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Intelligent Exercise With Pilates & Yoga

Lynne Robinson, Howard Napper

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Lynne Robinson has brought Joseph Pilates' teaching to modern exercisers in eight previous books. Now, with respected yoga teacher Howard Napper, she aims to bring together two of the most effective holistic exercise movements to inspire one another. Conceived of in response to frequent questions about whether Pilates and yoga are compatible, this guide highlights how they are grounded in a similar awareness of the body. Forty exercises (for beginners and intermediates) demonstrate common ground wherever possible; there are also areas where the ability to choose is put in your hands - part of the concept of intelligent exercise. Special attention is given to the fundamentals, such as the crucial timing of the breath before, during and after each movement, and the underlying structures involved. With workout plans to energize, relax and lengthen the body, this book heralds the beginning of a fruitful new synthesis, without threatening the integrity of either technique.

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