

# Fit2BFit Blog

Wednesday, May 7, 2014

[The Big Debate: Pilates vs. Yoga?... Why not combine them?](#)



Yoga  
&  
Pilates

The benefits of Pilates and yoga are visible to all who practice these disciplines. Pilates tones and develops muscles and improves our posture since it targets our deeper muscles which stabilise our joints. As a result it can lead to the alleviation of pain due to postural misalignment or muscle dysfunctions. Practicing can lead to a better blood circulation, improved respiratory patterns, better joint mobility, not to mention a terrific figure for the ladies and great physique for the men.

Yoga is the practice of uniting body, mind and spirit and creating balance in the body by developing both strength and flexibility. Deep breathing, meditation and poses help to relieve stress and achieve a certain peace and tranquility, whilst also helping to improve flexibility, strength and endurance.



Experience  
BodyFlying

## Try... Yoga-Fit-Lates

A new concept, Yoga-Fit-Lates has been created by Roberta Trzebinski. This moderate intensity workout routine requires minimum set up and combines bodyweight and balance movements borrowed from yoga, Pilates and dance. Move within your inner rhythm and find your own way to build endurance, convert fat into muscle and condition your entire body.

Roberta will be heading to the French Alps this June to lead a yoga & Pilates retreat with a difference. The retreat will combine yoga and Pilates with TRX Suspension and BodyFlying, giving guests the chance to improve their posture, flexibility and core strength in the idyllic surroundings of the French Alps.



## TRX Suspension Training

To find out what it's all about, contact Premiere Zest in Sainte Foy for full details: <http://www.premiere-zest.com/stretch-strength.html>.

Alternatively if you are seeking something closer to home, click here for a list of [Pilates classes](#) or [yoga classes](#) in the UK.