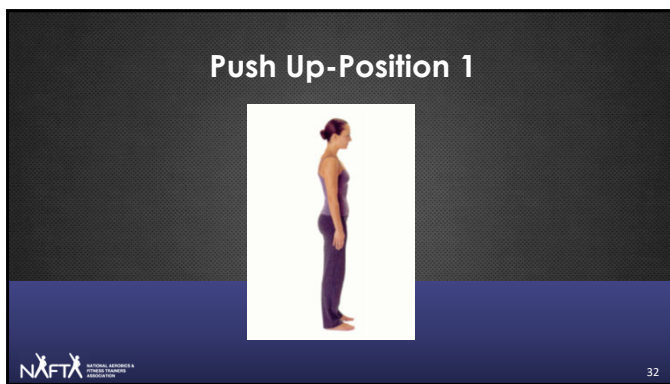
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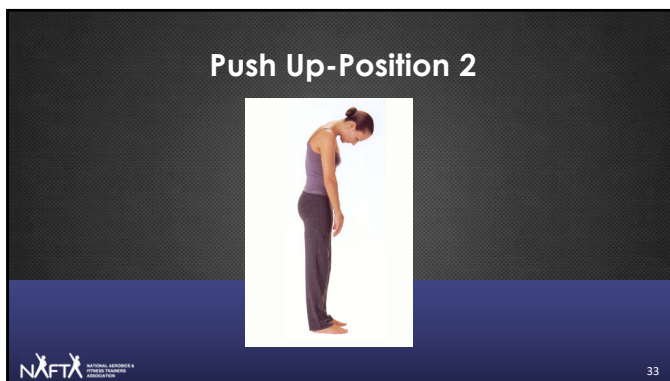
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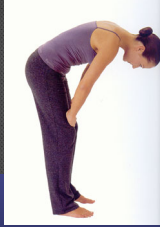


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Push Up-Position 3

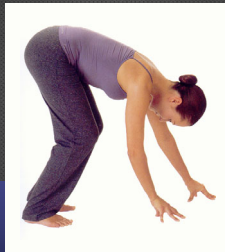


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Push Up-Position 4



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Push Up-Position 5



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Swimming Prone-Position 1



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Swimming-Position 2

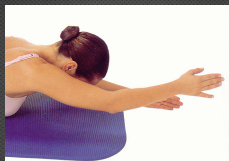


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Swimming-Position 3



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Swimming-Position 4



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Swimming (Kneeling)- Position 1



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Swimming (Kneeling)- Position 2



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Swimming (Kneeling)- Position 3



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The Plank-Position 1

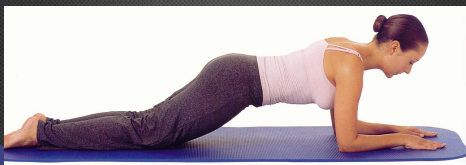


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The Plank-Position 2



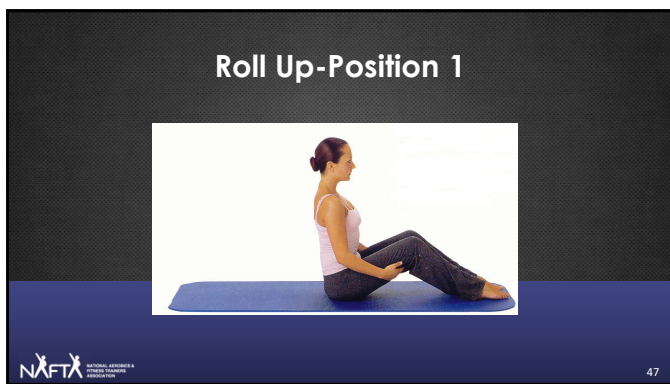
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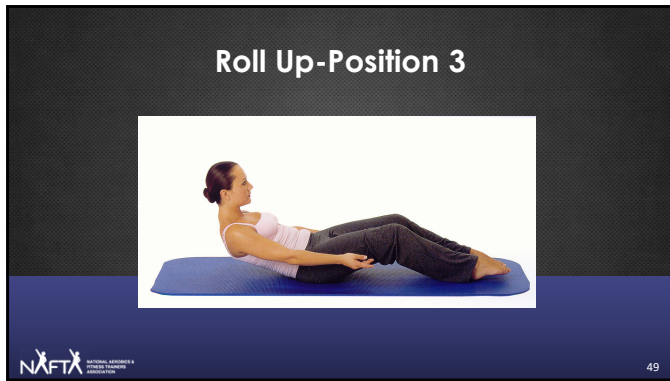
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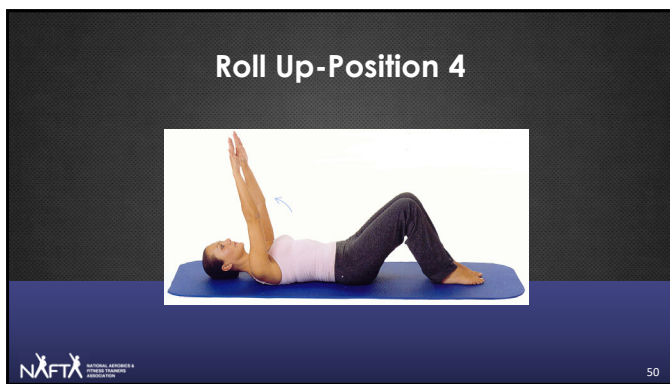
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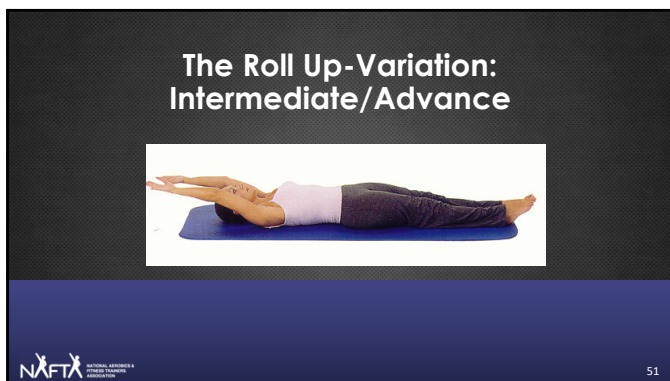
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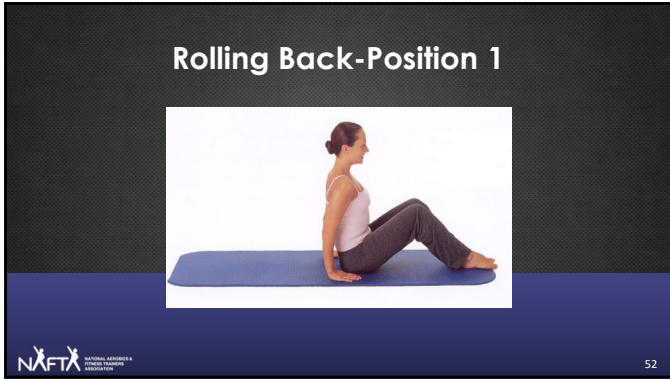
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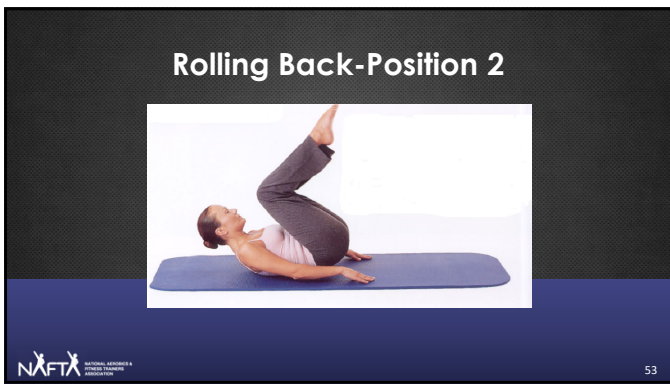
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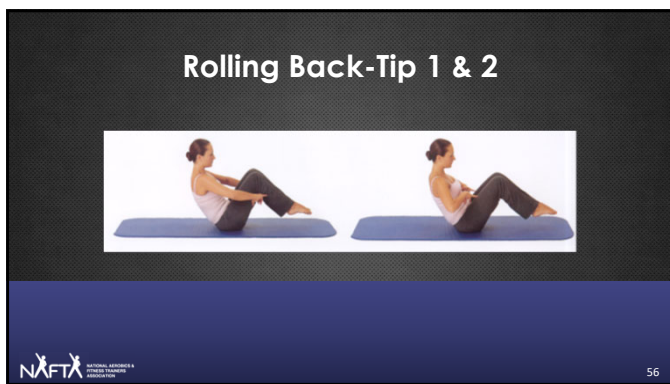
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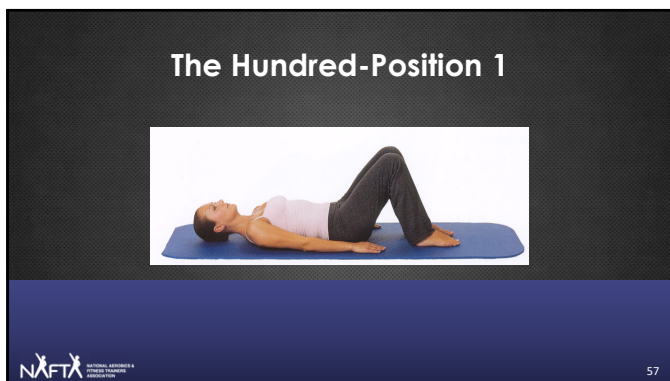
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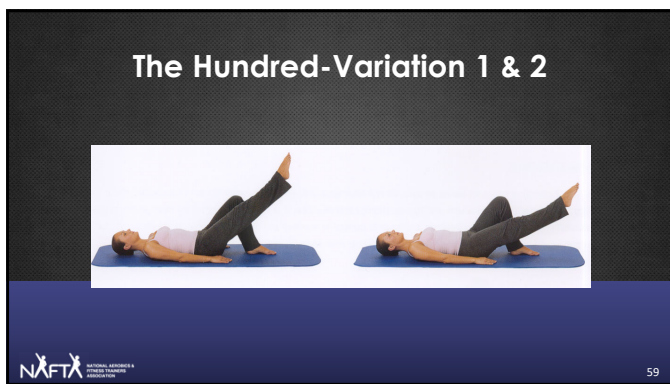
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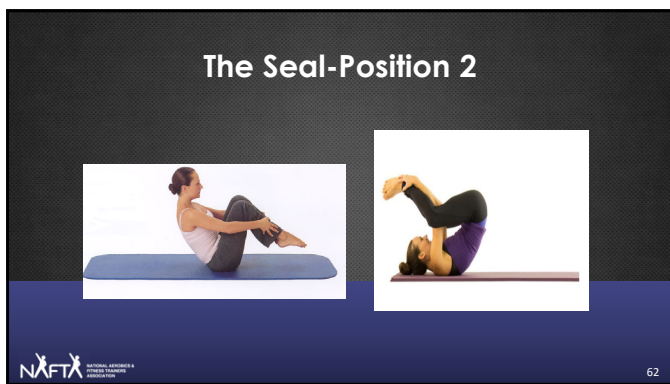
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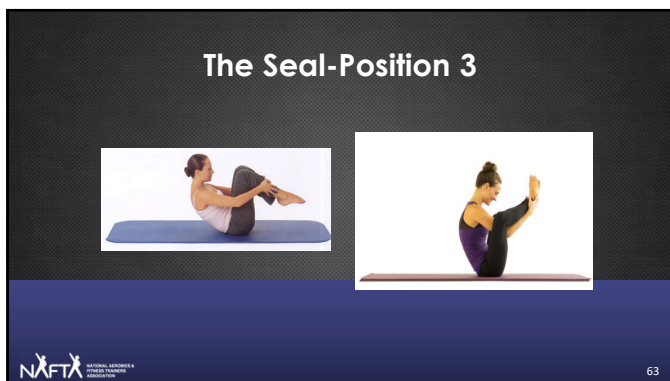
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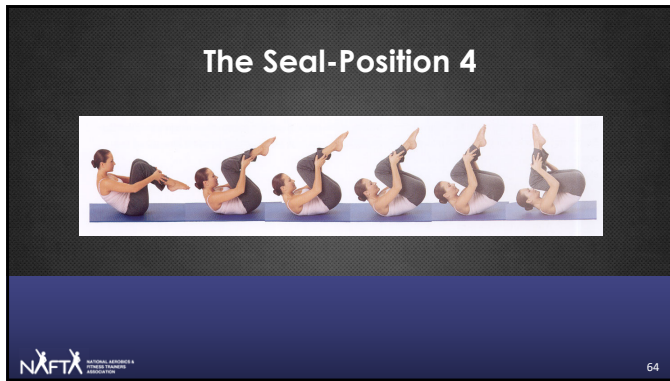
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Spine Stretch-Position 1



