

# Calderone's Concepts in Contrology

## What Listeners Say About Gary's New CD

"Soaking in these insights, I found myself on a journey through the spiritual anatomy of Pilates. By mapping out this journey, Gary has opened the way for us to go far deeper into the spiritual landscape that is Pilates. Gary reveals Pilates to be a living, breathing interplay of Human and Being. Before the CD was over, I just *had* to get down and do Hundreds, just to feel that sense of space because Gary's description of it was so visual and visceral." — *Stephanie Selene Anderson, author, 15-year Pilates practitioner*

"Powerful for bringing any teacher to the next level. Don't intellectualize. Listen to this CD with your heart, soul, and open mind and feel the shift happen to the deepest part of yourself where the truth resides within us all." — *Heidi Miller, host of "Beyond The Movement: The Pilates Podcast"*

"Thank you so much for creating a 'mini course' to add to my understanding of Pilates. I feel like you have sharpened my tools, my understanding, of how Pilates works. I am inspired to do more and do it better." — *Susan Pollack, RN*

"Gary has been used to send a powerful and necessary message to students and teachers. I am so grateful to have not only the wealth and substance to enrich my practice and teaching but to have it conveyed so conveniently." — *Maila Blossom, Pilates teacher*

"The production quality is excellent, the relevancy to the experience of Pilates is excellent, and listening while driving is convenient." — *Peter Fiasca, Ph.D., Classical Pilates Continuing Education*

"I was intrigued by your presentation because for the first time in my experience someone had painstakingly examined the philosophies of Pilates on a significant intellectual level rather than just the movements by themselves. Thank you for making us think about our purpose in what we do." — *Gerald N. Morigerato, P.T., Northstar Pilates Solutions, LLC*

"These concepts that you have organized so well serve to emphasize the value that we bring to each individual that crosses our path. I listen to at least some of your CD once a week. Your voice and clarity are a wonderful part of my week!" — *Kate Wodash, Pilates teacher*

### About Gary's New CD:

Second generation Pilates teacher Gary Calderone has created a unique CD that enriches our understanding of the transformational powers innate in the Pilates method of physical and mental conditioning, originally known as Contrology. Titled *The Pilates-Contrology Correlation; Going Beyond Technique*, this CD is a convenient way to "listen and learn" while driving to your studio. It provides state of the art information on the life-changing effects that Pilates has on each individual client, and the profound impact that we, as Pilates teachers, can have upon the world.

