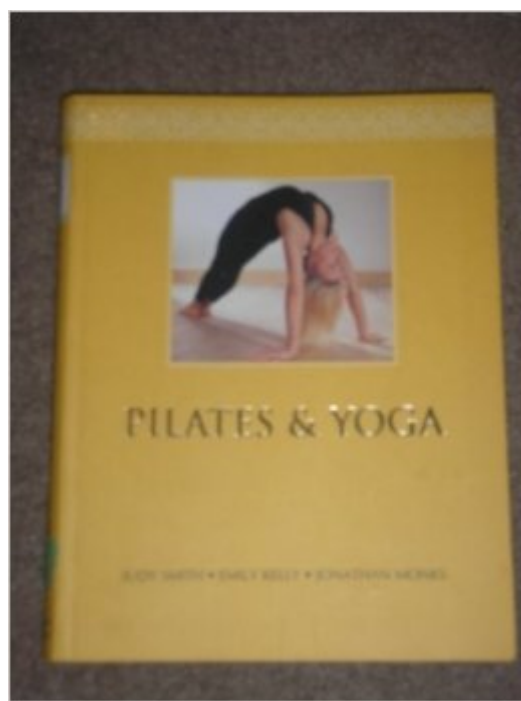


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# Pilates & Yoga



## Synopsis

Discover your full potential with this all-around guide to improving fitness and physique, regardless of age or ability. Realign the body, stimulate circulation and calm the mind in a series of easy to follow Iyengar Yoga postures. Work your back and abdominals into a muscular "girdle of strength" with Pilates- support your body through exercise and daily life, and ease nagging aches and pains. Fuse the benefits of both disciplines with Yoga-Pilates, an exciting synergy that promotes stamina, suppleness and balance in simple steps. Step-by-step sequences with over 700 color photographs.

## Book Information

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