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First of all, these exersizes are brilliant. I have tried all different kinds of (more modern) methods, but I keep coming back to Callanetics.

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Callan Pinckney (born as Barbara She secured a publishing deal with William Morrow and Company relatively quickly and by September the book Callanetics: 10 Years

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About sandra - the callanetics studio

Sandra Hanna. Sandra was After finding Callan Pinckney s first book, 10 Years and they have spent many hours planning how to take Callanetics further and

Callanetics - wikipedia, the free encyclopedia

The Callanetics exercise programme was created by Callan Pinckney in the early 1980s. It is a system of exercise involving frequent repetition of small muscular

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Callanetics : Ten Years Younger in Ten Hours by Sallie L. Batson and Callan Pinckney (1984, Hardcover) (Hardcover, 1984) Author: Callan Pinckney, Sallie L. Batson

The history of callanetics - the callanetics

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