

# **Pilates And Pregnancy: A Workbook For Before, During And After Pregnancy W/ DVD By Sarah Picot**

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Pilates instructor and creator of the Prenatal Pilates DVD and Pilates for Pregnancy iPhone App and the author of "Pilates and Pregnancy: A Workbook for Before,

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Pilates and pregnancy : a workbook for before, during and after pregnancy. [Sarah Picot] Sarah Picot's prenatal pilates.

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