

Pilates: Body In Motion By Alycea Ungaro

By Alycea Ungaro

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It is the mind which shapes the body . muscles are in motion. Alycea Ungaro, NYC (c) 2014 Real Pilates & Real Pilates NYC.

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Alycea Ungaro lives and works in New York, USA. She discovered Pilates at the age of 14 and is now a licensed physical therapist and the founder and director of the

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Alycea Ungaro, the best-selling author of Pilates: Body in Motion and The Pilates Promise, is a bit of a guru. See the profile of this fitness/yoga studio

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