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Spine Stretch-Position 2

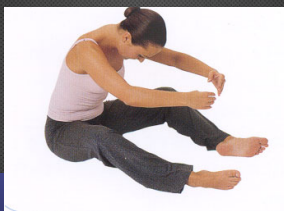


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Spine Stretch-Variation

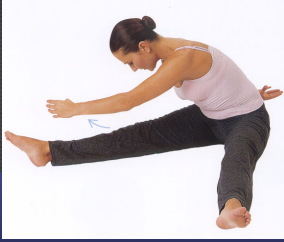


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The Saw-Position 1



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The Saw-Position 2



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Spine Twist-Position 1



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Spine Twist-Position 2



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Spine Twist-Position 3

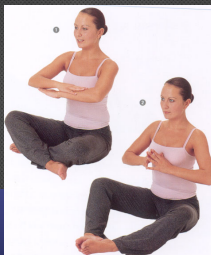


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Spine Twist-Variation



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Leg Pull (prone)-Position 1



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Leg Pull (prone)-Position 2



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Leg Pull (prone)-Position 3



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Leg Pull (prone)-Position 4

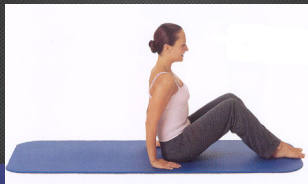


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The Crab-Position 1



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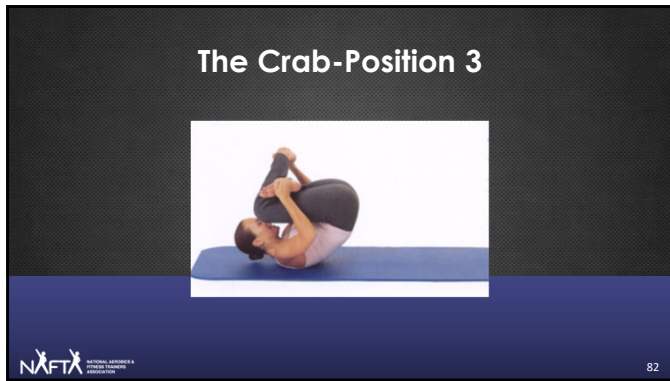
The Crab-Position 2



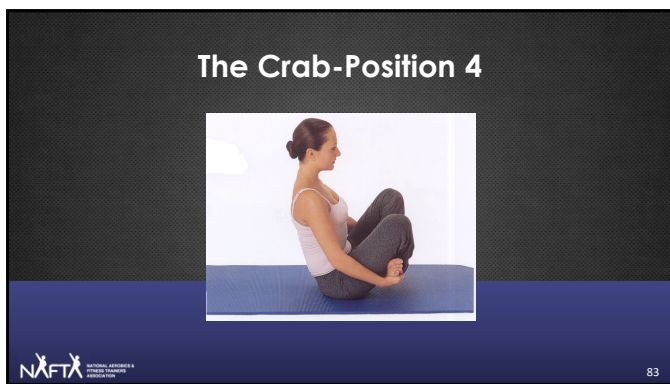
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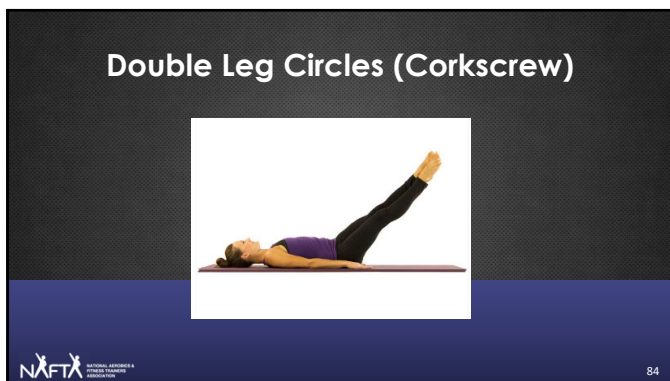
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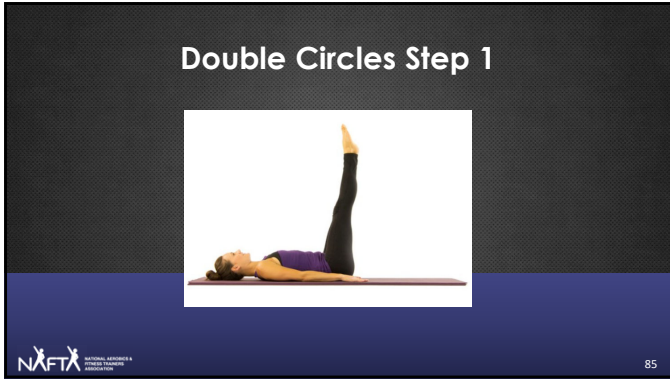
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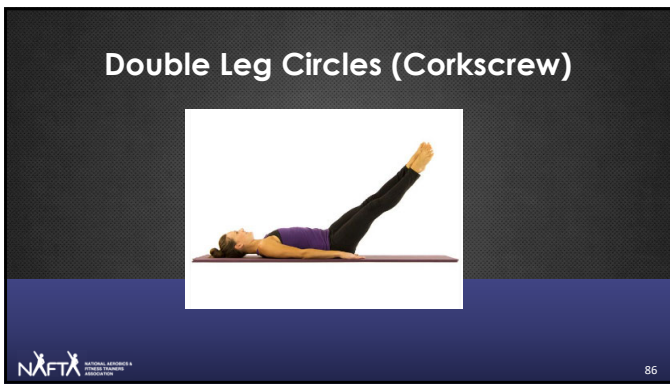
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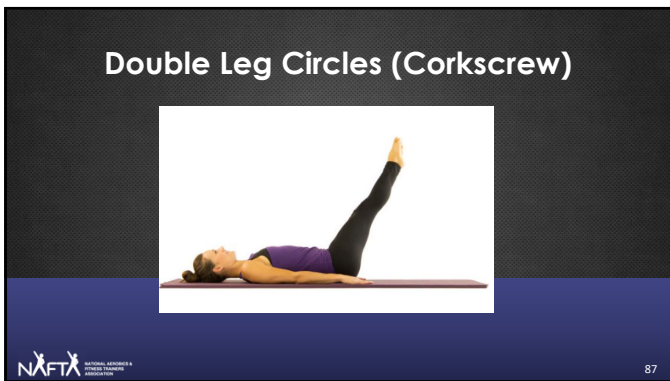
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Double Leg Circles (Corkscrew)



