



Health and Harmony - Music Therapy | Relaxation Music

Health and Harmony

Pilates

Price: \$11.99



Pilates is an exercise system that combines the suppleness of Yoga with the strength building associated with gymnasiums. It can rebalance, reshape, and realign your body whilst improving concentration and increasing stamina. Benefits: relaxation relieves back pain; improves muscle tone; increases stamina, alignment, coordination, and concentration; and Pilates can assist in strengthening the immune system. The calming and serene music on this CD will provide a perfect background for practicing Pilates or can be listened to simply for relaxation and to promote good health.

Total playing time 58 minutes Digital stereo recording.

[Vendor Information](#)

Customer Reviews: There are yet no reviews for this product.

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