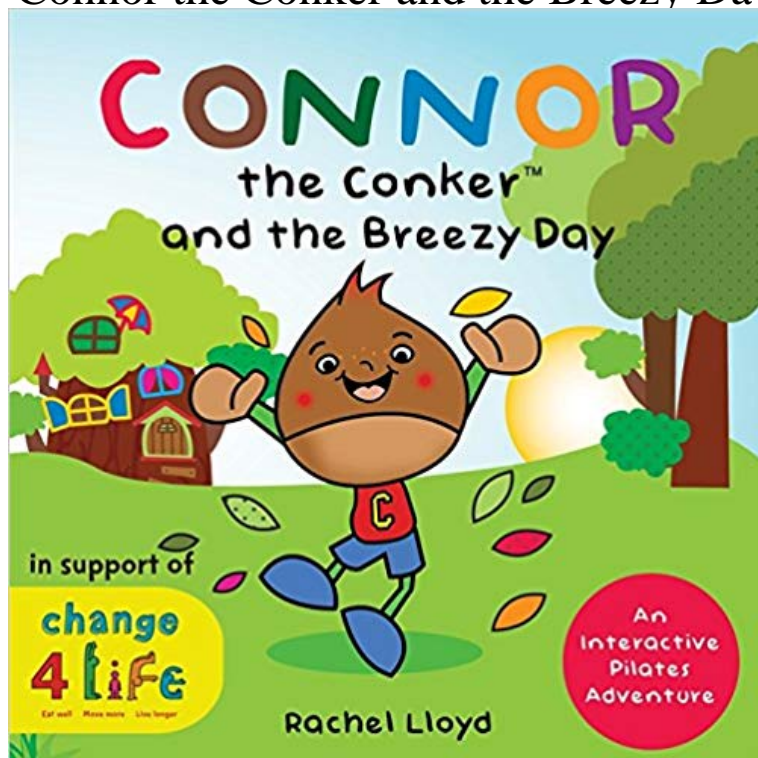


Connor the Conker and the Breezy Day: An Interactive Pilates Adventure



Its a breezy day in Horse Chestnut Town. Join in with Connor the Conker as he has fun in the wind and tests out his balancing, rolling, stretching and swimming skills. This fun adventure story and activity book provides a safe and effective way of teaching Pilates to children aged 4-7. Pilates has numerous benefits and can teach children to become more aware of their bodies and their posture, and boost confidence and self-esteem. Beginning with an illustrated story, this book includes step-by-step instructions for child-friendly Pilates exercises. Parents, teachers and other professionals working with children can also join in the fun!

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