



## **Pilates + Yoga**

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# Pilates + Yoga

*Jill Everett*

## **Pilates + Yoga** Jill Everett

This fusion approach to exercise uses the best of traditional Eastern and Western disciplines to give a workout that produces strength, suppleness, and weight loss while promoting emotional balance and a sense of well-being. Movements achieved with Pilates machines are replicated with resistance bands and mat work and, as in yoga, individual movements and poses are linked in a series to unlock energy flows and promote relaxation. This series of exercises will improve posture, balance, flexibility, and strength, while calming the spirit, reducing stress, and alleviating many serious ailments such as back and neck pain.

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