

PILATES

THE REVOLUTION OF PHYSICAL TRAINING

The Pilates method was born from a “weakness”. Joseph Hubertus Pilates (1880-1967), its inventor, was a sickly child who suffered from asthma and rheumatic fever, this reason being what led him to study the human body and the way to strengthen his own through exercise. Thus he became a good athlete, swimmer and boxer, to such an extent that he was chosen in 1912 to teach personal defence to the detectives of Scotland Yard. In England, during World War I, he was put into a concentration camp because he was German. At the camp, he was put to work as a nurse and developed a method to improve the state of health of other inmates. Thanks to this technique none of them succumbed to the great epidemic of 1918, during which many English people lost their lives.

After the War, Pilates returned to Germany and was so acclaimed that Hitler himself asked him to train the German Army but he turned down this offer and emigrated instead to the United States. He set up his own studio on New York’s 8th Avenue and rapidly attracted famous people like Ruth St. Denis, Ted Shawn, Martha Graham and George Balanchine, amongst others. In America, he continued to improve his method and designed a wide range of equipment in order to be able to carry out more accurate and personalized work.

Romana Kryzanowska met Pilates in 1941. She was a ballet student when she suffered a foot injury and after a number of sessions with him, she became proficient in his method and in 1944 she taught in the legendary studio with Pilates and his wife Clara.



“In 10 sessions you will notice the difference, in 20 sessions you will see the difference and in 30 sessions your body will have completely changed”

Joseph Hubertus Pilates
in 1965, age 86

When Pilates passed away in 1967, Romana directed the studio until Clara’s death in 1977 and she continued her job of spreading the original method until the present day.

Pilates is a system of training that transforms the body from “the inside towards the outside”, strengthening and stretching all the deep muscles to correct posture and to create a slender figure without excess bulk. This way the origin of many back problems and joints is eliminated. It is suitable for men and women of any age and physical condition.

No matter how many years have passed since Joseph Pilates created his method, it has not ceased to be an overwhelming success all over the world. And although there have lately been many versions of the original method, none of them has managed to beat its effectiveness. The deep knowledge of the human body and the tireless dedication of Joseph Pilates during all his lifetime have left us with a brilliant work that is revolutionizing all our concepts about healthy and really effective training with assured results.

To put Pilates into practice means to apply the whole method as it was conceived, in an individual and non collective manner, using all the equipment designed by its creator. An individual session on a weekly basis is enough to achieve amazing results.