

# The Key Differences Between Yoga & Pilates



Focuses on mental & spiritual wellbeing, by using breath for relaxation. Yoga is good for emotional rehabilitation in the treatment of mental conditions



Focuses on fitness & physical wellbeing, by using breath for energy. Pilates is great for physical rehabilitation in treatment of injuries

## Cd Rates Pilates At Home Vs

**William F. Patry**

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,2001-03    **The British National Bibliography** Arthur James Wells,2000    **Chase's Calendar of Events 2008**  
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