

This is Pilates as you've never seen it before.

With detailed descriptions, step-by-step instruction, and stunning full-color anatomical illustrations, *Pilates Anatomy* takes you inside the exercises and programs that will tone the body, stabilize the core, improve balance, and increase flexibility. Using the original mat work of Joseph Pilates, you'll see how key muscles are used, how variations and minor adjustments can influence effectiveness, and how breathing, alignment, posture, and movement are all fundamentally linked.

Choosing from over 45 exercises, you can target a particular body region and delve deeper to stretch, strengthen, and finely coordinate specific muscles. You'll also find techniques for breathing, concentration, and self-awareness for a unique exercise experience that enhances your mind and your body.

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.

"Karen and Rael are two of the most respected names in the Pilates field, and Pilates Anatomy brings together their clarity and passion. This book is at the top of my list." -- **Nora St. John**, Education Program Director, Balanced Body University

"There is a wealth of information in Pilates Anatomy. The Pilates world is fortunate to have this resource." -
- **Peter Davis**, Cofounder of IDEA Health and Fitness Association and Inner IDEA

"Pilates Anatomy by Rael Isacowitz and Karen Clippinger is an exceptionally well-mapped journey into the muscular anatomy and kinesiology of Pilates exercises. A must-have anatomy book for any serious student of Pilates, Pilates Anatomy will surely appeal to anyone interested in how muscle groups work together in exercise." -- **Marguerite Ogle**, About.com/Pilates

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