

# **Pilates Yoga: A Dynamic Combination For Maximum Effect. Simple Exercises To Tone And Strengthen Your Body By Jonathan Monks;Emily Kelly;Judy Smith**

**By Jonathan Monks;Emily Kelly;Judy Smith**

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Jonathan Monks is the author of Pilates Yoga for Maximum Effect. Simple Exercises to Tone and Strengthen Your Body by Jonathan Monks, Judy Smith 5.0 of 5

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