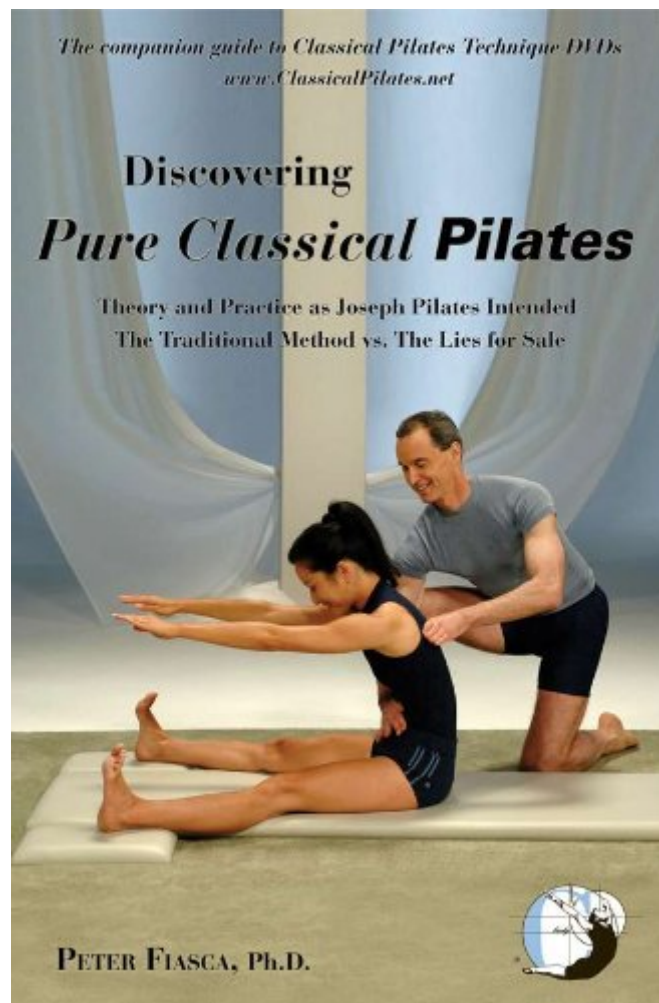


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# Discovering Pure Classical Pilates: Theory And Practice As Joseph Pilates Intended - The Traditional Method Vs. The Lies For Sale



## Synopsis

Discovering True Classical Pilates looks deeply into Joseph Pilates's™ 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's™ original method.

## Book Information

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## 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 learning 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 Prag Co-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.

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