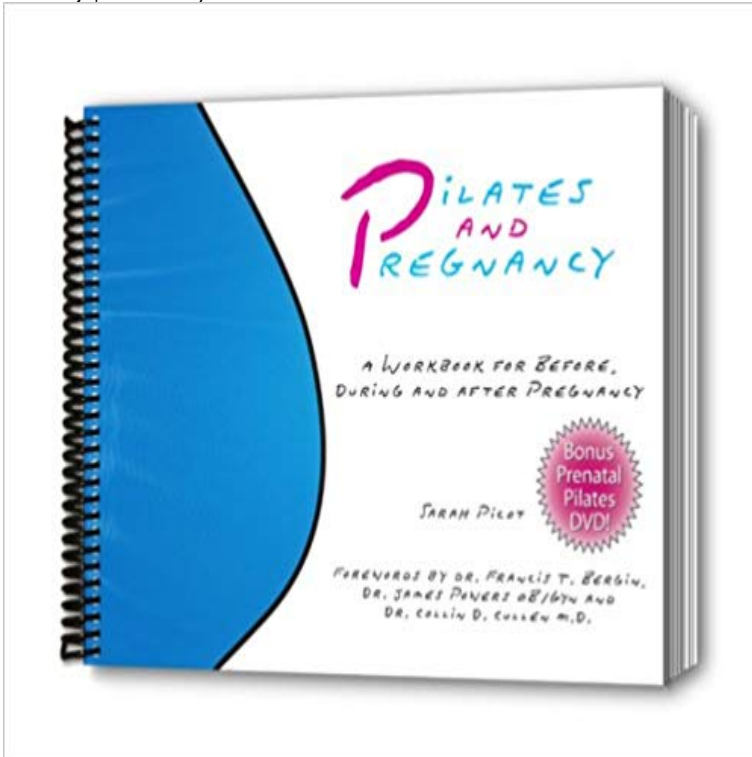


## Pilates and Pregnancy: A Workbook for Before, During and After Pregnancy w/ DVD



From the creator of the award winning Prenatal Pilates and Post-natal Pilates DVDs. Pilates and Pregnancy has it all! 4 workouts to get you in shape before pregnancy, keep you in shape during pregnancy and get your body back after pregnancy. Known for its focus on deep abdominal strength, flexibility and posture improving benefits, Pilates can be the pregnant woman's savior. After consulting top OB/GYNs, Sarah Picot created workouts that are modified to meet the needs and restrictions of each trimester and the postpartum months. Packed with journal pages, pregnancy fun facts, exercise and pregnancy notes, this workbook combines well described exercises with a pregnancy journal. Prenatal Pilates DVD included!!!!

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Abravanel's World of Torah: Bereshit was originally published by Torah Renaissance Press in 2012. This was followed by a Second Printing (2nd Ed.) in 2013 and a Third Printing in 2014.

Abravanel's World of Torah: Shemot Volume I covers the first six parshiyot in Sefer Shemot. This volume features a systematic translation of Abravanel's classic commentary beginning with Parashat Shemot until the end of Parashat Mishpatim, plus much more.

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