

Portable Pilates - Book and CD Set

By Alycea Ungaro

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Pilates is probably the most sophisticated and sought after form of exercise today. Since the 1920's it has been used to strengthen and stretch the bodies of professional dancers and athletes alike. Now, after 75 years, Pilates has become mainstream, finding its way into people's homes through dozens of how-to books and videos. Yet, these instructional materials are incomplete. This CD provides the missing ingredient. It allows you to take an actual mat class under the direction and motivating voice of an experienced instructor with no equipment, no pages to turn and no TV required. *Portable Pilates* is a 45-minute mat class as taught at Alycea Ungaro's Real Pilates in New York City. Owner and certified instructor Ungaro conducts the class in clear, easy-to-follow instructions. Original music and creative sound effects provide the student with the necessary cues, tempo, and dynamic for each exercise. This item is intended for those with prior Pilates experience.

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Editorial Review

About the Author
Alycea Ungaro, P.T., is the owner of Alycea Ungaroa s Real Pilates in New York City, and the author of several best-selling Pilates titles including *Portable Pilates, Pilates: Body in Motion,* and *The Pilates Promise,* some of which are available in 17 languages worldwide. Alyceaa s personal mission is to make Pilates available to everyone regardless of age, fitness level, or geographic location. To that end, Alycea has created Pilates products in every possible medium. She presents seminars and workshops nationally and also serves on the advisory board of *Fitness Magazine.* Alycea is a featured personality on podfitness.com and iamplify.com where readers can download her signature workouts to a desktop or iPod. Her long-awaited DVD, *Everyday Pilates* was released in January 2008. She lives in New York City with her family.

Users Review

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Michael Hamlin:

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Joshua Mendez:

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