



Yogapilates: A Flowmotion™ Book: Classic Yoga and Pilates Positions and Unique Fusions for a Powerful Workout

Diana Holland

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Get the combined benefits of yoga's breathing and relaxation techniques and the core strength training of Pilates. Diana Holland has many years of experience as dancer and teacher, and here she presents her own unique form of yoga/Pilates. She offers a proven mix of classic positions such as the Eagle, Child and Palm Tree along with uniquely developed sequences that provide a thorough mind-and-body workout. Every move is precisely broken down in the Flowmotion photographs, making them clearly visible and easy to follow--almost as if Holland were right there training you in person. The beginning routines show how to find your center and do a moving bridge, simple abs, leg raises, roll-ups, a downward dog with a walk back, and more. Then try more extended exercise combinations, with connecting movements that target every muscle in the body. This fabulous course will take you from beginner to advanced skills, safely, quickly, and effectively.

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