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### Modern pilates-penny latey - aroundyou

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Modern Pilates . USD 19.95 : Paperback ISBN: In this easy-to-follow guide to Modern Pilates, Penelope Latey:

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Latey, Penelope: Modern Pilates A Guide to Pilates. Parragon, 2002. Suomen Pilates Yhdistys ry. Lauantaina 11.7.2015 07:02

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Penny Latey Modern Pilates Penny Latey Penny Latey is a Pilates instructor who runs one of the foremost Pilates studios on the North Shore of Sydney.

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### **Reference material - australian pilates method**

Reference Material LATEST UPLOADED Latey, P Modern Pilates, 2001 Allen & Unweine, Myers, T Anatomy Trains 2002 Churchill Livingstone.

### **Julie ojeda | linkedin**

View Julie Ojeda's Penelope Latey. Director at Thoughtful Exercise Co. (Modern Pilates) Nicole Karl. Pilates Instructor. Alexandra Wilson.

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### **Penelope latey (author of modern pilates)**

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### **References in updating the principles of the**

Australian Pilates Method Association; Fascia Research Society; International College of Applied Kinesiology; National Association of Myofascial Trigger Point Therapists;

### **Latey - meaning and origin of the name latey |**

Translated and adapted by John Latey, jun by Alexandre Dumas (2011) Modern Pilates (02) by Latey, Penelope [Paperback (2002) Browne and Latey's Law and practice

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Modern Pilates-Penny Latey in St Leonards, (02) 9437 6588 Pilates; Modern Pilates has over 30 years experience in Pilates.

**The pilates method: history and philosophy -**

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