



Return to Life Through Contrology

Joseph H. Pilates, William John Miller

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2014 Reprint of 1945 Edition. Full facsimile of the original edition. Not reproduced with Optical Recognition Software. "Return to Life Through Contrology" is essential Pilates reading. In this one small book, Joseph Pilates conveys the breadth and power of the Pilates method. Covering philosophy and technique, Pilates outlines the effective and enduring approach to whole body health that is one of the fastest growing fitness trends in the world. "Contrology" related to encouraging the use of the mind to control muscles, focusing attention on core postural muscles that help keep the body balanced and provide support for the spine. In particular, Pilates exercises teach awareness of breath and of alignment of the spine, and strengthen the deep torso and abdominal muscles.

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