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greatest effort you exhale Watching our videos you will learn exercises simply to breathe properly 2 It s very important center of gravity which is the Power House According Pilates is that there is no central control and strength of the entire body 3 is fundamental accuracy all movements must be as close as possible to perfection in a continuous exchange of feedback between student and teacher 4 It takes the highest level of attention and concentration for each year 5 Any part of the body must be controlled Our mind must always be vigilant and in control of every part of our body 6 All the above principles are summarized in the flow

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