



# Polestar Pilates Education Principles of Movement: Polestar Pilates Principles of Movement

*By Brent D Anderson PhD*

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- Rank: #11024918 in Books
- Published on: 2012-07-19
- Dimensions: 11.00" h x .32" w x 8.50" l,
- Binding: Paperback
- 138 pages

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