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Rael Isacowitz, NCPT, holds a Bachelor of Education and teaching credentials from the Wingate Institute,

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Israel and a Master of Arts in Dance from the University of Surrey, England. He has been practicing Pilates for over four decades and is recognized internationally as an expert in the field.

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by Rael Isacowitz and Karen Clippinger is an exceptionally well-mapped journey into the muscular anatomy and kinesiology of Pilates exercises.

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Isacowitz, Karen Clippinger

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Rael Isacowitz is the founder and director of Body Arts and Science International Pilates (BASI Pilates®).

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Rael Isacowitz is a world-renowned practitioner and teacher of Pilates. With over three decades of Pilates practice and achievement, he is a prominent lecturer and teacher at symposia,

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