

Reformer Teacher Training Manual

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<http://www.barnesandnoble.com/w/p-i-l-a-t-e-s-instructor-manual-reformer-level-1-catherine-wilks/1118359071?ean=9781447665328>

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Pilates REFORMER Training Manual (Official International Training Manual [Melinda Bryan, Kaz] p-i-l-a-t-e-s Instructor Manual Reformer Level 1

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These materials accompany the Lolita s Legacy Mat System Teacher Training Manual. covers Level III apparatus exercises on the Reformer, Cadillac, Chair
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