

The Complete Writings of Joseph H. Pilates: Return to Life Through Contrology and Your Health - The Authorized Editions

By Sean P. Gallagher, Romana Kryzanowska

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Edited by the authors of the best-selling The Pilates Method of Body Conditioning, this is the only edition of Joseph Pilates' writings authorized by the Pilates Studio in New York City. Includes Your Health and Return to Life Through Contrology, monographs originally published in 1934 and 1945 respectively, in which Pilates explains his beliefs and philosophies on physical fitness and introduces the Pilates Method, an exercise program he called Contrology. Also included are illustrations of several exercises demonstrated by Pilates himself - some of which have not been published in over 50 years.

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Editorial Review

About the Author
Joseph H. Pilates (1880-1967) is the founder of the Pilates Studio and creator of the Pilates Method, which he called Contrology. A revolutionary figure in fitness, he was one of the first to use outcome studies to prove his methods worked as well as one of the first to use "before and after" photographs to document his work. His method has been used extensively by professional dancers in their fitness program for over 50 years and today is used by many in entertainment, sports and the arts.

Sean P. Gallagher, P.T., is the current director of the Pilates Studio and a physical therapist, working regularly with the Pennsylvania Ballet, Atlanta Ballet, Sesame Street Live and Six Flags Amusement Park.

Romana Kryzanowska is the official senior instructor of the Pilates Method worldwide. She has devoted her life to the study of the method and was designated Pilates' successor in promoting his work before his death in 1967.

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