

# Sanctband Pilates Essentials By Angela Kneale

**By Angela Kneale**

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Angela Kneale, OTD, Franklin Method TM educator and certified Stott Pilates instructor, Angela uses her skills to enhance Sanctband Pilates Essentials \$11.95.

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View Angela Kneale's business She is the author of Desk Pilates and other publications. Angela is Sanctband Pilates Essentials and Stretch Out

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Angela Kneale, OTD, OTR/L is an Occupational Therapist, Integrative Health Coach, Franklin Method Educator, and Stott Pilates Instructor. Angela s background in

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