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One Leg Circles-Position 1



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One Leg Circles-Position 2



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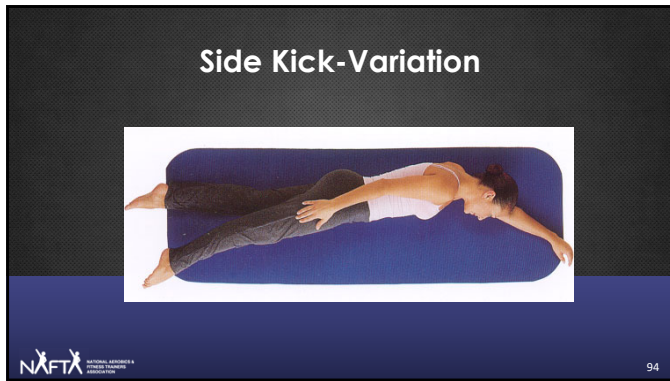
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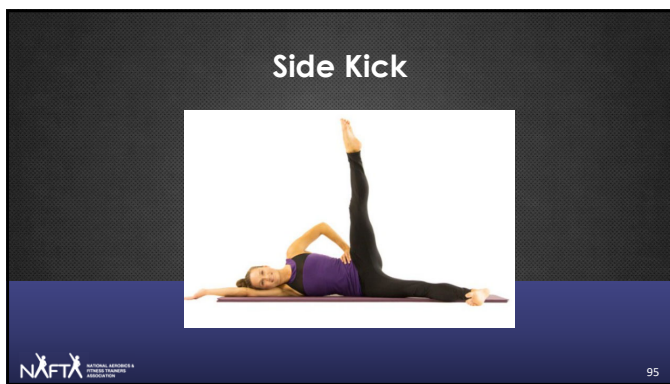
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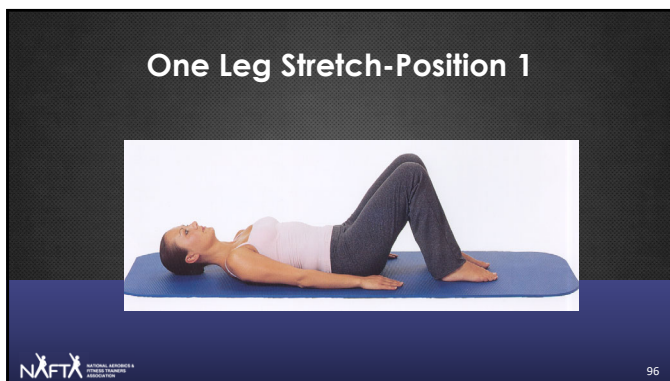
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One Leg Stretch-Variation 1 & 2

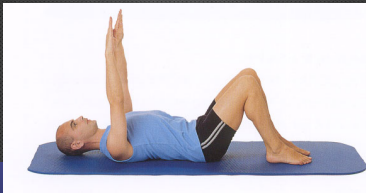


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Double Arm Stretch-Position 1

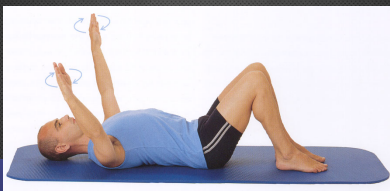


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Double Arm Stretch-Position 2



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Double Arm Stretch-Position 3

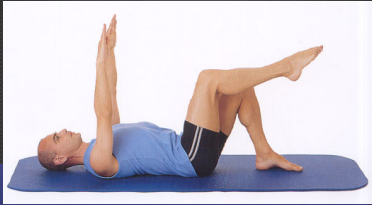


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Double Arm Stretch-Variation

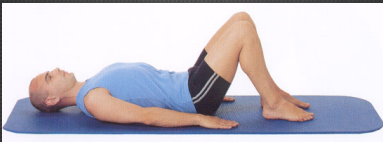


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Shoulder Bridge-Position 1

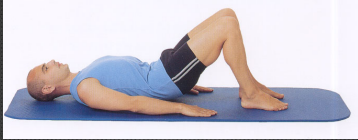


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Shoulder Bridge-Position 2



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Shoulder Bridge-Position 3



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Shoulder Bridge-Variation (Intermediate)

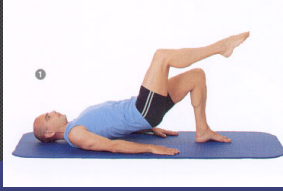


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Shoulder Bridge-Variation (Advance)

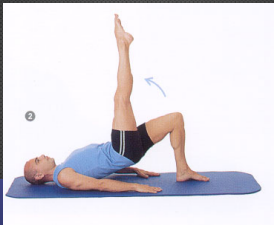


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Shoulder Bridge-Variation (Advance)

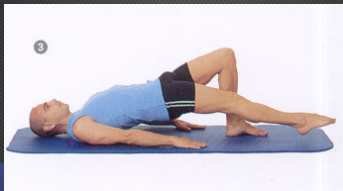


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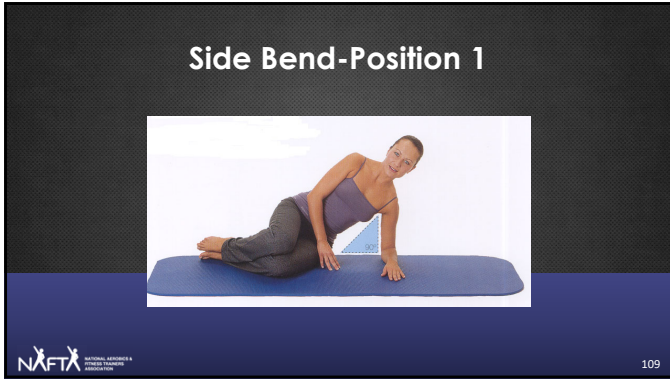
Shoulder Bridge-Variation (Advance)



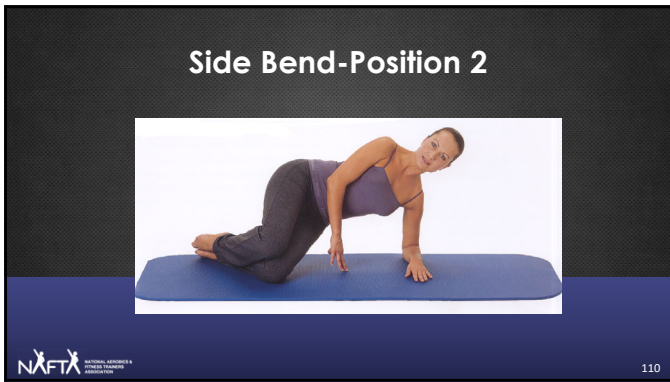
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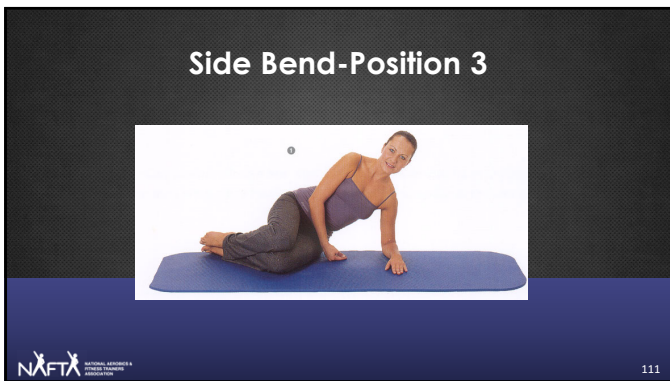
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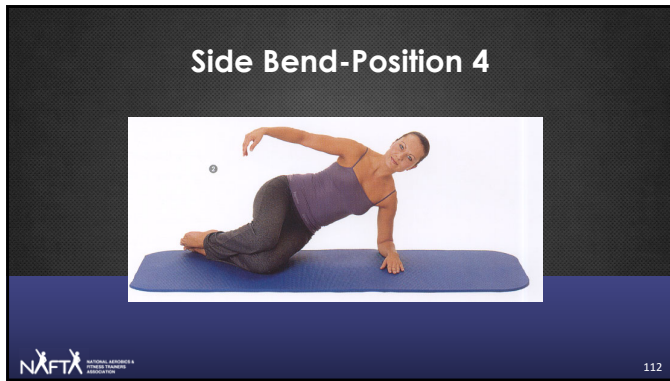
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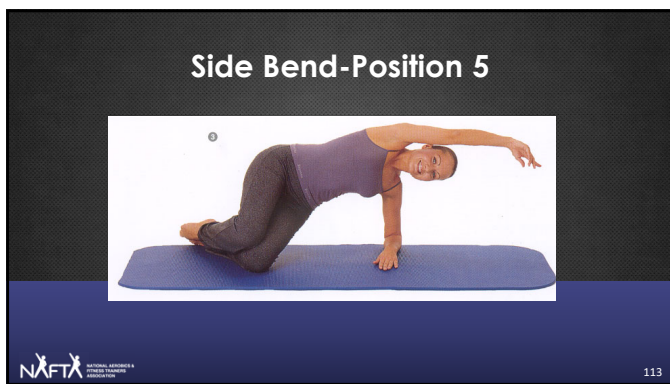
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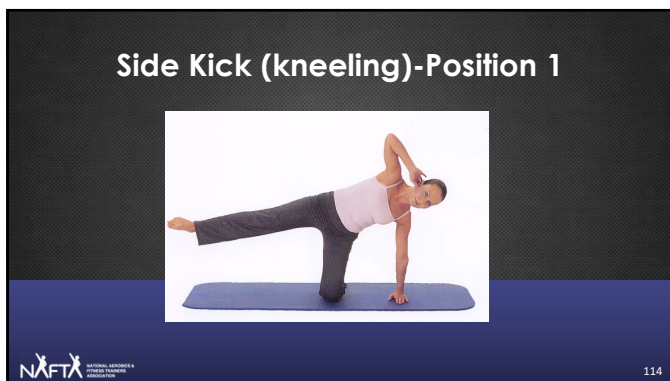
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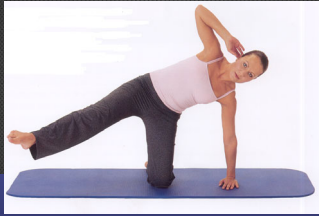


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Side Kick (kneeling)-Position 2



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Side Kick(kneeling) Position 2

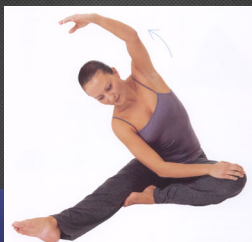


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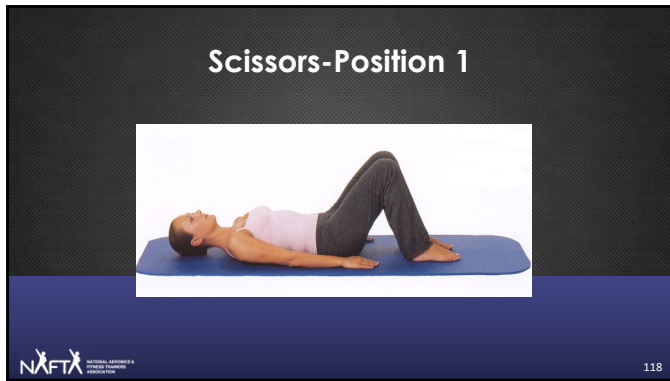
Side Bend Stretch



