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LauraGyoga Full Mat Pilates Class with Rael Isacowitz (ProBridge Foundation Day 3, November 2019)
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Pilates Anatomy by Rael Isacowitz -

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Whether you are just beginning to explore

the beauty and benefits of Pilates or have been practicing for years, Pilates Anatomy is a one-of-a-kind resource that you'll refer to again and again. CE exam available! For certified professionals, a companion continuing education exam can be completed after reading this book.

**Pilates Anatomy
eBook: Isacowitz,
Rael, Clippinger,
Karen ...**

In his upcoming book, Pilates Anatomy (Human Kinetics, 2011), Isacowitz and coauthor Karen Clippinger take an inside look at Pilates through anatomical illustrations that break down the muscular involvement in every movement and analyze each exercise on this

basis. But before an anatomical understanding can be reached, Isacowitz says practitioners must develop a foundation for Pilates through six key elements that connect the body and mind.

**Pilates Anatomy -
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