



YOGA

FOCUS:

Spiritual & Mental well-being; breathing techniques used for relaxation

IDEAL FOR:

Emotional rehabilitation; eases symptoms associated with anxiety & depression

METHOD:

Body weight, poses, single props and focused breathing

DEFINING CHARACTERISTICS:

Meditation, flexibility, and healing of the mind, body & soul



PILATES

FOCUS:

Fitness & physical well-being; breathing techniques used for energy

IDEAL FOR:

Physical rehabilitation; eases aches & pains associated with injuries, the back, and joints

METHOD:

Fluid movements, balls & weights, machinery like the Reformer

DEFINING CHARACTERISTICS:

Strengthening, powerhouse/core workout, toning

Lyft Yoga For Beginners Vs

Daniela Niemeyer



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