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The History Of Pilates

1934. His Second Book, Return To Life Through Contrology,² Published In 1945, Better Defined His Credo For Total Well-being. He Passionately Believed That If His Methods Were Universally Adopted And Taught In America's Educational Institutions, Every Facet Of Life - From The Individual To The Societal - Would Be Improved. His Vision Was ... 9th, 2024

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