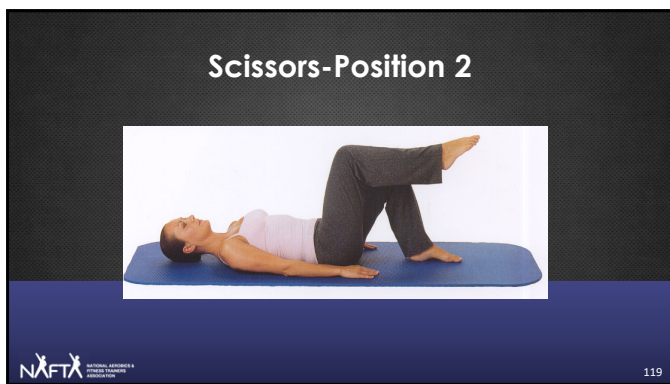
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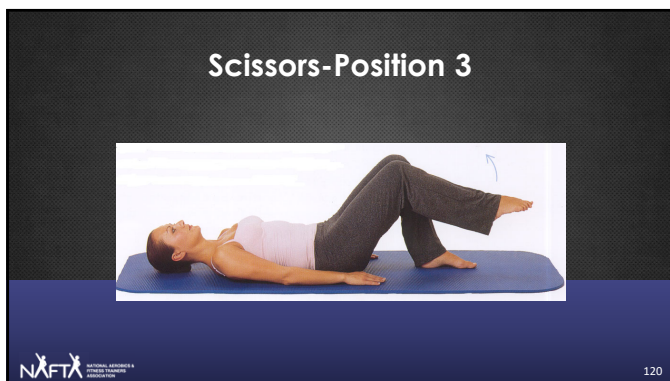
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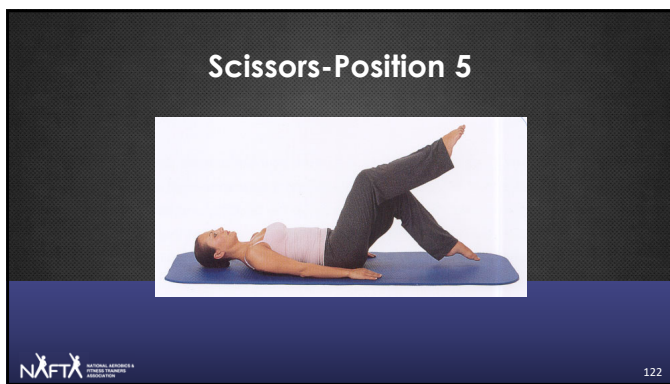
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120



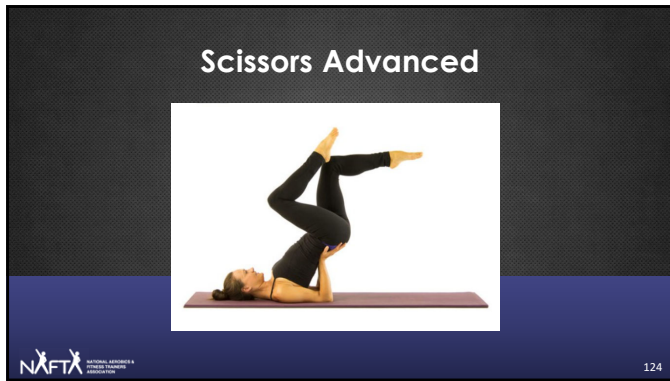
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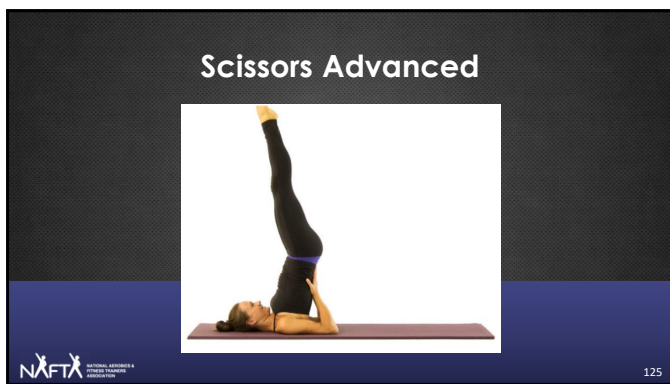
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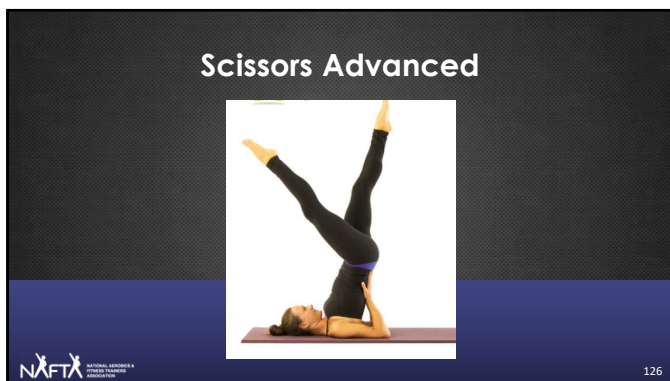
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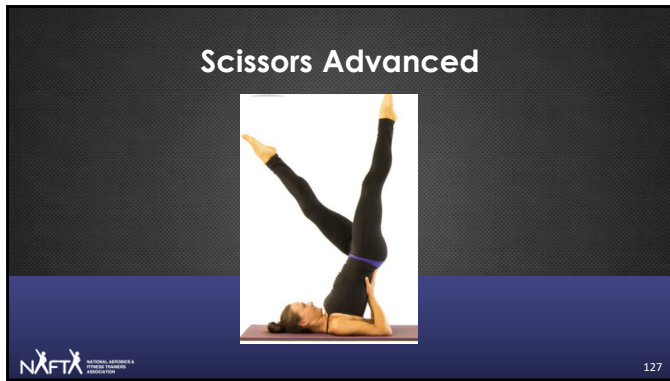
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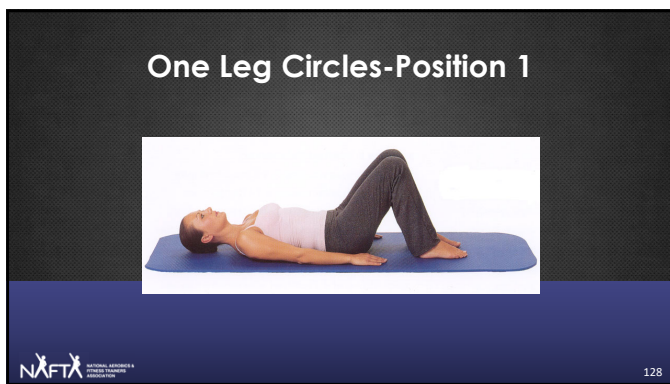
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126



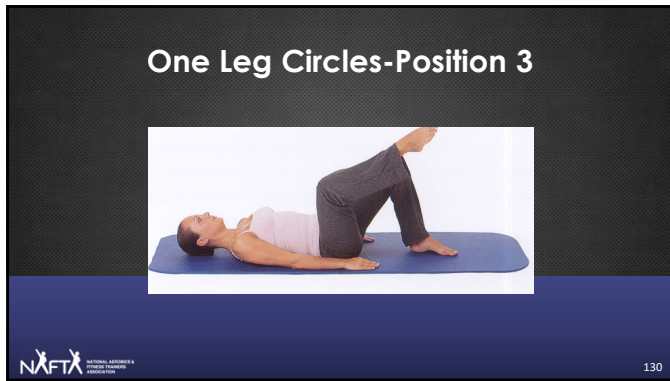
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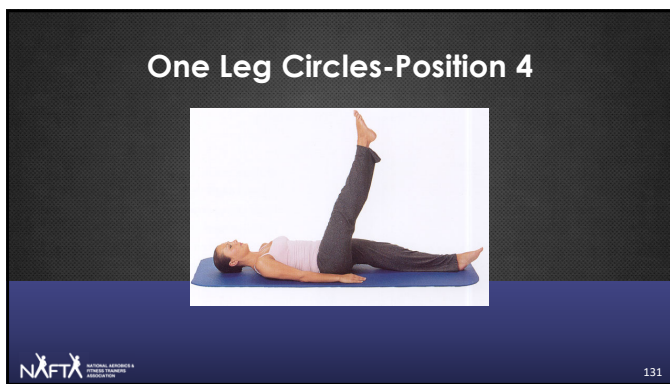
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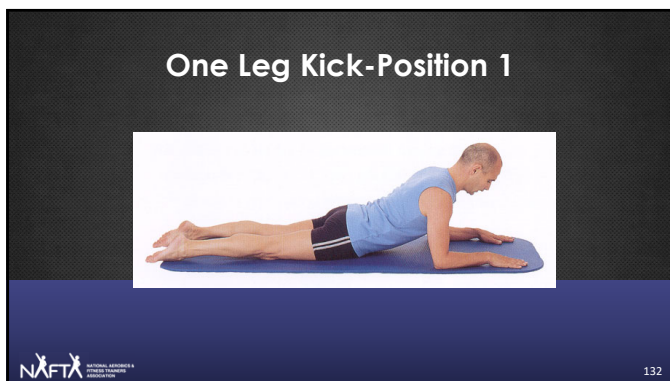
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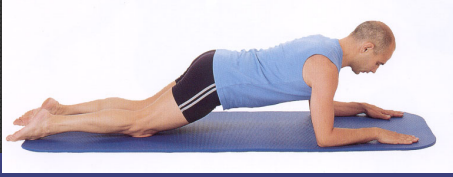


131



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One Leg Kick-Position 2



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One Leg Kick-Position 3

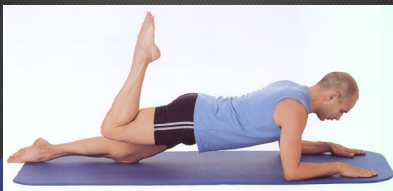


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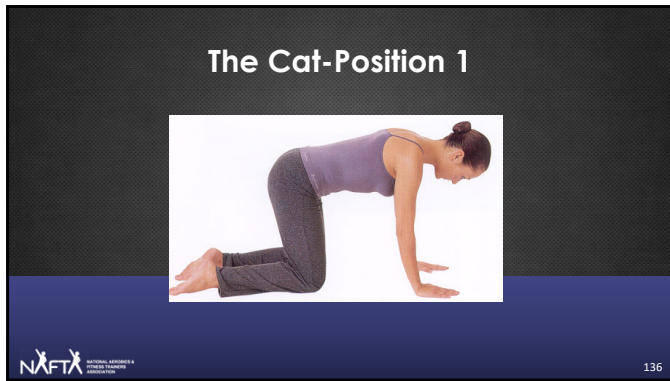
One Leg Kick-Position 4



