



Discovering Pure Classical Pilates: Theory and Practice as Joseph Pilates Intended - The Traditional Method vs. The Lies for Sale

Peter Fiasca

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Discovering True Classical Pilates looks deeply into Joseph Pilates' original method of mental and physical conditioning by describing its foundations, goals, movement qualities and benefits. Specific attention is given to the ways in which market forces and individual creativity or ambition lead to deterioration and commercialization of the original Pilates method. This book stands in contrast to various "how-to: resources of his exercises and workouts. Instead, Discovering True Classical Pilates harkens back in time to Joseph's own two books—Your Health (1934) as well as Return to Life Through Contrology (1945)—by exploring social, economic, psychological and spiritual issues associated with his traditional work. There is so much more to Discovering True Classical Pilates! You will find the treasures of passion, devotion and strong historically accurate technique taught by over 1,000 Academy Directory instructors listed as we strive to preserve Joseph Pilates' original method.

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