



The Practical Encyclopedia of Yoga & Pilates: Yoga and pilates to safely streamline, tone and strengthen your body, in 1800 photographs

Francoise Barbira Freedman, Bel Gibbs, Doriel Hall, Emily Kelly, Jonathan Monks, Judy Smith

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Yoga and Pilates are two of the most versatile and popular forms of bodywork, offering physical fitness, improved physique and spiritual well-being to individuals of every age and level of ability. This comprehensive guide combines expert tuition with step-by-step photography to offer a highly effective and enjoyable series of exercises for both the body and mind.

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