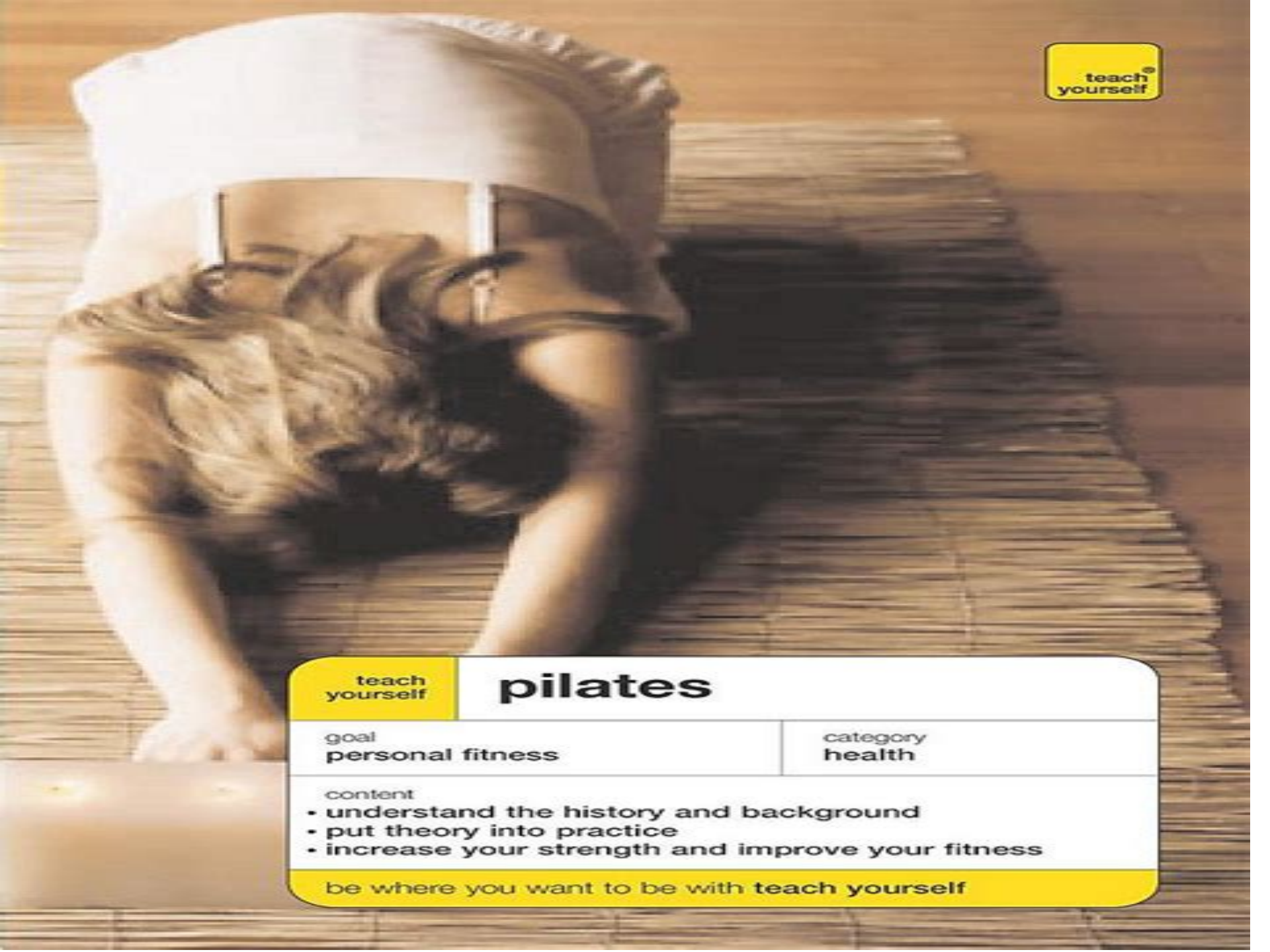


A woman with long, wavy brown hair is performing a Pilates exercise on a light-colored, textured mat. She is in a 'cat' pose, with her hands and forearms on the floor, her back arched, and her head tucked down. She is wearing a white tank top and a white headband. The background is a wooden floor.

**teach
yourself**

pilates

goal
personal fitness

category
health

content

- **understand the history and background**
- **put theory into practice**
- **increase your strength and improve your fitness**

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Teach Yourself Pilates

Puja Mehta



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