

# LES BIENFAITS DU PILATES/YOGA

Pratiquer le pilates-yoga renforce les muscles, améliore la flexibilité et réduit les raideurs articulaires.

Le pilates-yoga intègre des techniques de respiration profonde et de méditation qui facilitent la relaxation de l'esprit.

Les différentes postures de pilates-yoga engagent et renforcent divers groupes musculaires.

## ENVIE D'ESSAYER LE PILATES-YOGA ?

LUNDI/VENDREDI 10H30 - 1H30

JEUDI 17H30 - 18H30

VENDREDI 19H30 - 20H30

# Lesprit Du Yoga

**Padhraic Smyth**



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