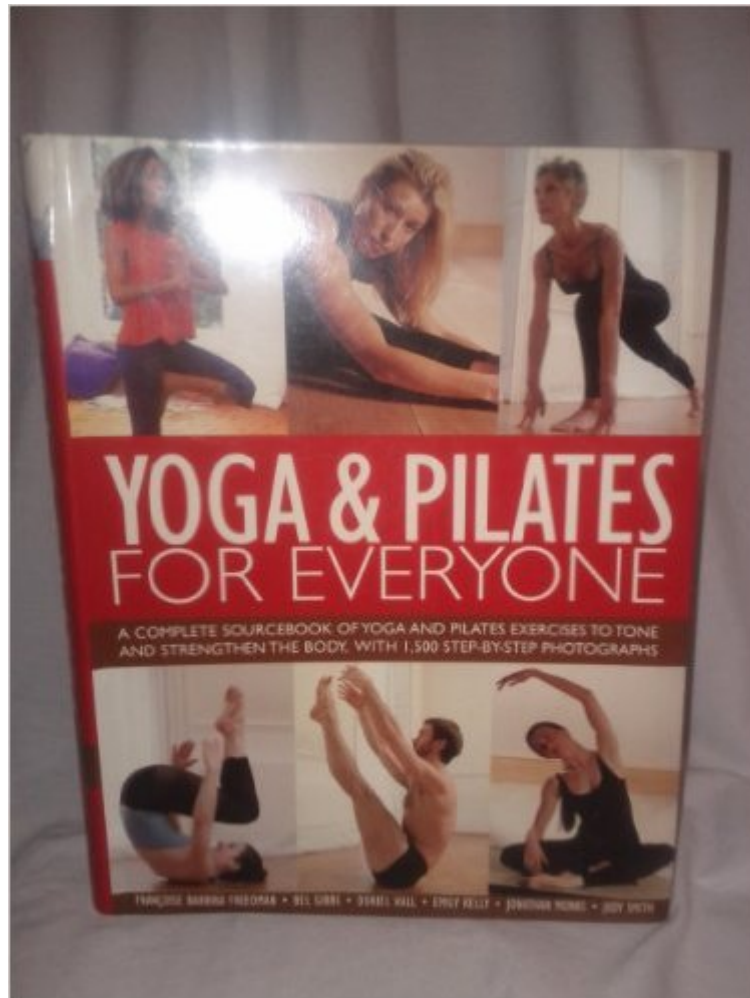


The book was found

# Yoga & Pilates For Everyone



## Synopsis

Comprehensive sourcebook of yoga and pilates exercises to tone and strengthen the body, with 1500 step-by-step photographs.

## Book Information

Paperback: 512 pages

Publisher: Hermes House; 1st Printing edition (2005)

Language: English

ISBN-10: 0681186496

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Product Dimensions: 8.6 x 6.5 x 1.2 inches

Shipping Weight: 2.8 pounds

Average Customer Review: 5.0 out of 5 stars [See all reviews](#) (15 customer reviews)

Best Sellers Rank: #513,031 in Books (See Top 100 in Books) #80 in [Books > Health, Fitness & Dieting > Exercise & Fitness > Pilates](#)

## Customer Reviews

Wonderful book: Totally motivating photographs and excellent written instruction. Walks learners through asanas, pilates, nutrition, and meditation. I take it with me when I travel and dont have a DVD player! And you canot beat the price.

This book is a treasure trove of information. If you want to know everything about yoga and pilates, this is the book for you. This comprehensive collection--a compilation of several books--is profusely illustrated with full-color photos. In some ways, this book reminds me of DK Guides, which are also full of photos and helpful captions. The only thing that might have made this hefty tome even better would be spiral binding, which would make it a little easier to use while exercising. Still, this is a minor issue completely eclipsed by the usefulness of this guide. This is a book well worth owning!

This is a great book, easy to use, well laid out with great ideas for introducing children to yoga too. What I really enjoyed most about this as the parent of two girls under the age of 10 is that I was able to use this and able to introduce them to yoga in a really fun way. I really liked the layout, the pictures were very useful along with the cut away showing just what was trying to be acheived in the move. It is divided into several sections, Iyengar yoga, Pilates, yoga-pilates, ygo for pregnancy and after, Yoga for children and Meditation. The book covers each section nicely in individual sections

that includes really useful ideas for instance how to make pilates part of your life. Iyengar yoga is divided into basics, standing asanas, seated Asanas, twists, inverted asanas, supine and prone asanas, routine practice and yoga therapy. I put these chapter divisions in to show that you can go through this in detail. Each chapter has a really good introduction to practice the discipline and a variety of types are shown practicing the moves. It is a nice book to use - the only issues I had were some of the pics were small and the book doesn't stay open easily on a page because of its size and thickness. These are petty little issues which shouldn't detract from its overall content which was excellent and highly recommended

I love the descriptions that come with the pictures of the poses and exercises. The descriptions help me with the correct techniques so I can perform the moves correctly and prevent injury.

A great book that caught my attention in a store, but I wasn't able to purchase it because I was traveling and this book is not light. Because it's on a heavy side, it is full of very useful information, including great pictures that illustrate poses, yoga and pilates to fight certain physical ailments, yoga for kids as well as a section on importance of meditation. If you're interested in learning how to combine yoga and pilates or to have a visual representation of these two schools of thought, then this book is for you!

I have owned this book for a few years and used it on a regular basis as a resource to support my yoga practice, my running and my general health. It's terrific. I just purchased it for a friend who is training for the Boston Marathon this year and uses Pilates to build core strength. Running brings its own aches and pains, so I know this book will be a valuable resource for her, too!

Great book with lots of clear instructions and pictures! So glad I purchased it. I have used it regularly and will continue to refer to it.

I have purchased the above book and I am pleased to say that I am very satisfied with the excellent service I have received. Thank You

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