

SUMMER 2026

JOSEPH PILATES' MESSAGE

JOSEPH PILATES' BOOKS

Return to Life Through Contrology was first published in 1945 by Joseph Pilates.

Your Health: A Corrective System of Exercising That Revolutionizes the Entire Field of Physical Education first published in 1934 by Joseph Pilates.

BOOK REVIEW

On YouTube [@virtualPilatesstudio](#), I will be giving a review of each of the 10 chapters of Joseph Pilates book titled *Your Health*.

What is the same? What has changed? What should we still consider from Joseph Pilates 1934 writing? Follow along on my YouTube [@virtualPilatesstudio](#) for my thoughts.

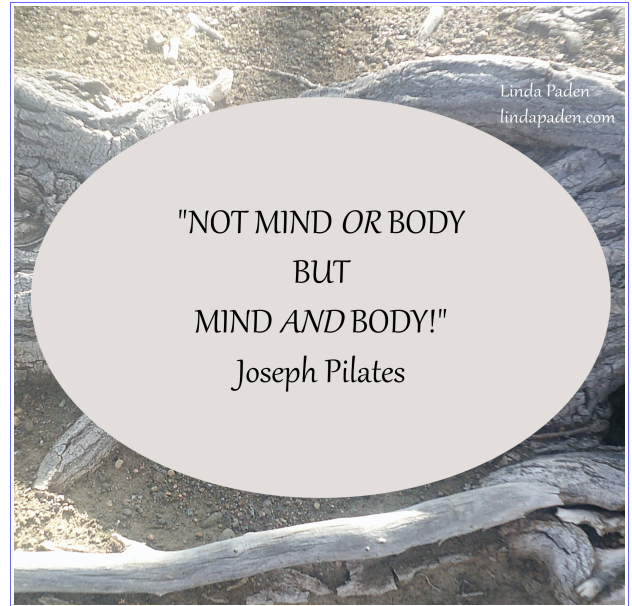
WHY?

Joseph Pilates is the fonder of Pilates, a method which he originally called Contrology. Reading his works helps us embrace the full essence of what we call Pilates today.

Pilates is more than just a form of exercise. Pilates is an entire philosophy towards movement and well being.

WHAT DID YOU LEARN?

Email me at linda.paden@protonmail.com to let me know what you learned from this video series. I hope you move well!



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