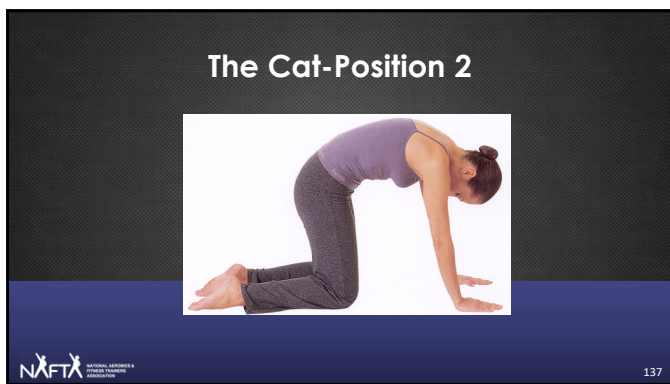
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135

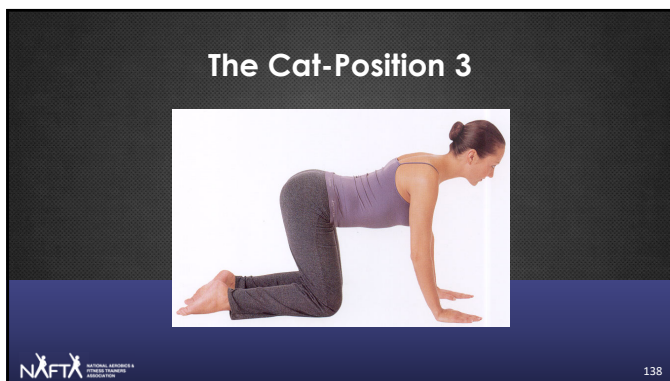
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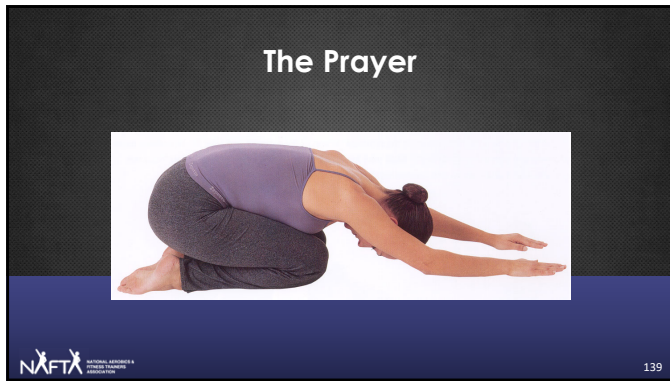
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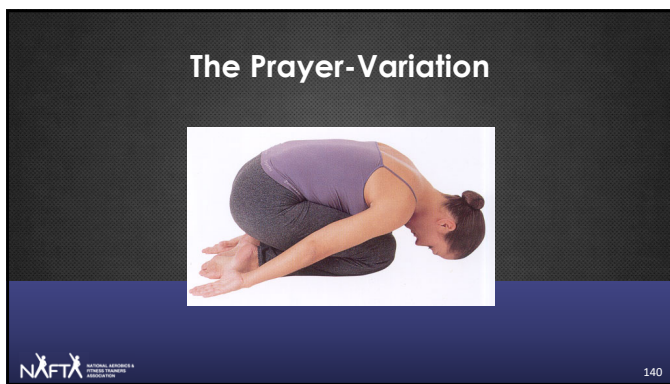
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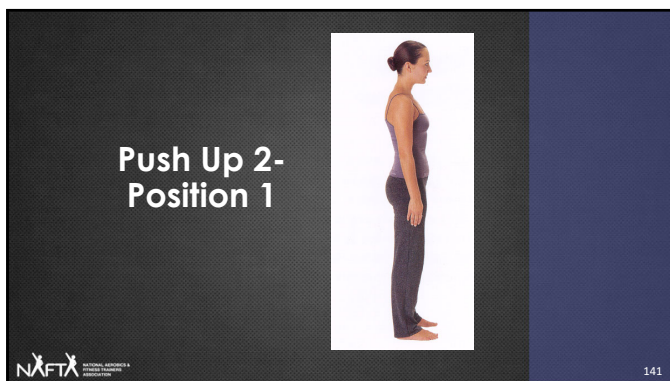
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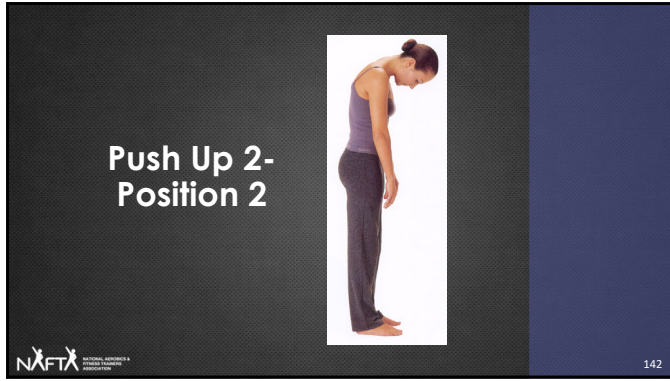
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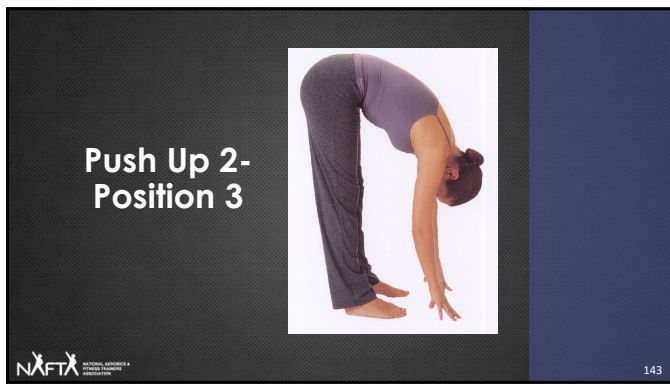
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142



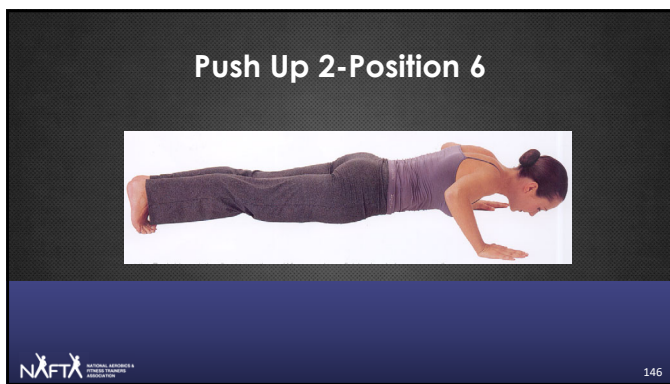
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145



