



Descubriendo Pilates Clásico Puro

Peter Fiasca, PhD

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Descubriendo Pilates Clásico Puro se enfoca profundamente en el método tradicional de acondicionamiento físico y mental de Joseph Pilates y lo hace describiendo sus bases, sus metas, la calidad de los movimientos y sus beneficios. Específica atención es dada a la forma en que los poderes mercadotécnicos, la creatividad individual ó la ambición, llevan al deterioro y a la comercialización del método de Pilates tradicional. Este libro se presenta en contraste a los varios recursos de “como-hacer” sus rutinas y ejercicios. En su lugar, Descubriendo Pilates Clásico Puro evoca al pasado con los dos libros propios de Joseph Pilates-“Your Health”, (Su Salud en 1934) así como: “Return to Life Through Contrology”, (Regreso a la Vida por Medio de la Contrología en 1945)-y lo hace explorando puntos sociales, económicos, sicológicos y espirituales que son asociados con su trabajo tradicional. Hay tanto más aparte de eso en ¡Descubriendo Pilates Clásico Puro! Aquí se encontraran tesoros de pasión, de devoción y una técnica históricamente precisa de la manera en que es instruida por mas de 1000 Instructores enlistados en el Directorio Académico en la pagina Web www.ClassicalPilates.net al mismo tiempo que se preserva el método tradicional de Joseph Pilates.

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