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\"Feel Good\" Pilates Routine ~~Rael Isacowitz
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Rael Isacowitz, NCPT, holds a Bachelor of
Education and teaching credentials from the

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Wingate Institute, 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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Rael Isacowitz is the founder and director of
Body Arts and Science International 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, universities, colleges, and studios around the globe.

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