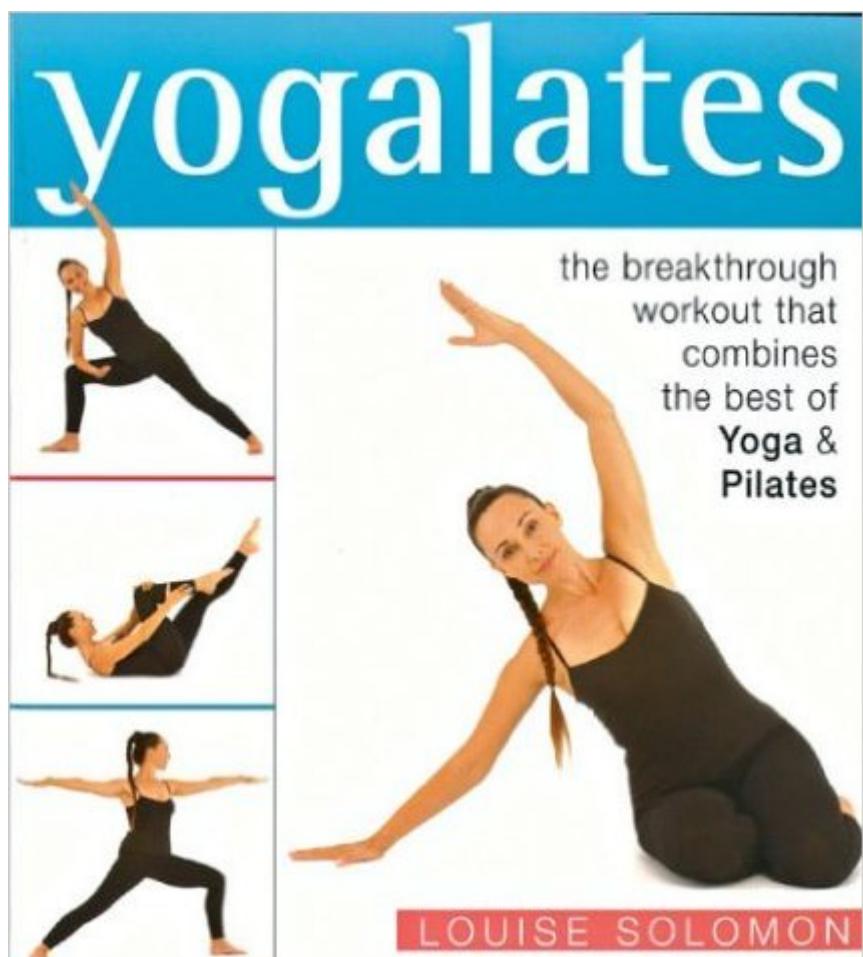


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Yogalates - Breathrough Workout That Combines The Best Of Yoga & Pilates



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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)

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

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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 grammar

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