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because this book seems to  
be written more for

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beginners. While it is a decent book, it's not exactly what I was looking for. I was looking for something showing more of a variety of moves to add to my own classes I teach, but a decent chunk of the book is talking about Pilates basics (breathing, history, clothing, precautions, anatomy, etc.).

## **The Book Of Pilates by Joyce Gavin - Goodreads**

Brooke Siler is the founder of the re: AB Pilates studio and teacher training program in New York City. She has been featured in Vogue, Glamour, Self, People, and New York Magazine, and is

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