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Pilates' Return to Life Through Contrology: Revised Edition for the 21st Century

By Joseph Hubertus Pilates

Presentation Dynamics Inc. Paperback. Book Condition: new. BRAND NEW, Pilates' Return to Life Through Contrology: Revised Edition for the 21st Century, Joseph Hubertus Pilates, First published in 1945, Pilates Return to Life Through Contrology contains the authorised, legal, edited, and original Library of Congress version of Joseph H. Pilates and William J. Millers first complete fitness writings. It details the exercises, poses, and instructions fundamental to the matwork developed by Joseph and Clara Pilates. Based on his concepts of a balanced body and mind, and drawn from the approach espoused by the early Greeks, these are the exercises that continue to sustain a worldwide revolution in fitness strategies and exercise techniques. Joseph Pilates has been nothing short of revolutionary in his impact on the world of fitness and exercise. Readers will learn and view the original 34 exercises that Pilates taught to his students, many of whom have become exercise gurus in their own right. These carefully designed exercises constitute the results of decades of scientific study and research into the variety of physical ills that upset the balance of body and mind. Practitioners of Pilates forms and exercises in the 21st century continue to expand upon this earlier work...



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