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# PILATES' RETURN TO LIFE THROUGH CONTROLOGY: REVISED EDITION FOR THE 21ST CENTURY



Presentation Dynamics Inc. Paperback. Book Condition: new. BRAND NEW, Pilates' Return to Life Through Contrology: Revised Edition for the 21st Century, Joseph Hubertus Pilates, First published in 1945, Pilates Return to Life Through Contrology contains the authorised, legal, edited, and original Library of Congress version of Joseph H. Pilates and William J. Miller's first complete fitness writings. It details the exercises, poses, and instructions fundamental to the matwork developed by Joseph and Clara Pilates. Based on his concepts of a...

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- Authored by Joseph Hubertus Pilates
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