



Yoga: Yogalates Bible - Ultimate Mind Body Fitness: Strengthen, Lengthen, Tone and Heal Your Body - Yoga and Pilates, Maximize Your Human Potential - Transform Your Life (Paperback)

By Toni Austin

Createspace Independent Publishing Platform, United States, 2017. Paperback. Condition: New. Language: English. Brand new Book. What happens when Pilates goes back to its roots and fuses with the classical movements of Yoga? The result is the amazing Yogalates system, a superb way to get your body into the best shape possible. 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. But what happens when Pilates goes back to its roots and fuses with the classical movements of Yoga? The result is the amazing Yogalates system, a superb way to get your body into the best shape by strengthening, toning and lengthening the body - with the added benefits of improved flexibility, greater calm and a powerful sense of being deeply centered. Let Tori Austin's expertise as a world-class Pilates and Yoga master instructor lead you to better levels of total fitness whilst employing powerful breathing, stretching and relaxation techniques to enhance your overall wellbeing. Pilates is justifiably famous for improving the physical condition and for creating a leaner, more toned and chiselled...



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