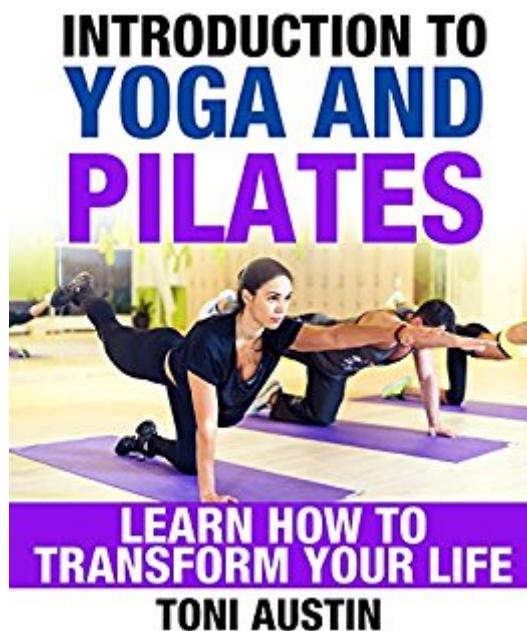


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# Introduction To Yoga And Pilates - Improve Your Flexibility, Increase Mobility And Relieve Tension: Learn How To Transform Your Life (Maximize Your Human Potential)



## **Synopsis**

One of the most popular exercise systems to take the world by storm in recent years has undoubtedly been the famous Pilates phenomenon, the favourite fitness and toning programme of athletes, Hollywood stars and millions of people around the world centered. One of the greatest gifts that we've inherited from the timeless culture of classical India is the rich tradition that is Yoga. Practised for thousands of years and widely adapted to the requirements of our modern world, the benefits of this ancient system of physical, mental and spiritual integration are as relevant today as they been for millennia. Rightly recognised as a beautifully elegant system for harmonizing our minds and bodies, Yoga offers the perfect antidote to the stresses and tensions of modern living. If you are inspired to explore the richly fulfilling experience of Yoga and Pilates, and are ready to experience the transformation of your body and live a much happier and more creatively joyous life, this book will open the doorway for you and offer its blessings at every step of your journey. Download your copy today and start transforming your life

## **Book Information**

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## **Customer Reviews**

A lot of people are under the misconception that Yoga is Yoga is Yoga with no differences between the types available. This book goes into great detail to describe the differences between Pilates and Yoga. The book contains a thorough review of both Pilates and yoga exercises, allowing any trainer or self-directed workout buff to practice either discipline correctly. For me, it's a great reference for developing routines for me and for my family. I would recommend this book to anyone interested in choosing between the two practices or anyone who simply wants to learn more about them.

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No doubt, Yoga and Pilates are two of the most versatile and popular forms of bodywork, offering physical fitness, improved physique and spiritual well-being to individuals of every age and level of ability. This comprehensive guide combines expert tuition with step-by-step photography to offer a highly effective and enjoyable series of exercises for both the body and mind.

This book introduced me to the basic Pilates mat choreography with clear illustrations and excellent, unique descriptions of the movement. I still return to it constantly to refresh my personal practice and further understand this deep and powerful work. Can't say enough, a very good handbook.

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