



# Pilates and Calisthenics for Children (Lark Children's Fitness)

*Larkin Barnett*

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## **Pilates and Calisthenics for Children (Lark Children's Fitness)** Larkin Barnett

This innovative introduction of imagery with exercises for children helps to foster the use of all senses, enabling children to tap into their rich imagination while learning to integrate the mind body connection. It empowers children to become independent movers with proper body mechanics for exercise, which will become an ever-broadening cycle of learning throughout their lifetime.

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