



The Pilates Difference: The Benefits of Pilates in 3 Easy Stages

Jennifer Dufton

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Suitable for beginners as well as those already in classes, this three-stage, mat-work programme can be followed at home. Consisting of 30 sessions of pilates, the programme is intended to improve stamina, co-ordination, strength, general health, vitality and concentration.

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Jennifer Dufton

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