

# 《Yoga Pilates: A Bala》

## 图书基本信息

书名：《Yoga Pilates: A Balanced Workout for Healthy Living (精装)》

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## 内容概要

Whether you are looking for stamina, weight loss, or a renewed mental edge, Yoga/Pilates will take you there. The author introduces you to her fully researched and practiced programs aimed at giving you maximum results, whether you have only 15 minutes a day to spare or several hours. Beautifully illustrated with photographs and step-by-step instructions, this book covers:

- ? History of old and new yoga and Pilates
- ? Breathing and alignment
- ? Closing postures
- ? Counter poses and relaxation
- ? Quick 15 minute and 30 minutes exercise plans

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