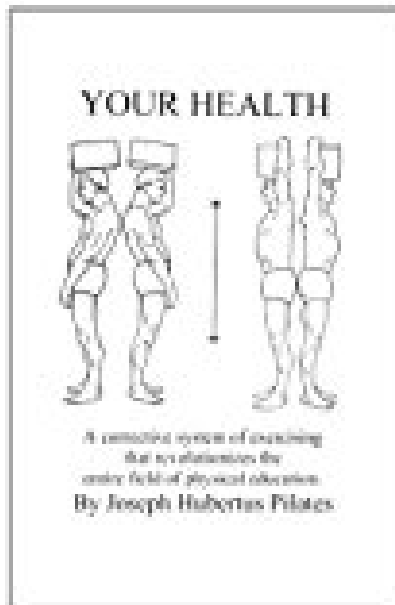


Your Health A Corrective System of Exercising that Revolutionizes the Entire Field of Physical Education



BOOK DETAILS

- Author : Joseph H. Pilates
- Pages : 64 Pages
- Publisher : Presentation Dynamics
- Language : English
- ISBN : 096149378X

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BOOK SYNOPSIS

"In this book, you will learn Joseph Pilates fundamental tenets of posture, body mechanics, and correct breathing. You will discover his first teachings about spinal flexibility, physical education, and his law of natural exercises."--Back cover.

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