

# GUÍA COMPLETA de las TÉCNICAS de JOSEPH H. PILATES

*"La forma física es  
la primera condición  
sine qua non de  
la felicidad"*  
—J. Pilates  
(1880-1967)

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al dolor de espalda  
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# The Complete Guide To Joseph H Pilates Techniques Of Physical Conditioning

**Mira Felner**



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