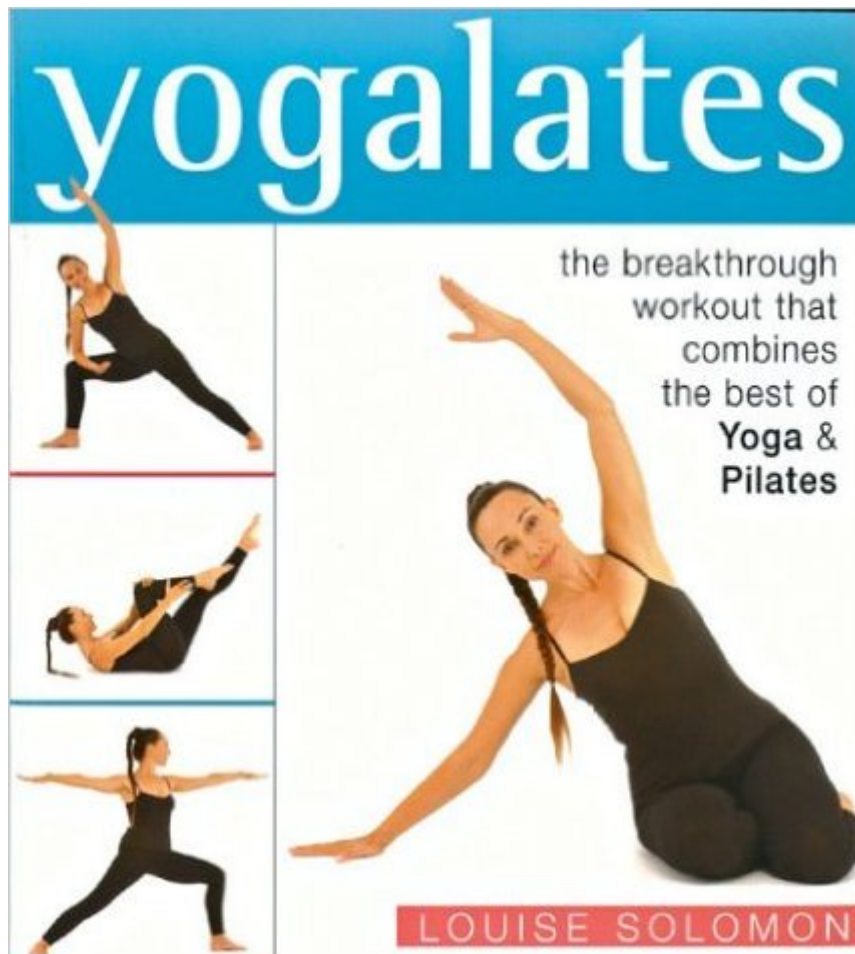


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# Yogalates - Breathrough Workout That Combines The Best Of Yoga & Pilates



## Synopsis

The Breakthrough workout that combines the best of Yoga & Pilates in a paperback form

## Book Information

Paperback: 144 pages

Publisher: Sterling Publishing Co. (2003)

Language: English

ISBN-10: 1402707134

ISBN-13: 978-1402707131

Product Dimensions: 9.2 x 8.4 x 0.4 inches

Shipping Weight: 1.1 pounds

Average Customer Review: 5.0 out of 5 stars [See all reviews](#) (3 customer reviews)

Best Sellers Rank: #1,001,701 in Books (See Top 100 in Books) #156 in [Books > Health, Fitness & Dieting > Exercise & Fitness > Pilates](#) #2389 in [Books > Health, Fitness & Dieting > Exercise & Fitness > Yoga](#)

## Customer Reviews

Louise Solomon is an Aussie Yoga instructor who has blended some pilates movements into her routines. Good photos, easy instruction, combines stretching with muscle toning movements. I also purchased one of her DVDs and it was worthwhile.

I have been a follower of Loise Solomaon's Yogalates for about a year. Purchasing this book answered questions I had about my alignment and the proper way to execute the moves. I highly recommend it to those who use the video and even for those who are looking for a good workout.

Good for gramma

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Meditation, Yoga Workouts, Yoga Books, Yoga Sutras) Jennifer Kries' Pilates Plus Method: The Unique Combination of Yoga, Dance, and Pilates Meditative Flute: Learn how to play the Native American flute to enhance your Yoga, Meditation, Biking, Walk/Run, Pilates, Tai Chi, Workout, or Feldenkrais practice Yoga for Kids: Safe Yoga Poses for Children ages 0-12: Starting Them Young: Children's Yoga Poses for Total Mind-Body Fitness (Yoga for Kds) Yoga: Your Journey To Incredible Health, Weight Loss, and Ultimate Happiness (2nd Edition) (Yoga, Yoga for Beginners, Yoga Positions, Meditation, Mindfulness, Chakras, Mobility) Pilates and Bodyweight Exercises: 2-in-1 Fitness Box Set: Shred Fat, Look Great (Pilates Exercises, Bodyweight Exercises, Fitness Program, HIIT Program, ... Muscle Building, Lean Body, Total Fitness) The Pilates Arm Chair (The Pilates Equipment) (Volume 2) Pilates Six Pack Exercise Bundle: Learn How to Exercise Correctly Today - Intro to Pilates - Beginner Six Pack Exercises (Ultimate Mind Body Fitness - Strengthen, Tone and Heal Your Body) Discovering Pure Classical Pilates: Theory and Practice as Joseph Pilates Intended - The Traditional Method vs. The Lies for Sale Pilates : Workout routines to change your body Pilates on the Ball: The World's Most Popular Workout Using the Exercise Ball Strength Training Anatomy Workout II, The (The Strength Training Anatomy Workout) Calisthenics: 30-Day Greek God Beginners Bodyweight Exercise and Workout Routine Guide - Calisthenics Muscle Building Challenge (Street Bodyweight Exercises, Calisthenics Workout Routines) Calisthenics: Becoming A Greek God - Shredded Through Calisthenics And Street Workout (Bodyweight Training, Street Workout, Calisthenics) Yoga: Ultimate Yoga Mastery: 2-Books-in-1 (50+ Beginner and Advanced Poses Illustrated) (Yoga Healing, Stress Reduction and Mindfulness) At Office Yoga: Your At Work Yoga Guide For Stiff Bodies That Sit All Day (Just Do Yoga Book 7)

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