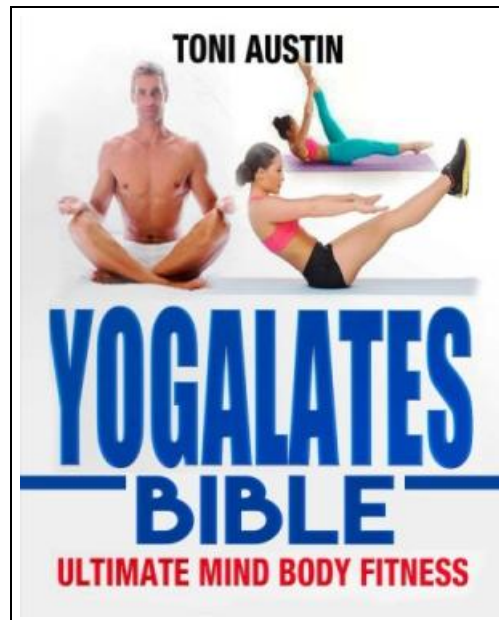


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Createspace Independent Publishing Platform, United States, 2017. Paperback. Condition: New. Language: English. Brand new Book. What happens when Pilates goes back to its roots and fuses with the classical movements of Yoga?The result is the amazing Yogalates system, a superb way to get your body into the best shape possibleOne 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 outline to the body but the power of Yoga enhances all of these benefits and promotes the essential flexibility that is the foundation of real strength and fitness, attributes that can endure throughout our entire lifespan. That's an advantage that all of want to enjoy.With crystal clear instructions, easy to follow guidance and a wealth of highly useful information, Tori Austin will also show you how toEliminate pain and tension from stressed joints and muscles and change your body shape by activating your core strengthDiscover the real potential of your core and apply it to every movement you make and...



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