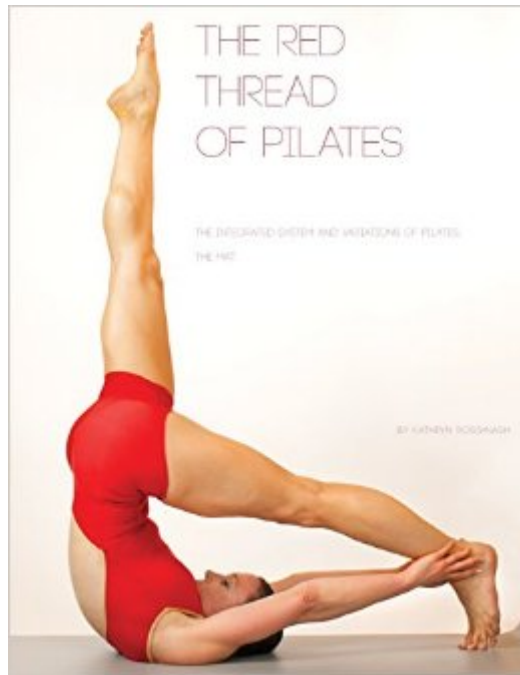


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# The Red Thread: The Integrated System And Variations Of Pilates - The Mat



## Synopsis

The Red Thread: The Integrated System and Variations of Pilates - The Mat gives to you over 35 years of experience in the Pilates Method Mat in one book. The book not only instructs how to execute the goal of each exercise, but how to build with variations and challenge each exercise, preparing the body for the next exercise to come. The book explains how and why to choose a variation to suit the needs of the student. It includes a comprehensive look at the connection between not only the Prior Exercise and the "Thread" that binds them, but the "Thread" that runs through the link between the Spinal Function of the exercise's predecessor. The book includes the purpose of each exercise, which enables you to "break it down" so the Purpose remains unchanged and the Method preserved. The Red Thread: The Integrated System and Variations of Pilates - The Mat offers Teachers tips on how to spot, what to look for, the Don't, Do's and Major Benefits of the exercise. The 1400 plus photos are taken both from the traditional vantage point and from the Teacher's view. The Pilates Method is also presented in easy to read Charts. These Charts breakdown, in simple form, what to "Add Next". This will enable you to create a perfect workout to strengthen what is weak and challenge what is strong. The Charts offer a multitude of vantage points to build the work from. These include Spinal Functions and cover a vast range of injuries. "My hope is that The Red Thread: The Integrated System and Variations of Pilates - The Mat will give both the Teacher and the Student insight into the Method we know as Pilates, the tools you need and elicit critical thinking. I hope it gives the insight needed to understand that the Pilates Method is NOT just a list of exercises and why, at each level of the work, one exercise follows another. The Red Thread: The Integrated System and Variations of Pilates - The Mat presents an understanding that this Method is NOT black and white, but a beautiful colorful canvas as unique as the body before you."

## Book Information

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## Customer Reviews

I received *The Red Thread of Pilates* about a week ago. As soon as I heard it had been released I was anxious to get my hands on this piece of GENIUS. I haven't put it down since. This is, absolutely, the definitive guide to The Classical Method on the Mat. I am not a teacher but a enthusiast with a classical home studio. Unfortunately, there are no classical Pilates studios within hundreds of miles of where I live so I rely heavily on instructional materials such as this, Skype lessons, workshops afar, Pilatesology, etc. This is not just a simple "how to" guide on Pilates. It's a deep manual you will use for a lifetime of performing and teaching The Pilates Method thoroughly and safely. The "Red Thread" connection given for the spinal connection with each exercise provides a valued reference. Also handy, the POS (Point of Stability) to focus on for each exercise. Also included are Transitions for the entire flow. There just hasn't been anything (to my knowledge) like this before in print and it's pretty frickin' AWESOME. I am amazed to see all the variations within each exercise but maybe that's because I am not teaching; I'm stoked if I just get one variation right! To see the variety within each exercise in The Method is astounding. Quick example: This book clearly guides one through The Hundred but wait! there is more! You get exact how to guidance with photos and eleven variations within The Hundred. ELEVEN. The variations help you "build" or "challenge" the body. Also stated are the connections with each exercise to the prior exercise, and others on the Mat and Reformer. There are also numerous flow charts for every level, injury and issues charts, etc. These would be super handy for teachers.

I've come to learn that anything Kathi Ross-Nash puts her efforts into in life has heart, soul, lots of fun, and genius behind it (and maybe a little bit of vodka :) Her creation, *The Red Thread: The Integrated System and Variations of Pilates The Mat*, is no exception to that rule. This gem of a book is 364 pages with a wealth of information you won't find so easily and clearly compiled anywhere else. After reading it from cover to cover you won't be left with any questions regarding the purpose of exercises, their "thread" or connection to other exercises, what you're looking for in a body, or the best way to progress your clients or self. If you do have questions, I suggest rereading it because the answers you're looking for were there the first time, but maybe easily missed among all the other nuggets of knowledge you picked up from your first read through. The pictures are also unique because they give you the vantage point from a

teacher's perspective, which is extremely helpful. I especially enjoy page 290 because it reminds me to HAVE FUN while teaching when I find myself getting a little too serious | and who doesn't want to have a little fun? I highly recommend this book to any Pilates teacher or serious student who's looking for a deeper understanding of Joe Pilates' original mat work. Yes, initially the cost may seem great, but the amount of information you'll gain from this book is priceless. How much did you pay for your last continuing education workshops? This book is a full weekend workshop (maybe even a full week) with all the notes already taken for you. If you still aren't convinced, what about the cost of your college textbooks that weren't even on a subject that you cared about?

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