

Standing Pilates by Joan Breibart

I first heard of the Standing Pilates repertoire from Kathy Corey who talked of it being an integral part of the early Matwork classes in New York before the exercises were lost to the mainstream. The original Standing Repertoire is not featured in this book but it still offers some fantastic variations and ideas. (The Standing Repertoire is still part of the JPilates Moves workshop)

The author, Joan Breibart describes herself as, “not a trainer, a coach, an athlete, or a dancer... [but] someone who.. spends her days in front of a computer” She explains how she was a Pilates fan for many years before becoming a client of Eve Gentry and then founding the Institute for the Pilates Method with Eve and Michele Larsson.

The book is strongly and wonderfully influenced by Eve Gentry’s teaching and beliefs, from the chapter on “Pre-Pilates” fundamental exercises to the effective cues and visuals used in the exercises.

There are twenty-two standing exercises in the book, with each one being a standing adaptation of a Matwork exercise. Each exercise has three levels: level 1 is preparation, level 2 adds one or two elements and level 3 adds more challenge and further complexity. Each exercise is explained in detail with clear instruction, goals, technique points, modifications and variations.

Standing Pilates is an excellent resource for ideas and variations especially beneficial for clients with osteoporosis, pre-natal and balance issues. Performing the exercises standing greatly increases the functional challenge including pelvic floor strength and helps to translate the intentions of the Matwork to standing alignment. The exercises can be easily integrated into prep or closing phases and provide variety to your classes.

This book is a fantastic addition to your Pilates library and I highly recommend it.

Standing Pilates is available on Amazon at

<http://www.amazon.co.uk/Standing-Pilates-Strengthen-Wherever-Sciences/dp/0471566551>

