



# Pilates for Menopause on the Mat

*Carolyn Sidhu Anthony*

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# Pilates for Menopause on the Mat

*Carolyne Sidhu Anthony*

**Pilates for Menopause on the Mat** Carolyne Sidhu Anthony

A Pilates exercise book that offers some insights and exercise concepts geared towards a woman beginning her journey towards Menopause and beyond

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