



Yoga-Pilates: A Unique Blend of Two Classic Disciplines, Showing 100 Classic Poses in Over 300 Easy-to-Follow Step-by-Step Photographs

Jonathan Monks

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In this new book Jonathan Monks fuses the essential core ideas from two disciplines ? the stretching and balancing of yoga and the muscle control demanded by the Pilates technique. The main part of the book is devoted to the individual yoga-Pilates postures, ordered in sequence, so each pose flows to the next.

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