



Pilates Yoga: A dynamic combination for maximum effect. Simple exercises to tone and strengthen your body

Jonathan Monks, Emily Kelly, Judy Smith

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There are many benefits of practicing yoga and Pilates: as the body begins to function at its peak, stamina rises, strength improves and body confidence hits an all-time high. This three-in-one guide combines expert tuition with step-by-step photography to create an enjoyable series of exercises for body and mind.

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