

1991 Workshop with Eve Gentry Video

Although we have a large amount of work that represents what Joe Pilates did and taught such as his books, archival video footage and the equipment he invented, I have never come across clear and audible recordings of his actual teaching or complete records of all his exercises and movement knowledge. So the next best option is to watch or train with his original students. In this way we can enrich and develop our understanding of the Pilates Method. I find that I resonate more strongly with certain teachers and definitely with Eve Gentry in particular.



Eve Gentry (1909-1994) was one of the original students and appears in many of the photos and archival footage we see. I could not wait to watch this DVD recorded in 1991 containing highlights of a two day workshop she ran. I was not disappointed as I was hooked within 2 minutes of watching when she describes a wonderful way of creating alignment!

Eve begins by fondly recalling her first encounter with Joe and Clara Pilates and then continues to express her vision and approach to the Method, how Pilates is a concept not just a series of exercises,

"If you just teach exercises, I ask you are, are you a teacher or a conveyor belt? Don't just be a conveyor belt. You will not grow...you will get stuck and the mechanism won't work. But as a creative, imaginative teacher always seeking more you will always grow and you will learn 10 years from now a lot more than you didn't know existed"

Eve then shares her own "Pre-Pilates" approach which she has developed and I could definitely relate to how it has influenced my training. The concepts include alignment, breathing and joint release. The breathing section was one of my favourites as she explores various exercises to aid correct breathing for spinal release, giving an amazing visual for imprinting the spine correctly.

Then there is a slightly disappointing section where Eve's assistant Michele Larson teaches some Mat and Reformer exercises applying these Pre-Pilates moves. Although Michele is a fantastic teacher in her own right, I would have loved to have seen Eve teach the moves.

Finally the DVD finishes with a Q&A where Eve describes how Joe became involved in rehabilitative work. I never knew he made orthopaedic braces or that he helped his mother who used a crutch to walk unaided!

Overall this is a very enlightening DVD which demonstrates where many of our modified moves may have originated from. Eve demonstrates an incredible level of mobility and strength and shares her particular brilliance in teaching.. She was obviously a very genuine, passionate and inspiring teacher as her closing statement to the other instructors reflects,

"[Joe] was a miracle worker, I wish you could have known him. I wish he could have known you."

To buy the DVD visit <http://www.coredynamicspilates.com/products.html>