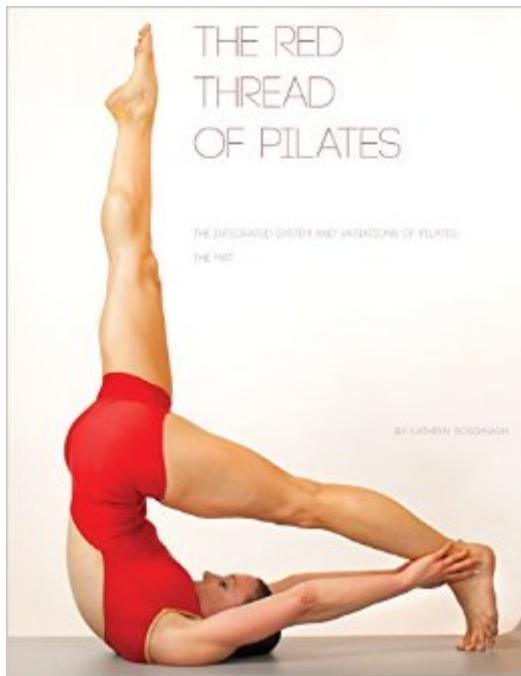


The book was found

# The Red Thread: The Integrated System And Variations Of Pilates - The Mat



## Synopsis

The Red Thread: The Integrated System and Variations of Pilates - The Mat gives to you over 35 years of experience in the Pilates Method Mat in one book. The book not only instructs how to execute the goal of each exercise, but how to build with variations and challenge each exercise, preparing the body for the next exercise to come. The book explains how and why to choose a variation to suit the needs of the student. It includes a comprehensive look at the connection between not only the Prior Exercise and the "Thread" that binds them, but the "Thread" that runs through the link between the Spinal Function of the exercise's predecessor. The book includes the purpose of each exercise, which enables you to "break it down" so the Purpose remains unchanged and the Method preserved. The Red Thread: The Integrated System and Variations of Pilates - The Mat offers Teachers tips on how to spot, what to look for, the Don't, Do's and Major Benefits of the exercise. The 1400 plus photos are taken both from the traditional vantage point and from the Teacher's view. The Pilates Method is also presented in easy to read Charts. These Charts breakdown, in simple form, what to "Add Next". This will enable you to create a perfect workout to strengthen what is weak and challenge what is strong. The Charts offer a multitude of vantage points to build the work from. These include Spinal Functions and cover a vast range of injuries. "My hope is that The Red Thread: The Integrated System and Variations of Pilates - The Mat will give both the Teacher and the Student insight into the Method we know as Pilates, the tools you need and elicit critical thinking. I hope it gives the insight needed to understand that the Pilates Method is NOT just a list of exercises and why, at each level of the work, one exercise follows another. The Red Thread: The Integrated System and Variations of Pilates - The Mat presents an understanding that this Method is NOT black and white, but a beautiful colorful canvas as unique as the body before you."

## Book Information

Paperback: 366 pages

Publisher: Kathryn Ross-Nash New York Pilates (July 27, 2015)

Language: English

ISBN-10: 099074650X

ISBN-13: 978-0990746508

Product Dimensions: 8.5 x 1 x 11 inches

Shipping Weight: 2.6 pounds (View shipping rates and policies)

Average Customer Review: 4.5 out of 5 starsÂ Â See all reviewsÂ (39 customer reviews)

## Customer Reviews

I received The Red Thread of Pilates about a week ago. As soon as I heard it had been released I was anxious to get my hands on this piece of GENIUS. I haven't put it down since. This is, absolutely, the definitive guide to The Classical Method on the Mat. I am not a teacher but a enthusiast with a classical home studio. Unfortunately, there are no classical Pilates studios within hundreds of miles of where I live so I rely heavily on instructional materials such as this, Skype lessons, workshops afar, Pilatesology, etc. This is not just a simple "how to" guide on Pilates. It's a deep manual you will use for a lifetime of performing and teaching The Pilates Method thoroughly and safely. The "Red Thread" connection given for the spinal connection with each exercise provides a valued reference. Also handy, the POS (Point of Stability) to focus on for each exercise. Also included are Transitions for the entire flow. There just hasn't been anything (to my knowledge) like this before in print and it's pretty frickin' AWESOME. I am amazed to see all the variations within each exercise but maybe that's because I am not teaching; I'm stoked if I just get one variation right! To see the variety within each exercise in The Method is astounding. Quick example: This book clearly guides one through The Hundred—but wait! there is more! You get exact how to guidance with photos and eleven variations within The Hundred. ELEVEN. The variations help you "build" or "challenge" the body. Also stated are the connections with each exercise to the prior exercise, and others on the Mat and Reformer. There are also numerous flow charts for every level, injury and issues charts, etc. These would be super handy for teachers.

