

Vignette

## Pilates per gli amanti del vino

di: Redazione

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### Pilates for people who love wine



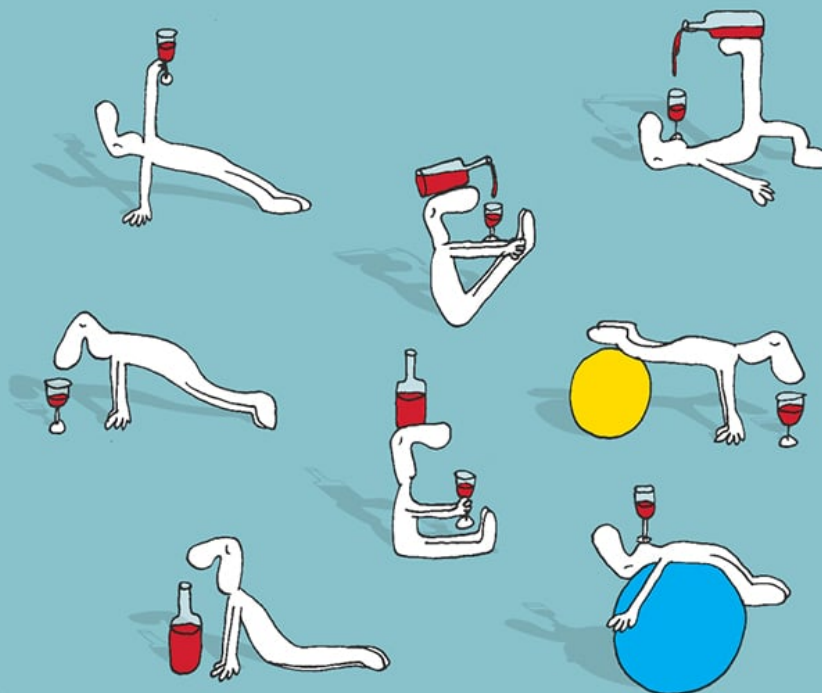
#### About Harold's Planet

*"Harold's Planet started as a part-time project in London in 1996. Because we believed in Harold, we decided to give up our jobs and see if we could make it work full-time. We moved to a pin-prick Indian Ocean island in the Seychelles (becoming its 53rd and 54th inhabitants), Ile au Cerf, a thousand miles off the coast of Kenya. It was there, in a ramshackle house, open to the elements, that Harold came to life; Bobbly-nosed, soft-footed, gentle and curious. Up mountains that scratched the clouds, through a sea of faces, via London, Paris, Cape Town, the Kalahari, Maui and Northern California, (red wine, fires and wind being the common threads) Harold has led us.*

*Since our first steps into the unknown with Harold twenty years ago, he has become known to millions of people. Through cards, books, weekly newspaper appearances, on TV and of course via the internet and daily e-mailouts, Harold has touched people's hearts all over the world".*

[www.facebook.com/pg/itsharoldsplanet](http://www.facebook.com/pg/itsharoldsplanet)

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