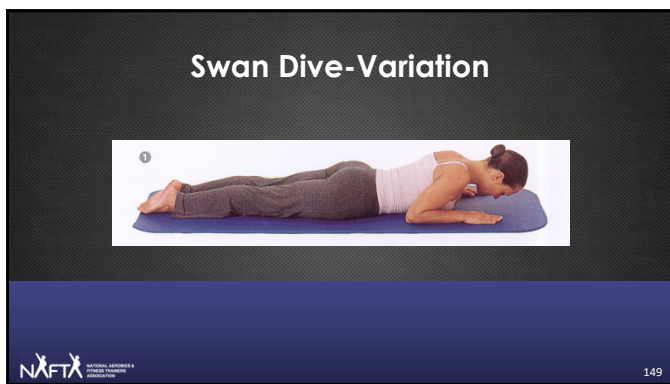
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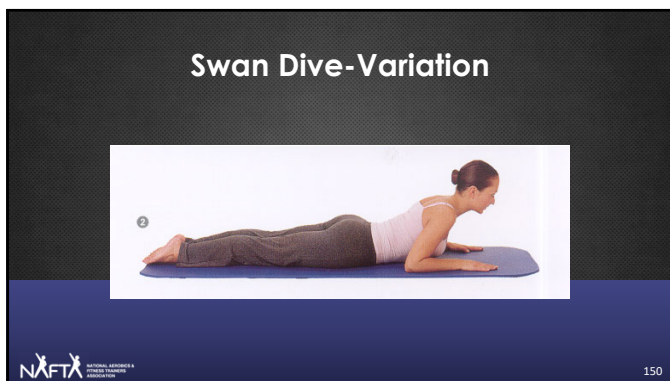
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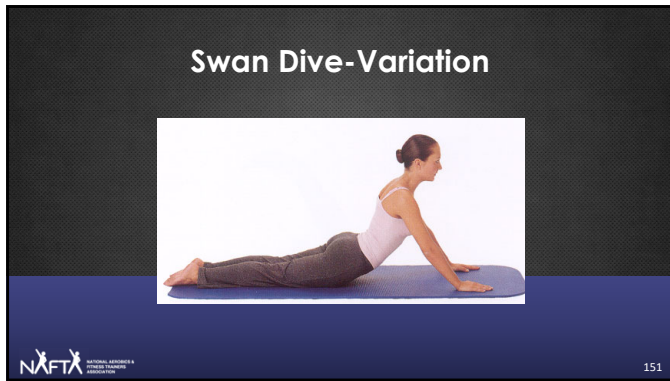
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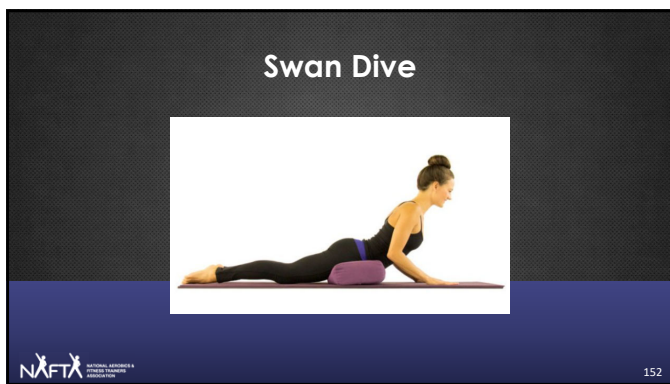
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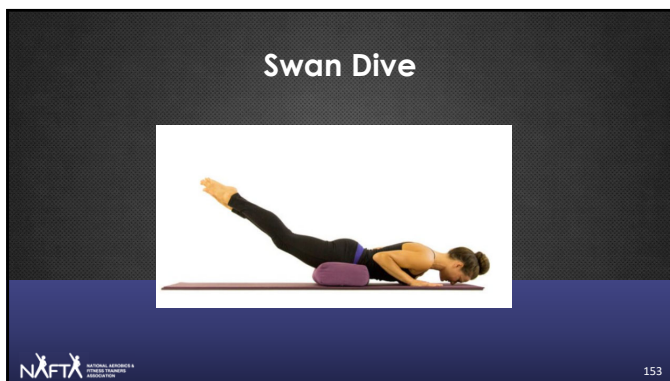
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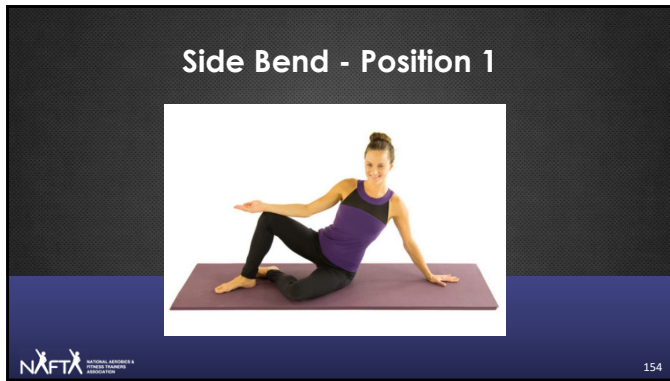
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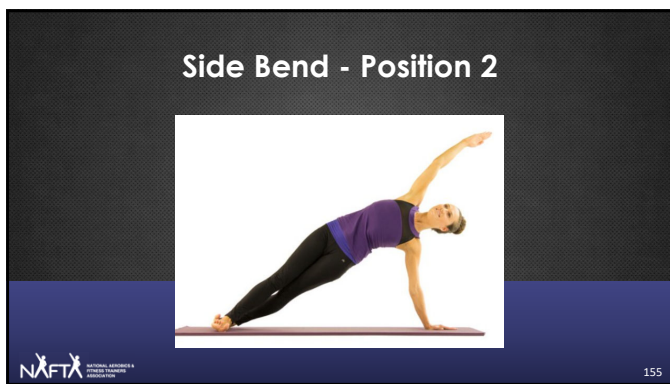
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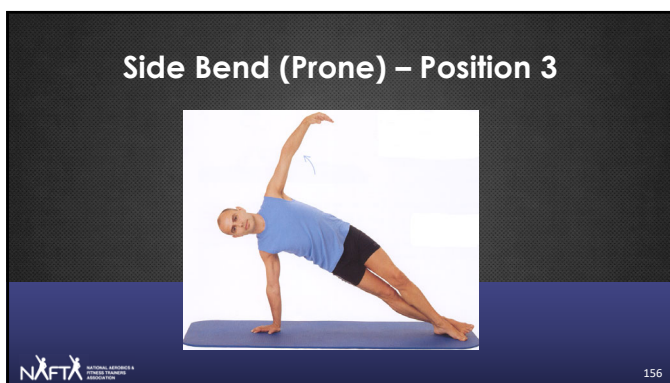
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154

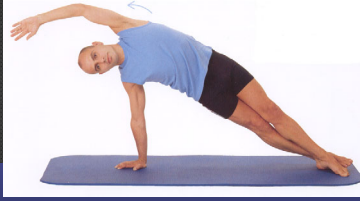


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Side Bend (Prone) - Position 3

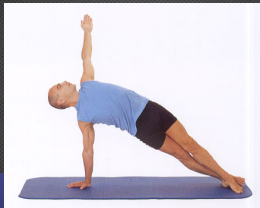


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Side Bend (Prone) - Variation

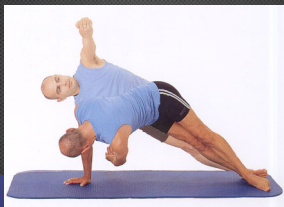


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Side Bend (Prone) - Variation



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Double Leg Stretch (2) - Position 1



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Double Leg Stretch (2) - Position 2

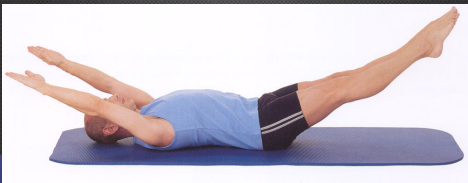


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Double Leg Stretch (2) - Position 3

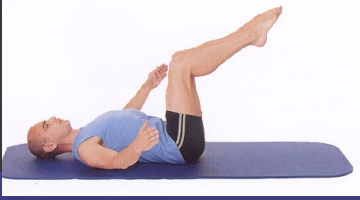


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162

Double Leg Stretch (2) - Variation

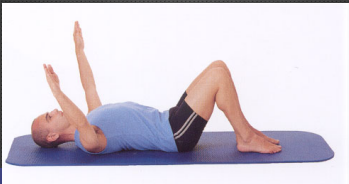


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Double Leg Stretch (2) - Variation

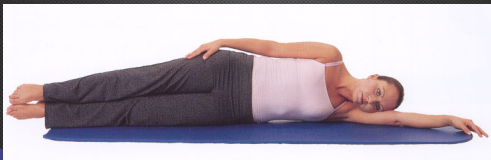


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Side Raises-Position 1



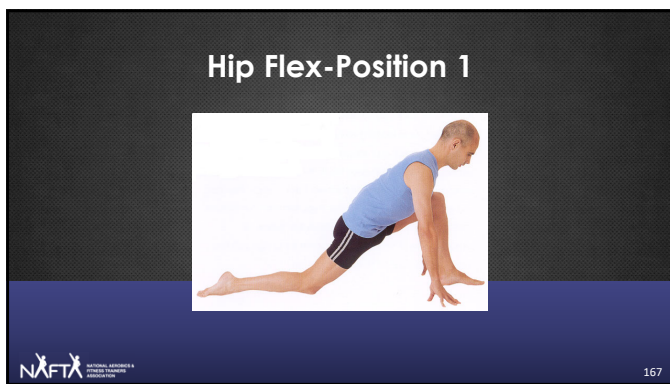
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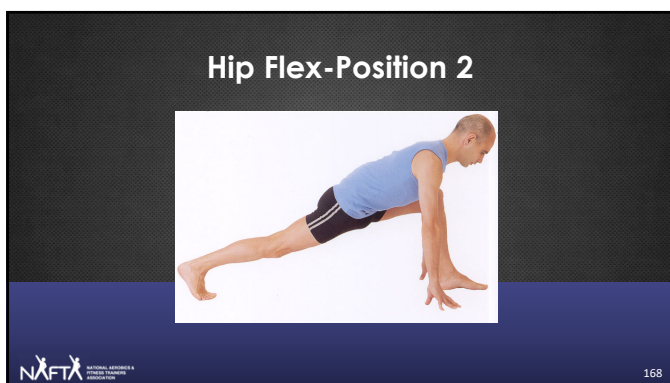
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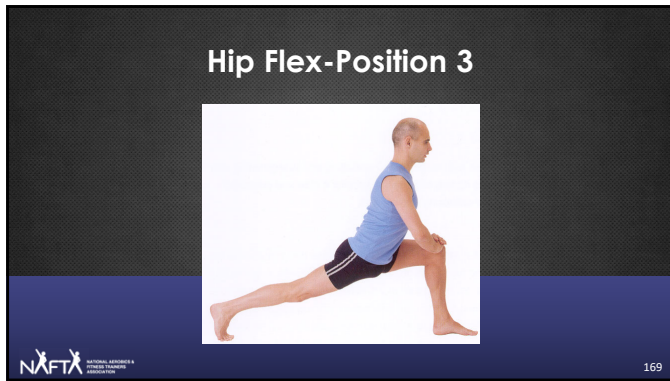
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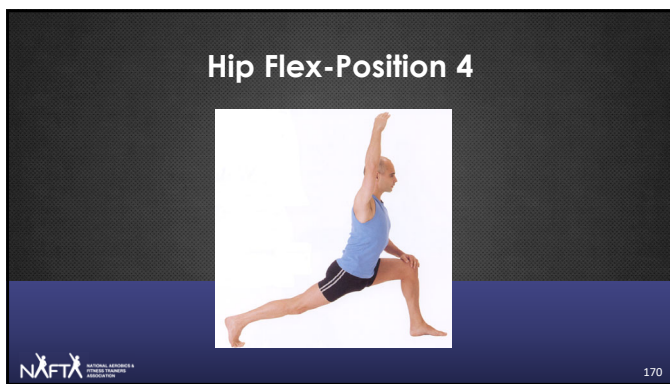
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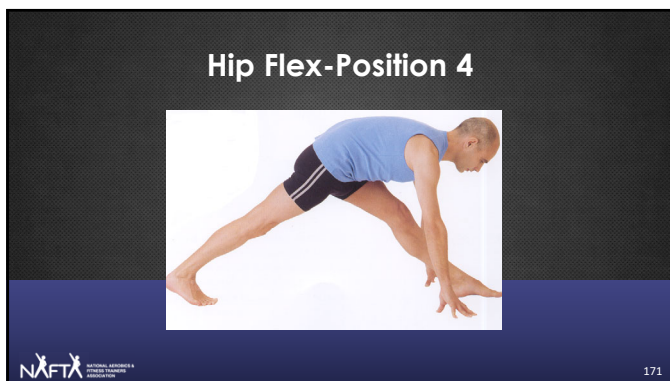
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169



