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Two new titles in this ground-breaking series, each featuring amazing computer-generated 3D anatomical images highlighting key muscle groups. Massage Anatomy takes you on a journey of relaxation and wellness that progresses from mastering the basic movements to learning how to put together a complete massage plan. Pilates Anatomy takes you into a new dimension of this world-renowned exercise system that develops muscle synergy and body alignment.

Written and developed by a renowned pilates instructor, Pilates Anatomy is designed to be a thorough guide for every level--from beginner to advanced. This unique book aims to teach more than just different exercises.

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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.

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