



## Return to Life

*Joseph H. Pilates*

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## **Return to Life** Joseph H. Pilates

RETURN TO LIFE is the original Pilates exercise book written by the creator and visionary of the Pilates method of exercise, Joseph H. Pilates. This book reviews the conceptual basis and philosophy of the Pilates method or 'Contrology' and the original matwork exercises Mr. Pilates taught in the studio on 8th Avenue and 55th Street in New York City. The model featured in this book is Mr. Pilates himself at the age of 60.

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