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Rael Isacowitz is the author of Pilates Anatomy (4.38 avg rating, 114 ratings, 9 reviews, published 2011), Pilates (4.24 avg rating, 111 ratings, 14 revi

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Author information. Rael Isacowitz is a world-renowned practitioner and teacher of Pilates, with over three decades of Pilates practice and achievement.

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Jan 07, 2014 - Join Rael Isacowitz and over 200 participants for a Mat workout that was live streamed at the end of the 2013 BASI