



Give Paws with Pilates

Fund Raiser Benefitting our local Animal Shelters

This February 28th, on a Saturday, Whole Pilates together with the GHH Wellness Center is hosting our first Pilates fund raiser benefiting homeless pets.

Its easy to get involved. Of any private lesson or any mat class you take this day, 100% of the proceeds will be split between the Bloomingdale Rescue, Oakland Shelter, and West Milford Shelter. Suggested donation for mat class is \$15, and for private lessons on the equipment is \$50. Private lessons are by appointment and mat classes will be added to accommodate interest. Pet food will also be collected.

Appointments for lessons and registration for classes must be done in advance. Donations will be accepted in advance or the day of the event. Call today, 973-962-1327 to reserve your spot or email colleen@WholePilates.com



Colleen's Corner

A Question of Lineage

Pilates is exercise. Movement. But before there was Pilates exercise there was a man, Joseph Pilates, and he created a very specific exercise system and collection of apparatus.

Joe, in the late 1800's and until his death in the 1960's studied the human body in depth; anatomy, movement, breath, and the effect of focused awareness on health—long before there was a science of 'exercise physiology' or it was fashionable to study such. He studied many of the current and ancient physical disciplines such as martial arts, yoga, Chinese acrobatics, and how these exercises effected the body.

Even without the tools that scientists have today, this system of exercise that the genius of Joseph Pilates created holds true today. So much so, that every Tom, Dick, and Harry has scrambled to lay claim to it; not only claim to know the Pilates work, but many claim to improve it.. This is the unfortunate result of a 2001 court ruling that determined 'Pilates' is a generic term for exercise. This allowed the Pandora's box to be opened, and now anyone can, and a tremendous number do, claim to teach 'Pilates'

Some of this exercise is good. Much of it isn't. Who can tell what is real Pilates and what is just borrowing from the work? This question gets muddied further when the consumer learns that much of the Pilates that we see today, driven by the health club industry, is factory-style certifications and factory-style classes. It's become a big business, with big money behind big advertisements that are re-defining what Pilates is.

I contend that the only way to know if what you are doing in your Pilates class / lesson actually came from Mr. Pilates, is to look at the source.

None of us can work with Joe ever again, but how close can we come? Who taught your teacher?

Only a handful of teachers alive today actually worked with Joseph Pilates; some for a few months, some for decades. These have been called '1st Generation' teachers.

Each 1st Generation teacher came to Joseph Pilates with their own life experience and learned from him through that perspective. Only these few were in the position to keep Joe's original work pure and undiluted, because they worked with the man, were trained by him himself; saw how he worked.

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Similar to the parable of the **6 Blind Men and the Elephant***, each teacher learned differing aspects of the work depending on many things. It is my assertion that 'teachers' outside the *lineage* or those beyond 2nd generation, may have a too distorted perspective of the Pilates work to pass along authentic Pilates exercise.

It might be exercise, but is it really Pilates?

Does it matter? Well, exercise is exercise, but there was only one Pilates, and once it's gone, it's gone.

Thank goodness for Romana Kryzanowska's commitment to keeping and spreading Joe's method, from the time she started with him in the early 1940's, & still today



I'm so grateful to have had the opportunity to study and certify with her directly.

Romana and me in 2006, me in my most rotund stage (no, not the parable of the elephant), & Romana, eternally beautiful.



Parable of the Elephant and the Six Blind Men

*A [Jain](#) version of the story says that six blind men were asked to determine what an elephant looked like by feeling different parts of the elephant's body

The blind man who feels a leg says the elephant is like a pillar; the one who feels the tail says the elephant is like a rope; the one who feels the trunk says the elephant is like a tree branch; the one who feels the ear says the elephant is like a hand fan; the one who feels the belly says the elephant is like a wall; and the one who feels the tusk says the elephant is like a solid pipe.

A wise man explains to them:

"All of you are right. The reason every one of you is telling it differently is because each one of you touched the different part of the elephant. So, actually the elephant has all the features you mentioned."[U](#)

I pose this question; if there can be this much difference in perspective from people who actually touched the elephant, what possible chance can there be of an accurate representation of Pilates work when your teacher was certified by someone who never worked with Pilates? Or even more common, certified by a business or a website? If we can no longer touch the elephant ourselves we certainly can still work within the lineage of the few who have.

Winter's End Specials

Pilates Tank Tops \$10
(regularly \$20)

Irregular Tanks \$5

Pilates Mugs \$5
(regularly \$12)

I'm also ordering Franklin Balls (\$30), Foam Rolls (\$19), and Magic Circles (\$30) now, so let me know what you want. Call 973-962-1327 or email colleen@WholePilates to order.

February, 2009

SUN	MON	TUE	WED	THU	FRI	SAT
1	2	3	4	5	6	7 8:30am Intermediate Pilates Mat 9:30 PE Beginner Mat
8	9	10 6:30pm Beginner Mat 7pm Advanced Pilates Mat	11 7pm Intermediate Pilates Mat	12	13	14 8:30am Intermediate Pilates Mat 9:30 PE Beginner Mat
15	16	17 6:30pm Beginner Mat 7pm Advanced Pilates Mat	18 7pm Intermediate Pilates Mat	19	20	21 8:30am Intermediate Pilates Mat 9:30 PE Beginner Mat
22	23	24 6:30pm Beginner Mat 7pm Advanced Pilates Mat	25 7pm Intermediate Pilates Mat	26	27	28 8:30am Intermediate Pilates Mat 9:30 PE Beginner Mat
1	2	3 6:30pm Beginner Mat 7pm Advanced Pilates Mat	4 7pm Intermediate Pilates Mat	5	6	7 8:30am Intermediate Pilates Mat 9:30 PE Beginner Mat

Classes held @
Great Halls of Healing,
127 Skyline Drive, Ringwood, NJ



Whole
Pilates

Pilates Express:(30 min.)

Red

\$50 for 5 1/2hr class series

Classical Pilates Mat (1 hr):
(BLUE)

\$150 for 10 1 hour classes in
continuing series.

Pre-Registration is a Must

Call today to register.

Phone: 973-962-1327

E-mail:

colleen@WholePilates.com

Contacts and Credits:

To include yourself on our mailing list, or if you have questions or comments contact colleen@WholePilates.com

Please go to our website, <http://www.WholePilates.com> to see what we've been working on, view archived newsletters, see streaming videos of the exercises, photo gallery, or learn more about how you can begin training with Whole Pilates.

To install Adobe Acrobat go to <http://www.adobe.com/products/acrobat/readstep2.html>

Colleen Wenrich, RN has been teaching fitness and wellness since 1981 and is certified Authentic Romana's Pilates, ASCM, AFAA, ACE, and BCIA