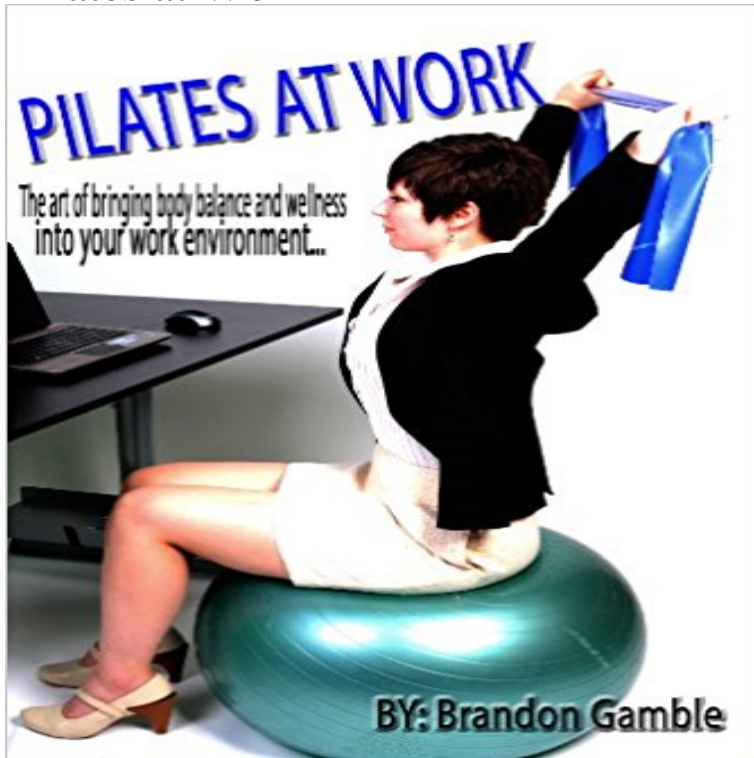


## Pilates at Work



This book is intended to serve as a guide to help clients and friends recognize and understand work related postural deviations, address the issue at hand, and apply Pilates-based exercises that will help improve and correct work related pain and discomfort. My hope is that the reader will benefit greatly by following the exercise instructions herein.

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