



# Pre and post natal Pilates on the Reformer

*Carolyn Anthony*

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# Pre and post natal Pilates on the Reformer

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## **Pre and post natal Pilates on the Reformer** Carolyne Anthony

This workbook offers the Pilates Instructor and client important information on what exercises are both safe and beneficial for the pregnant and postpartum woman through all trimesters and the postpartum period. Exercises are performed on the Pilates Reformer.

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