



## Return to Life

*By Joseph H. Pilates*

Download now

Read Online ➔

### **Return to Life** By Joseph H. Pilates

RETURN TO LIFE is the original Pilates exercise book written by the creator and visionary of the Pilates method of exercise, Joseph H. Pilates. This book reviews the conceptual basis and philosophy of the Pilates method or 'Contrology' and the original matwork exercises Mr. Pilates taught in the studio on 8th Avenue and 55th Street in New York City. The model featured in this book is Mr. Pilates himself at the age of 60.

⬇ [Download Return to Life ...pdf](#)

📄 [Read Online Return to Life ...pdf](#)

# Return to Life

*By Joseph H. Pilates*

## **Return to Life** By Joseph H. Pilates

RETURN TO LIFE is the original Pilates exercise book written by the creator and visionary of the Pilates method of exercise, Joseph H. Pilates. This book reviews the conceptual basis and philosophy of the Pilates method or 'Contrology' and the original matwork exercises Mr. Pilates taught in the studio on 8th Avenue and 55th Street in New York City. The model featured in this book is Mr. Pilates himself at the age of 60.

## **Return to Life By Joseph H. Pilates Bibliography**

- Rank: #46204 in Books
- Published on: 2012-10-05
- Original language: English
- Number of items: 1
- Dimensions: 9.00" h x .24" w x 5.50" l,
- Binding: Paperback
- 106 pages

 [Download Return to Life ...pdf](#)

 [Read Online Return to Life ...pdf](#)

## **Editorial Review**

From the Back Cover

This book represents the first major publication in 1945 by Joseph H. Pilates and William J. Miller detailing 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, drawn from the approach espoused by the early Greeks, these are the exercises that currently 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. You will learn in this book the original 34 exercises that he 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, experimentation and research into the variety of physical ills that upset the balance of body and mind.

Pilates makes extraordinary claims about the benefits of his defined science of "Contrology". The exercises shown in this book constitute the breadth of his original definition of Contrology, and are basic to the growing army of worldwide trainers whose teachings rely on the instructions contained in this book. Living testimony to the validity of his own teachings, the photographs of this book are of Joseph Pilates himself at age sixty!

In this book, you will learn the exercises that Joseph Pilates recommended to accompany the basic advice (offered separately in his book, *Your Health* - see below) regarding posture, body mechanics, correct breathing, spinal flexibility, and physical education. It is fascinating to study these exercises and to discover the origins of what is being taught by fitness enthusiasts, health educators, and exercise trainers around the world.

About the Author

At the beginning of the First World War, Joseph Pilates was imprisoned in England along with many Germans who happened to be living at the time in and around Lancaster, England. He was a German national who had been boxing and performing in England prior to 1914. While living in the Camp, he taught other residents the series of exercises that he had developed for personal use over the preceding decades both in Germany and in England. His own exercise sets drew strongly from his studies of yoga and Zen, as well as ancient Roman and Greek exercise regimens.

## **Users Review**

**From reader reviews:**

**Frank Dawson:**

The book *Return to Life* can give more knowledge and information about everything you want. Exactly why must we leave the best thing like a book *Return to Life*? A number of you have a different opinion about guide. But one aim that book can give many details for us. It is absolutely proper. Right now, try to closer together with your book. Knowledge or info that you take for that, you are able to give for each other; it is possible to share all of these. Book *Return to Life* has simple shape however you know: it has great and big function for you. You can look the enormous world by open and read a e-book. So it is very wonderful.

**Gale Coachman:**

Now a day individuals who Living in the era where everything reachable by connect to the internet and the resources in it can be true or not call for people to be aware of each facts they get. How a lot more to be smart in obtaining any information nowadays? Of course the reply is reading a book. Examining a book can help persons out of this uncertainty Information specially this Return to Life book since this book offers you rich details and knowledge. Of course the information in this book hundred per-cent guarantees there is no doubt in it everbody knows.

**Evelyn Rogers:**

Often the book Return to Life will bring you to the new experience of reading a book. The author style to explain the idea is very unique. If you try to find new book to learn, this book very suited to you. The book Return to Life is much recommended to you to see. You can also get the e-book from official web site, so you can quickly to read the book.

**Kenneth Jordan:**

On this era which is the greater person or who has ability to do something more are more precious than other. Do you want to become certainly one of it? It is just simple solution to have that. What you have to do is just spending your time very little but quite enough to get a look at some books. One of the books in the top checklist in your reading list is Return to Life. This book which can be qualified as The Hungry Hillside can get you closer in becoming precious person. By looking up and review this book you can get many advantages.

**Download and Read Online Return to Life By Joseph H. Pilates**  
**#R46AD8TNSV7**

## **Read Return to Life By Joseph H. Pilates for online ebook**

Return to Life By Joseph H. Pilates Free PDF d0wnl0ad, audio books, books to read, good books to read, cheap books, good books, online books, books online, book reviews epub, read books online, books to read online, online library, greatbooks to read, PDF best books to read, top books to read Return to Life By Joseph H. Pilates books to read online.

### **Online Return to Life By Joseph H. Pilates ebook PDF download**

**Return to Life By Joseph H. Pilates Doc**

**Return to Life By Joseph H. Pilates Mobipocket**

**Return to Life By Joseph H. Pilates EPub**