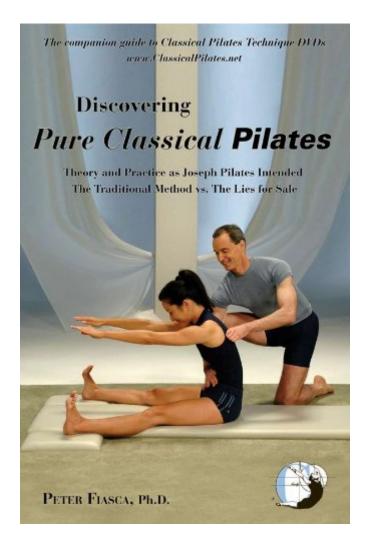
The book was found

# Discovering Pure Classical Pilates: Theory And Practice As Joseph Pilates Intended - The Traditional Method Vs. The Lies For Sale





## Synopsis

Discovering True Classical Pilates looks deeply into Joseph Pilatesâ <sup>™</sup> 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 â œhow-to: resources of his exercises and workouts. Instead, Discovering True Classical Pilates harkens back in time to Josephâ <sup>^</sup>s own two booksâ "Your Health (1934) as well as Return to Life Through Contrology (1945)â "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 Pilatesâ <sup>™</sup> original method.

### **Book Information**

File Size: 1540 KB Print Length: 166 pages Publisher: Peter Fiasca, PhD; 2nd edition (February 28, 2009) Publication Date: February 28, 2009 Sold by: Â Digital Services LLC Language: English ASIN: B002GP6WDG Text-to-Speech: Enabled X-Rav: Not Enabled Word Wise: Enabled Lending: Not Enabled Enhanced Typesetting: Enabled Best Sellers Rank: #398,918 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #21 in Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Exercise & Fitness > Pilates #82 in Kindle Store > Kindle eBooks > Education & Teaching > Teacher Resources > Education Theory > Physical Education #84 in Books > Health, Fitness & Dieting > Exercise & Fitness > Pilates

#### **Customer Reviews**

This book can be summed up as...'No deviation from original classical pilates is good'Ugh.If nothing

ever (intelligently and carefully) ever deviated the world would be a strange place. I understand the author's concern that Pilates has been bastardized to include anything taught by anyone, but surely one can borrow from and perhaps even improve upon the original. I can also do without the psychology chapter as it is a real reach. Other than that, the author is inspiring and clearly knowledgeable about theory and history, if a bit rigid.

Except from being an excellent mover and practitioner of the method. Mr. Fiasca also have the in-depth knowledge from his own experience in his own body and from being and learing from great master teachers such as Romana Kryzanowska and Jay Grimes. For those whom not yet or never will meet some one like them, this book is as close you can get to go deeper and beyond the choreography and in to the essence of the method. And people may disagree with the authors stand point it doesn't matter, because it's still about the work, and he has done it!Fredrik PragCo-owner of Pilates Scandinavia, Stockholm Sweden.

I took classes in the original Pilates studio in Carnegie Hall, three decades ago. That was the REAL Pilates. I have been doing the 10 floor exercises for three decades now, plus a few of the more advanced exercises. Every Pilates class I have taken that wasn't the real thing did not give my body that wonderful feeling that REAL Pilates does. Why bother with any of these modern versions? They aren't the real thing! This book guides you to the real deal, so I highly recommend it. The only other book I know of that really does this is "The Pilates Method of Physical and Mental Conditioning" by Philip Friedman and Gail Eisen. Here's a link to that book:

http://www..com/Pilates-Method-Physical-Mental-Conditioning/dp/0385144903 That was my bible for years. I recently bought "Discovering Pure Classical Pilates," and was delighted to find the original Pilates once again being taught. I'm so glad to see that it has survived the flood of wanna-bes that insisted on putting their names on the Pilates Method for absolutely no good reason. The original is the only one that WORKS, it is the only one that makes your body and mind feel a subtle state of BLISS. Bless these folks for writing this book.

Peter Fiasca does the most beautiful Roll Up I've ever seen! And his first book, Discovering Pure Classical Pilates is equally as impressive. There is nothing inept about his discussions of the foundations, key elements, and transmutations of the system. Unlike the many "how-to" manuals on the market, this is a love story - one that makes the reader fall in love with Classical Pilates. It is a must-read for all Pilates teachers and practitioners, particularly those with non-traditional training.

#### Download to continue reading...

Discovering Pure Classical Pilates: Theory and Practice as Joseph Pilates Intended - The Traditional Method vs. The Lies for Sale Healing Pilates: Pilates - Successful Guide to Pilates Anatomy, Pilates Exercises, and Total Body Fitness - 2nd Edition Pure Pulp: FANTASTIC ADVENTURES VOL. 1: TWO COMPLETE ORIGINAL PULP MAGAZINE ISSUES FROM THE 1939 & 1940 - 250 PAGES OF PURE PULP SCIENCE FICTION (PURE PULP - COMPLETE ORIGINAL MAGAZINES) American Conspiracies: Lies, Lies, and More Dirty Lies That the Government Tells Us The Hero's Journey: Joseph Campbell on His Life and Work (The Collected Works of Joseph Campbell) Jennifer Kries' Pilates Plus Method: The Unique Combination of Yoga, Dance, and Pilates Top25 Best Sale - Higher Price in Auction - February 2013 - Individual Cup and Saucer (Top25 Best Sale Higher Price in Auction) Fat Witch Bake Sale: Â 65 Recipes from the Beloved Fat Witch Bakery for Your Next Bake Sale or Party Top25 Best Sale - Higher Price in Auction - February 2013 - Medals (Top25 Best Sale Higher Price in Auction Book 31) Ideas for a Pure Phenomenology and Phenomenological Philosophy: First Book: General Introduction to Pure Phenomenology (Hackett Classics) Pure Pulp: TRUE DETECTIVE MYSTERIES VOL. 1: TWO COMPLETE ORIGINAL PULP MAGAZINE ISSUES FROM THE 1926 & 1930 - OVER 240 PAGES OF STORIES OF DETECTIVE MYSTERIES ... (PURE PULP - COMPLETE ORIGINAL MAGAZINES) Pure Pulp: RAILROAD STORIES VOL. 1: TWO COMPLETE ORIGINAL ISSUES FROM THE 1935 & 1936 -OVER 300 PAGES OF STORIES OF THE IRON PIKE (PURE PULP - COMPLETE ORIGINAL MAGAZINES) Pure Pulp: WEIRD TALES 1: TWO COMPLETE ORIGINAL PULP MAGAZINES FROM THE 1930s (PURE PULP - COMPLETE ORIGINAL MAGAZINES) The Geometry of Genocide: A Study in Pure Sociology (Studies in Pure Sociology) Toxic Sludge is Good For You: Lies, Damn Lies and the Public Relations Industry Sex, Lies & Lipstick (Sex and Lies Book 2) Sex, Lies & Pearls (Sex and Lies Book 3) Lies, Damned Lies and History: The Chronicles of St. Mary's, Book 7 DECEIT, LIES & ALIBI'S 3 (DECEIT, LIES, & ALIBI'S) Lies the Gospels Told You (Lies of the Bible Book 2)

<u>Dmca</u>