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Gemma wright (of the milk of female kindness)

Gemma Wright is the author of Pilates on the Ball (2.75 avg rating, 4 ratings, 0 reviews, published 2006), The Milk of Female Kindness Gemma Wright s Followers.

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After successfully completing five years of osteopathic training Gemma Wright, author of Pilates on the Ball: Training Core Stability for a Healthy Body and Mind.

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Colleen Craig uses the exercise ball to enhance Joseph Pilates' original work by adding Click >>HERE

Therapist luc woods, wisbech pe13 - therapy

Luc Woods is a State Registered For several years Luc studied Pilates with Gemma Wright, author of Pilates on the Ball: Training Core Stability for a Healthy Body

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Pilates has been a training vehicle for Gemma Wright, Studio Director, Purely Pilates. focus on breathing and body awareness that leads to core stability and

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