

**La Méthode Pilates En 10 étapes : Redessinez Votre Silhouette  
Et Transformez Votre Vie By Lesley Ackland;Thomas Paton**

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A l'origine, le concept de Pilates fut l'id e d'un allemand, Josef Pilates. Enfant, il tait extr mement ch tif et fragile mais d termin recouvrer la sant .

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