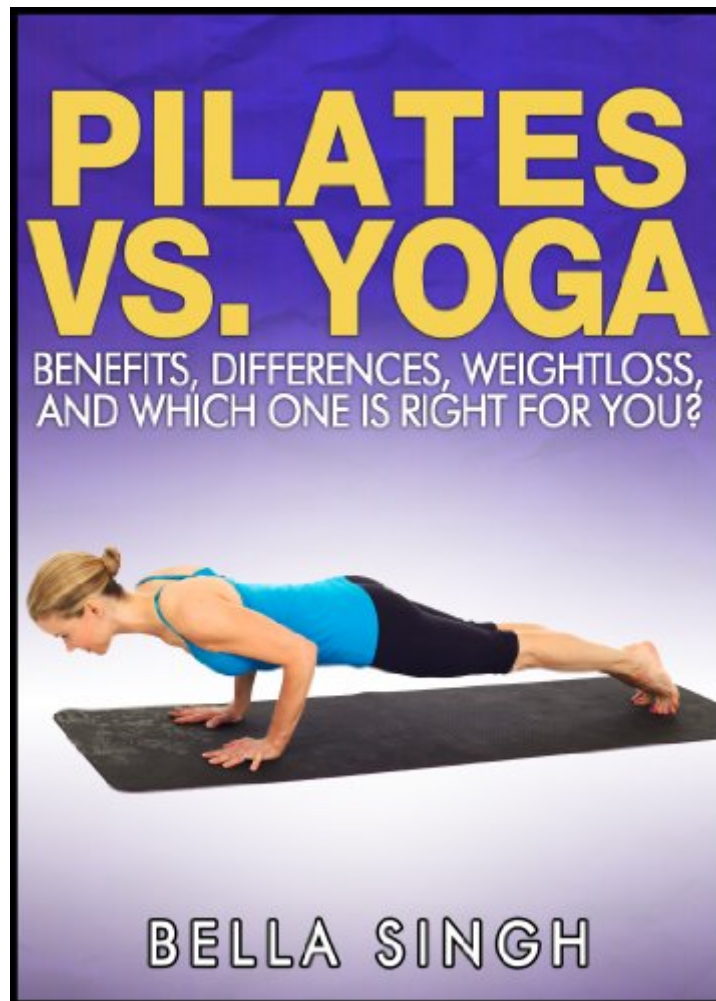


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# Pilates Vs. Yoga - Benefits, Differences, Weightloss And Which Is Right For You



## Synopsis

Thinking about taking Pilates or how about Yoga? This book will give you a basic comparison of these two popular disciplines. Read up before you do anything so you know which one is right for you.

## Book Information

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## Customer Reviews

I'm not a trainer, so this was an interesting book because it addresses a question I sometimes have when I'm heading off to the gym: Pilates vs. Yoga - what's the difference? By addressing the question in terms of things like strength, weight loss, relaxation, health, body shaping, etc., the book answers just about every question I ever had, and many I never thought about. Who knew there was a practice called Yogalates, and that there was an actual person named Pilates? The book contains a thorough review of both Pilates and yoga exercises, allowing any trainer or self-directed workout buff to practice either discipline correctly. For me, it's a great reference for developing routines for me and for my family.

A lot of people are under the misconception that Yoga is Yoga is Yoga with no differences between

the types available. This book goes into great detail to describe the differences between Pilates and Yoga. Bella Singh has quickly become my favorite author for this type of book, and I recommend them to anyone interested in fitness of both body and mind.

As a long-time Yoga practitioner, I can definitely say that learning Yoga is a time-consuming process that demands a lot from a person, mentally, physically, and spiritually. I have recently begun thinking about switching over to Pilates as an alternate form of exercise, and so this book has been pivotal in my learning the differences between Pilates and Yoga and in informing me about which direction to take. Bella Singh, the author of *Pilates vs Yoga*™, utilizes easy to understand terminology to explain the differences between the two forms of athletic exercise. So much of Yoga™s history involves difficult to understand lingo that can be difficult to follow along with, but Singh makes this book accessible to anyone. Further, her informative writing style is top-notch – “every sentence feels like something important is being sent my way, and there is little filler involved. There is information on each of the two disciplines, as well as how they relate to each other. I would not suggest this to someone who is well acquainted to both Yoga and Pilates, but instead to someone who is looking for an introduction in one or both of these subjects. For those that are not sure which gym class to take, however, there is no better book to guide you in the right direction.

*Pilates vs. Yoga* by Bella Singh adds a new dimension to the way that I look at these discipline options. Both are unique and different in their own way. For example, Yoga is a form of meditation that was developed 5,000 years ago in India. Not-so-similar to yoga, Pilates was developed in the mid 20-th century by Joseph Pilates who created the practice to strengthen the body. It's clear that Singh has taken the time to put together a useful, comprehensive guide to both disciplines. I only wish that I'd had this book while practicing both in college so that I could better understand the meaning and history behind each. This book is great for anyone wishing to pursue further study in Yoga and Pilates.

Mind and body are two sides of the same coin, however that metaphor breaks down because each side of the coin spends differently. Yoga uses the body to reinforce a state of mind, and Pilate focuses on physical techniques to shape the body by strengthening and toning muscles. This book takes a look at the practices, techniques, risks, and benefits of each Yoga and Pilates. It goes over best practices to get started with each one and the precautions that should be taken. In the back of the book are 10 popular poses for each one.

I am so glad I came across Pilate's Vs. Yoga. I have been recently trying to decide between the two for a while now. It was clear, to the point, and helped me make an informed decision. It posed both Pilate's and Yoga against each other in just about every aspect. I would recommend this book to anyone interested in choosing between the two practices or anyone who simply wants to learn more about them. Very interesting read.

A health nut and a firm believer that yoga and pilates can better your life and health, I was please to find the two put together in such a wonderful book that shows you side by side comparisons and the differences of the two. I highly recommend it.

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