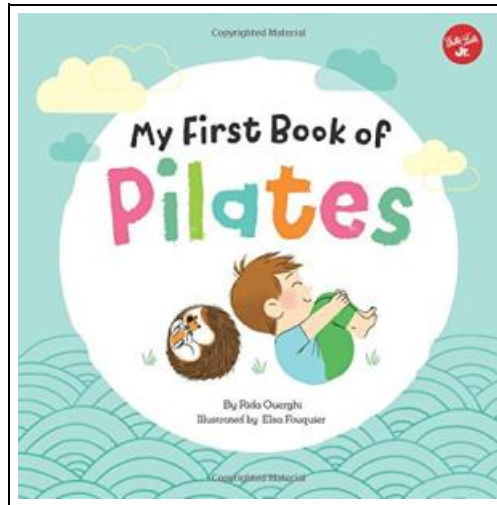


My First Book of Pilates: Pilates for Children



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MY FIRST BOOK OF PILATES: PILATES FOR CHILDREN



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Walter Foster Jr., United States, 2018. Board book. Condition: New. Elsa Fouquier (illustrator). Language: English . Brand New Book. Introduce your children to Pilates with My First Book of Pilates and help them develop bodily awareness and key development of developing muscles and flexibility. Featuring simple, colorful step-by-step guidance, My First Book of Pilates gives kids an introduction to the popular exercise program adults have enjoyed for so many years. A dozen poses have been specially selected for their efficacy and approachability. Each page compares one of the 12 poses to an example kids can understand, such as stretching like a swan, curling up like a hedgehog, or kicking like a frog. By learning about Pilates, kids can gain physical benefits such as better posture and improved strength and flexibility. But they can also gain a better awareness of their body, as well as develop a more relaxed state of mind by learning about this mindful practice. My First Book of Pilates is the perfect introduction to a balanced body for young children!.



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