



## Pilates + Yoga

*Jill Everett*

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*Jill Everett*

## **Pilates + Yoga** Jill Everett

A cross between yoga and Pilates, Yogalates is quickly winning devotees eager to increase their mind-body fitness. The method uses the best of both disciplines to give a workout that produces strength, suppleness, weight loss and a sense of well-being.

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