



## **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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