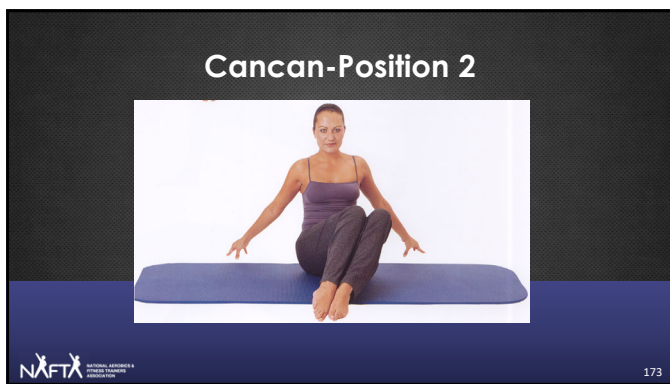
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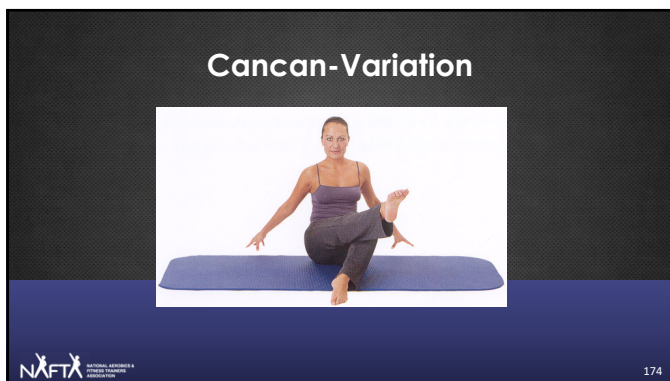
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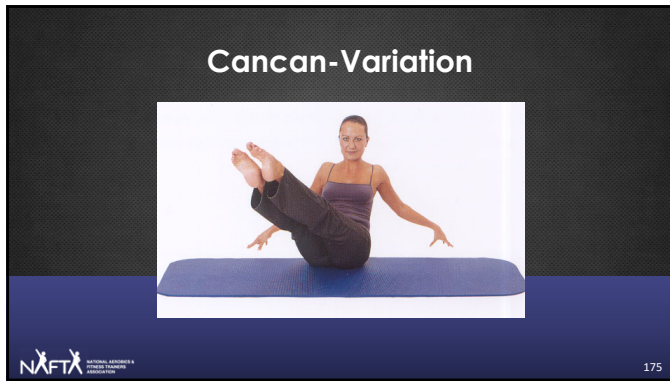
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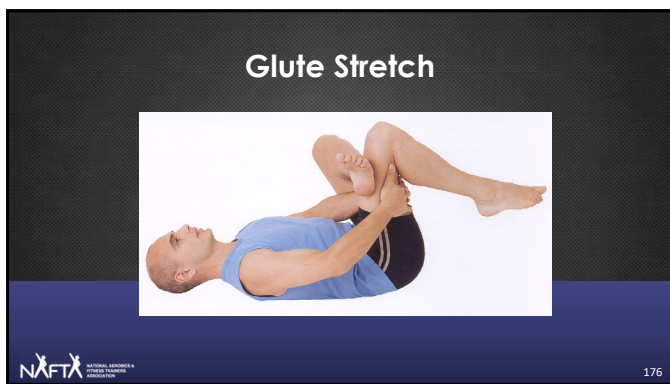
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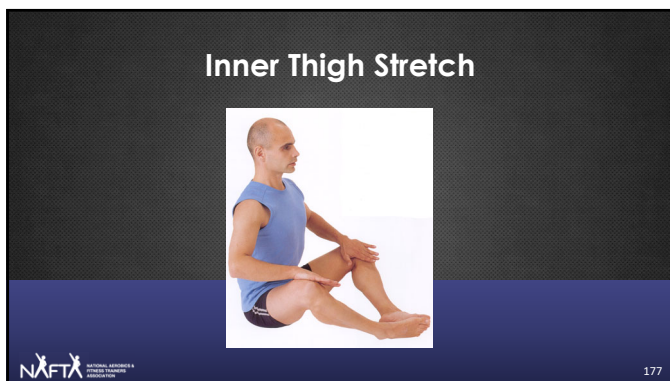
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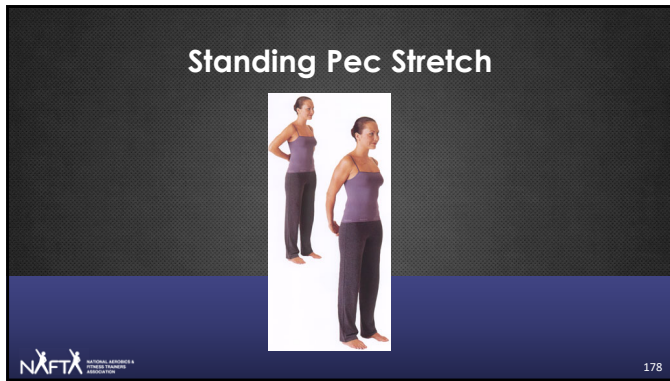
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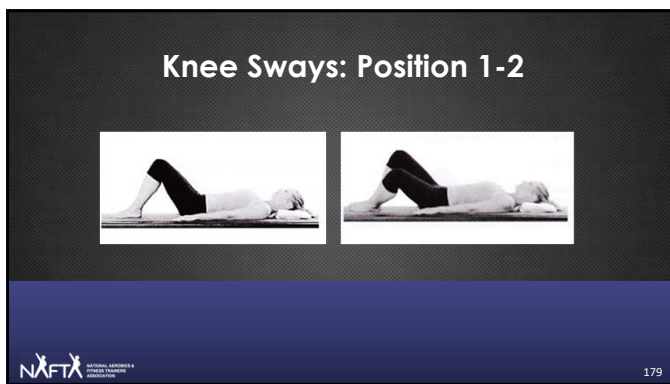
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Abdominal Curls-Position 1-2

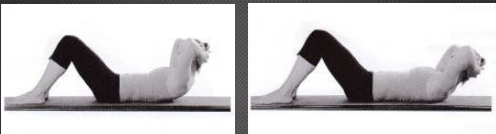


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Abdominal Curls-Position 3-4

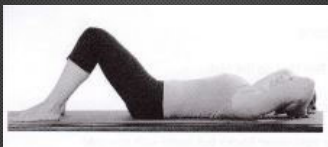


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Abdominal Curls-Position 5



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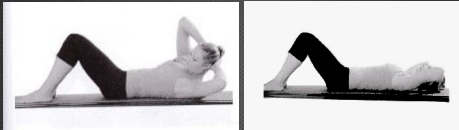
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Abdominal Curls-Position 1-2



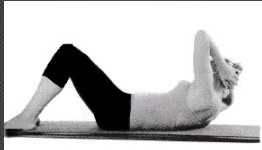
184

Abdominal Curls-Position 3-4



185

Abdominal Curls-Position 5



186

Side to Side: Position 1-2

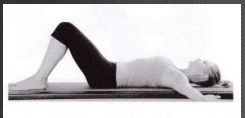



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Side to Side: Position 3-4




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Side to Side: Position 5-6




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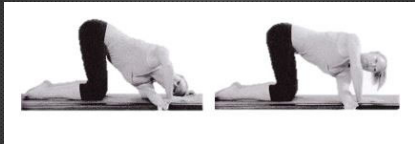
189

Four Point Kneeling-Position 1-3



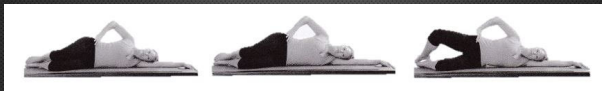
190

Four Point Kneeling-Position 4-5



191

Oyster-Position 1-3



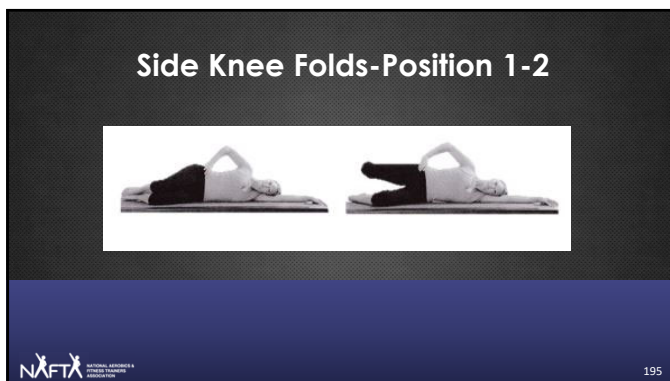
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193



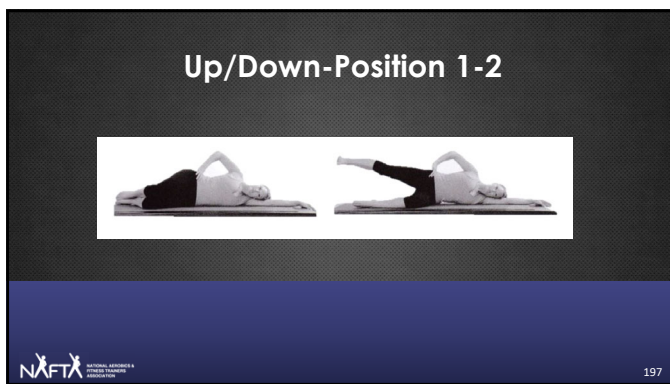
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195



