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Author of the New York Times bestseller The Pilates Body, she is owner of the acclaimed re:ABÂ® studio in New York City, where her clients have included Madonna, Liv Tyler, Amber Valletta, and many others. She studies under the tutelage of Romana Kryzanowska, Joseph Pilates's™ protege for more than 30 years, and now sits on the board of the Pilates GuildÂ®.

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