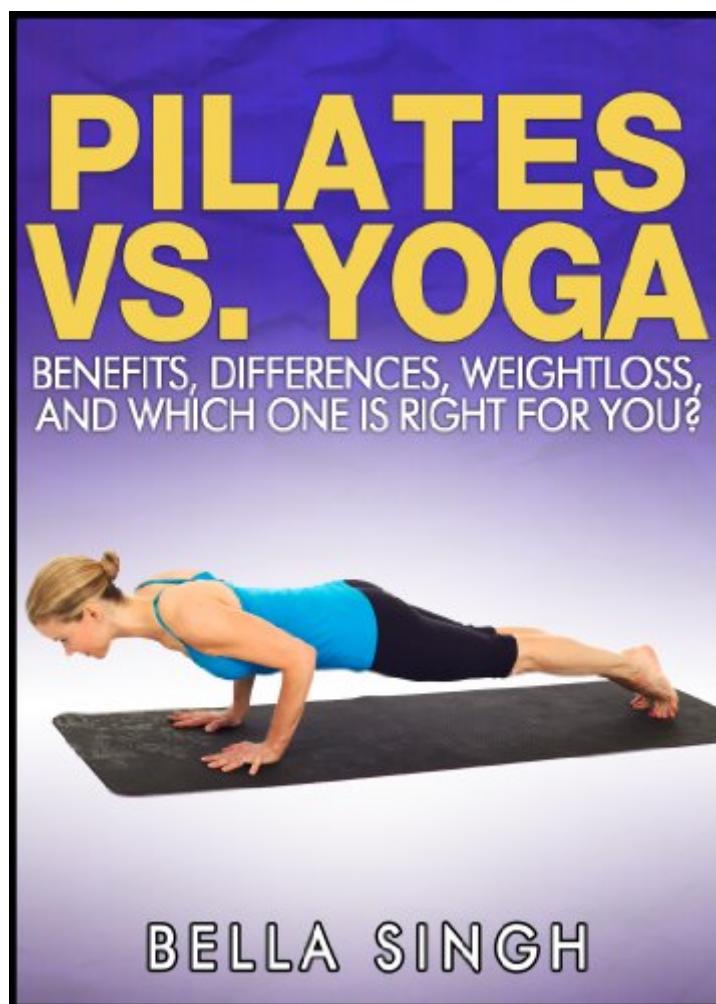


The book was found

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

File Size: 1607 KB

Print Length: 47 pages

Simultaneous Device Usage: Unlimited

Publication Date: April 23, 2013

Sold by: Digital Services LLC

Language: English

ASIN: B00CHXINFW

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Enabled

Best Sellers Rank: #336,892 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #18

in Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Exercise & Fitness > Pilates #73

in Books > Health, Fitness & Dieting > Exercise & Fitness > Pilates #353 in Kindle Store >

Kindle eBooks > Health, Fitness & Dieting > Exercise & Fitness > Yoga

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 Pilates 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.

[Download to continue reading...](#)

Pilates vs. Yoga - Benefits, Differences, Weightloss and Which Is Right For You YOGA: The Essential Guide To Yoga For Beginners (Yogananda, Yoga Anatomy, Yoga Poses, Yoga Sutra, Yoga For Men, Yoga Journal) Healing Pilates: Pilates - Successful Guide to Pilates Anatomy, Pilates Exercises, and Total Body Fitness - 2nd Edition Yoga For Beginners: An Easy Yoga Guide To Relieve Stress, Lose Weight, And Heal Your Body (yoga, yoga for beginners, yoga for weight loss, yoga guide, chakras, meditation) Yoga for Beginners: Top 10 Essential Yoga Poses (Yoga Meditation, Yoga Workouts, Yoga Books, Yoga Sutras) Jennifer Kries' Pilates Plus Method: The Unique Combination of Yoga, Dance, and Pilates Yoga: Your Journey To Incredible Health, Weight Loss, and Ultimate Happiness (2nd Edition) (Yoga, Yoga for Beginners, Yoga Positions, Meditation, Mindfulness, Chakras, Mobility) 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) 47 Secret Veterans' Benefits for Seniors - Benefits You Have Earned...but Don't Know About! 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) 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 The Pilates Arm Chair (The Pilates Equipment) (Volume 2) Yoga: Ultimate Yoga Mastery: 2-Books-in-1 (50+ Beginner and Advanced Poses Illustrated) (Yoga Healing, Stress Reduction and Mindfulness) Yoga Mama, Yoga Baby: Ayurveda and Yoga for a Healthy Pregnancy and Birth The Military Advantage, 2016 Edition: The Military.com Guide to Military and Veterans Benefits (Military Advantage: The Military.com Guide to Military and Veteran

Benefits) At Office Yoga: Your At Work Yoga Guide For Stiff Bodies That Sit All Day (Just Do Yoga Book 7) Shadow Yoga, Chaya Yoga: The Principles of Hatha Yoga Slow Cooker: Low Carb: 142 Low Carb, Healthy, Delicious, Easy Recipes: Cooking and Recipes for Weight Loss - 3rd Edition (Low Carbohydrate, Easy Meals, ... Meals, Low Carb Cookbook, Weightloss) Blood Sugar Solution:The Ultra-metabolism Diabetes Book and Diabetic Cookbook For Healthy Weightloss

[Dmca](#)