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MY FIRST BOOK OF PILATES: PILATES FOR CHILDREN



Walter Foster Jr., United States, 2018. Board book. Condition: New. Elsa Fouquier (illustrator). Language: English . Brand New Book. Introduce your children to Pilates and help them develop bodily awareness and key development of developing muscles and flexibility. 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...

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- Authored by Rida Ouerghi
- Released at 2018



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