I've come to learn that anything Kathi Ross-Nash puts her efforts into in life has heart, soul, lots of fun, and genius behind it (and maybe a little bit of vodka :) Her creation, The Red Thread: The Integrated System and Variations of Pilates The Mat, is no exception to that rule. This gem of a book is 364 pages with a wealth of information you won't find so easily and clearly compiled anywhere else. After reading it from cover to cover you won't be left with any questions regarding the purpose of exercises, their "thread" or connection to other exercises, what you're looking for in a body, or the best way to progress your clients or self. If you do have questions, I suggest rereading it because the answers you're looking for were there the first time, but maybe easily missed among all the other nuggets of knowledge you picked up from your first read through. The pictures are also unique because they give you the vantage point from a

teacherâ™s perspective, which is extremely helpful. I especially enjoy page 290 because it reminds me to HAVE FUN while teaching when I find myself getting a little too seriousâ | and who doesnâ™t want to have a little fun? I highly recommend this book to any Pilates teacher or serious student whoâ™s looking for a deeper understanding of Joe Pilatesâ™ original mat work. Yes, initially the cost may seem great, but the amount of information youâ™ll gain from this book is priceless. How much did you pay for your last continuing education workshops? This book is a full weekend workshop (maybe even a full week) with all the notes already taken for you. If you still arenâ™t convinced, what about the cost of your college textbooks that werenâ™t even on a subject that you cared about?

[Download to continue reading...](#)

The Red Thread: The Integrated System and Variations of Pilates - The Mat Healing Pilates: Pilates - Successful Guide to Pilates Anatomy, Pilates Exercises, and Total Body Fitness - 2nd Edition Summary - A Spool of Blue Thread: A Detailed Summary About The Novel of Anne Tyler!! ( BONUS: Fun Quizzes To Help You Understand A Spool Of Blue Thread) ... About The Novel; Audio Paperback Audible) Red Smoothies: 2 Manuscripts - Red Smoothie Detox Factor (Vol.1) + Red Smoothie Detox Factor (Vol. 2 - Superfoods Red Smoothies) Your Ultimate Pilates Body® Challenge: At the Gym, on the Mat, and on the Move The Piano Works of Rachmaninoff, Vol 6: Variations on a Theme of Chopin, Op. 22, and Variations on a Theme of Corelli, Op. 42 (Belwin Edition) The Piano Works of Rachmaninoff, Vol 6: Variations on a Theme of Chopin, Op. 22, and Variations on a Theme of Corelli, Op. 42 (Book & CD) (Alfred's Classic Editions) Pilates and Bodyweight Exercises: 2-in-1 Fitness Box Set: Shred Fat, Look Great (Pilates Exercises, Bodyweight Exercises, Fitness Program, HIIT Program, ... Muscle Building, Lean Body, Total Fitness) Jennifer Kries' Pilates Plus Method: The Unique Combination of Yoga, Dance, and Pilates Pilates Six Pack Exercise Bundle: Learn How to Exercise Correctly Today - Intro to Pilates - Beginner Six Pack Exercises (Ultimate Mind Body Fitness - Strengthen, Tone and Heal Your Body) Discovering Pure Classical Pilates: Theory and Practice as Joseph Pilates Intended - The Traditional Method vs. The Lies for Sale The Pilates Arm Chair (The Pilates Equipment) (Volume 2) Ukrainian Red Borscht Recipe: Step-by-step Picture Cookbook - How to Make Red Borsch (Red Soup or Borsht) Seven Spools of Thread: A Kwanzaa Story (Albert Whitman Prairie Paperback) Swinging by a Thread: The Misadventures of an Accidental Swinger A Thread of Truth (Cobbled Court Quilts Book 2) A Thread of Truth (Cobbled Court Quilts) A Thread So Thin (Cobbled Court Quilts) A Single Thread (Cobbled Court Quilts) Mat Cutting and Calculations (How to Frame Book 1)

[Dmca](#)