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~~Pilates Reformer: Beginner~~

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Adjusting the Traditional
Rope System - At Home \u0026
Elevated*

Observation and Posture
Analysis ~~Posture with Plum
Line Assessment~~

Beginner Pilates Reformer
Workout 1 - 15 minutes

Pilates Reformer Workout |
Full Body | 45 min |

Intermediate Level Stott
Pilates Mat Series 1 Posture
Assessment Case Study

**Pilates Postural Analysis
with Lolita San Miguel Stott
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