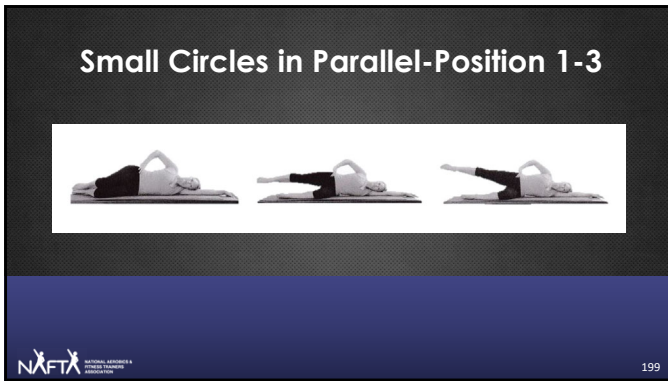
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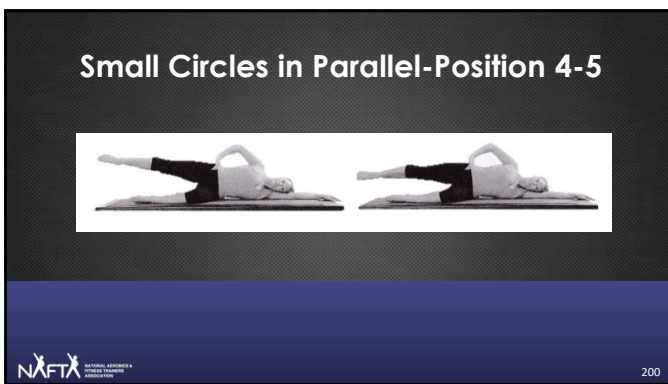
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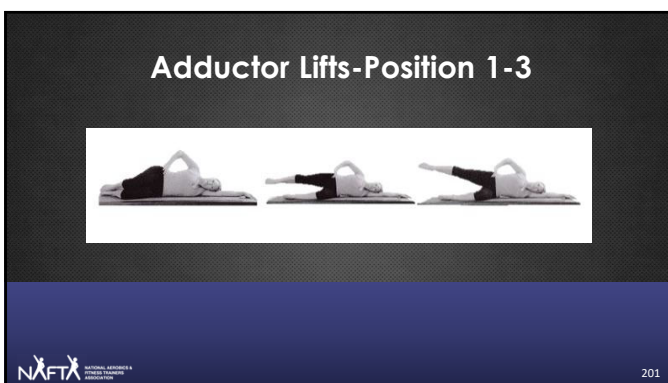
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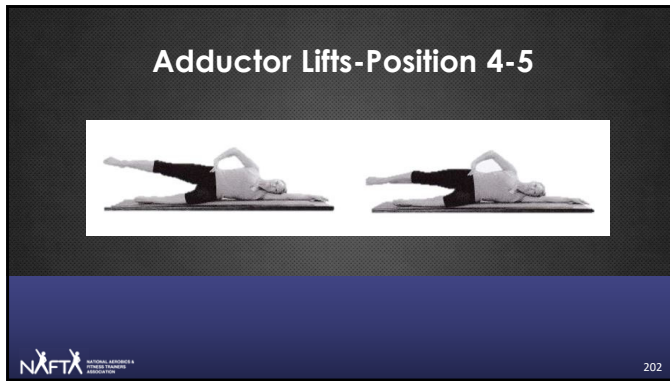
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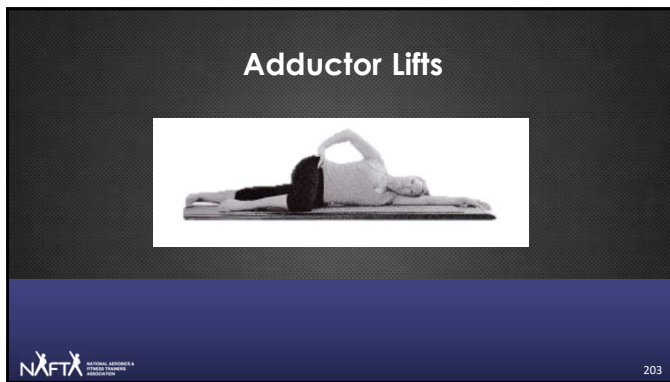
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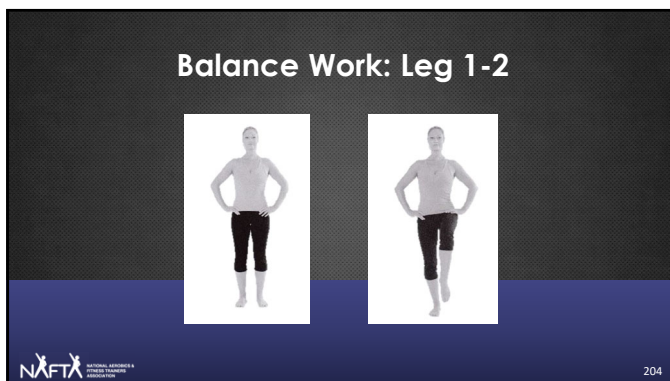
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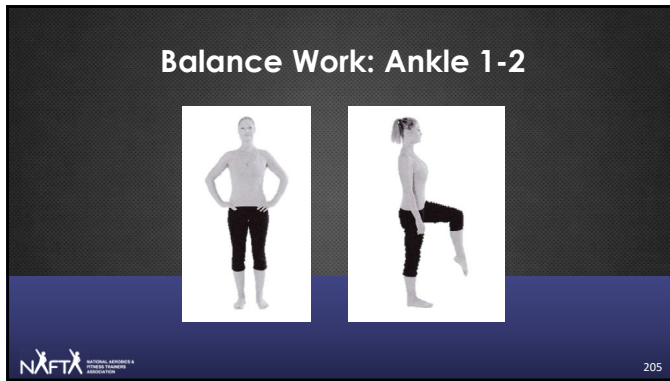
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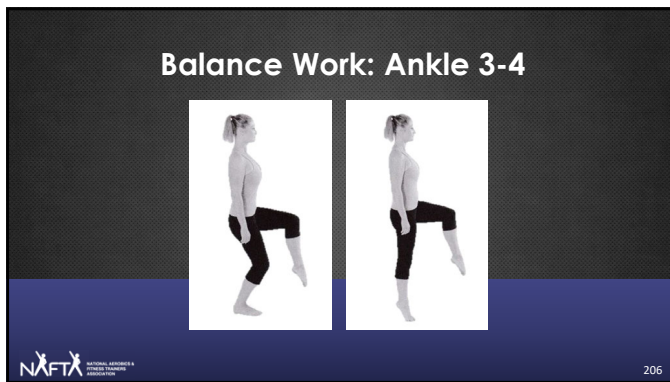
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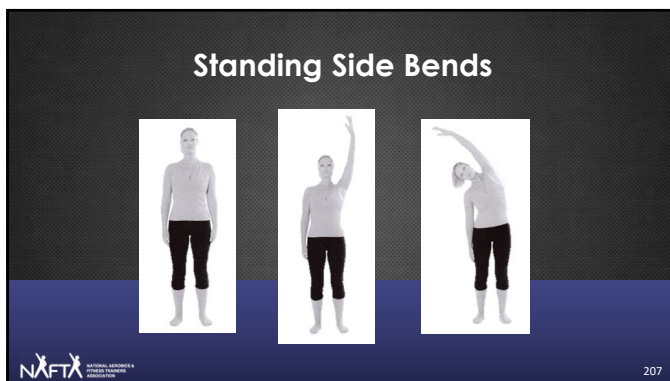
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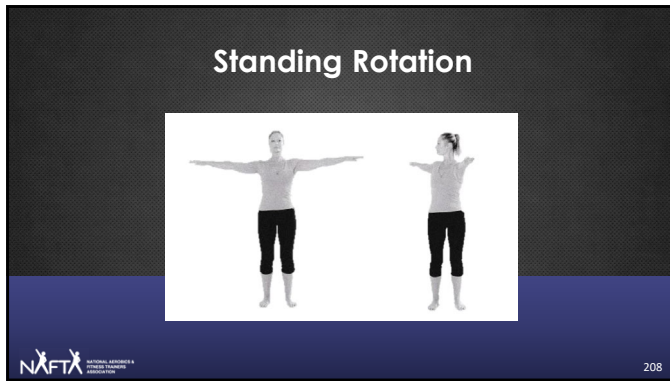
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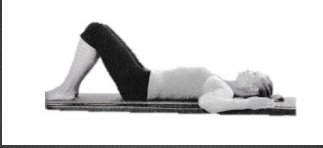


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Chicken Wings-Position 4



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Side Arm Arcs-Position 1-2



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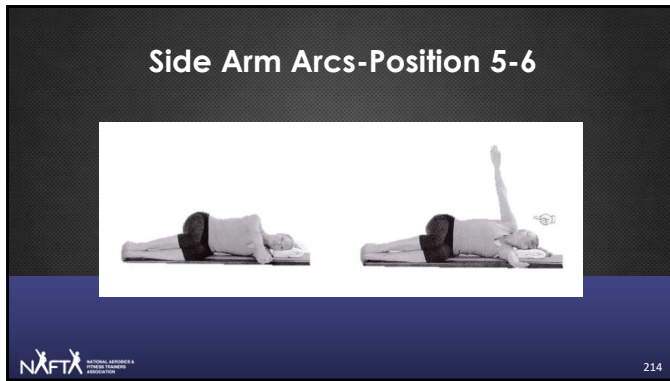
Side Arm Arcs-Position 3-4



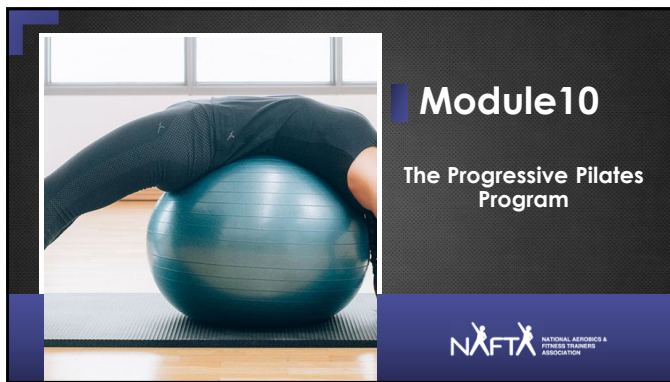
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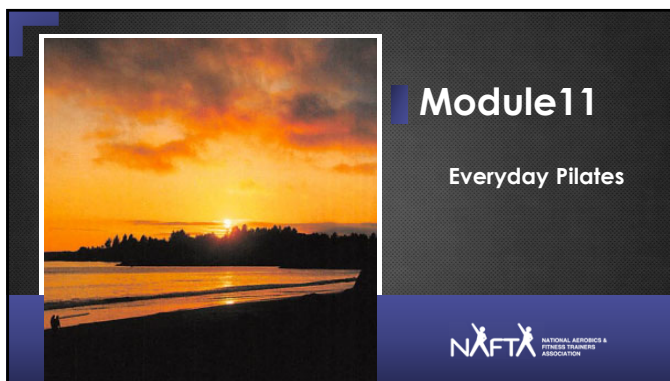
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Everyday Pilates

- Wake Up Routine
- Energy Booster
- Mental Pick Me Up
- De-stress and Re-balance
- Stamina Workout
- Evening Wind Down
- Bedtime Relaxation


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Module 12

Healing Pilates



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Healing Pilates

- Standing Activities
- Sitting Activities
- Pilates for Headaches
- Pilates for Back Problems
- Pilates to Boost the Immune Systems
- Pilates for Flying
- Pilates for Women
- Pilates for Seniors
- Pilates for Children


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