

# PRACTICAL COURSE IN PILATES

Exercise your Body and Mind in the most **easy** and **effective** way.





## Published work

(40 partworks - 40 DVDs)

### Basic principles: Step-by-step skills levels:

- |                 |                |
|-----------------|----------------|
| • Respiration   | • Basic        |
| • Control       | • Intermediate |
| • Concentration | • Advanced     |
| • Fluidity      | • High         |
| • ...           |                |

