

A Movement of Movement-The Essence of Pilates- a film by Mark Pedri

“We are living in a historical movement, a phenomenon of human experience. The movement is about us, it’s about today, and it’s about exploring our full potential, but what does that mean? That is what A Movement of Movement is.”

When this film was first being created and produced there was a definite excitement and buzz about it. Once launched everything went quiet, now I know why!

This film claims to tell the compelling story of how Pilates has changed the world forever and to be an everlasting source of inspiration so I was expecting to be absolutely blown away. Unfortunately it did not quite meet those high expectations.

The first twenty minutes of the film are incredibly interesting. The film begins with several leading instructors in the Pilates world very eloquently stating their thoughts and beliefs about Pilates and explaining what Pilates means to them.

The first chapter, *A Man Named Joe*, sets the background historically, economically and socially of the life of Joe Pilates and his work. There is some amazing archival footage of Joe Pilates training and teaching and the original plans he made for the apparatus.

The next chapter, *Movement of Movement*, then discusses the court case which arguably gave birth to global phenomenon of Pilates today. Unfortunately it is one sided with only the “winners” understandably featuring in the film and it highlights the split in the industry which still sadly reverberates today.

The film now moves into a series of personal stories, from a studio in Asia to an uplifting interview with an instructor who has a spinal injury to professional baseball players.

Disappointingly, the rest of the film consists of footage of Pilates exercises being beautifully performed by swimming pools and by the sea with a stunning sunset, in artistically lit studios and several cute cats, impressive tigers and piano playing!

There are few more comments interspersed into these stylish, cinematic creations including a general criticism about the lack of understanding of many instructors due to the low level of training, and of course we see some classical versus contemporary soapboxing.

On the whole, I could have stopped watching the film after the first 20 mins. Unfortunately it definitely is not the source of everlasting inspiration I hoped for and I could easily have just gone to You Tube to watch some Pilates being performed by a swimming pool!

Of course this is only my opinion and if you would like to purchase the DVD here is the link.

<http://www.movementofmovement.com>

