

**THE PILATES PATH TO HEALTH: BODY, MIND, AND
SPIRIT**

Elyzabeth Biggerstaff

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The Pilates Path to Health: Body, Mind and Spirit by Gary Calderone

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I'm Gary Calderone, a Colorado-based Pilates practitioner/teacher since and author of the book The Pilates Path to Health: Body, Mind, and Spirit, first.

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Author of The Pilates Path to Health: Body, Mind and Spirit Gary Calderone, sits down with Kristi Cooper to discuss his recently released book about what Pilates .

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Very often, I am asked what motivated me to write The Pilates Path to Health: Body, Mind, and Spirit. The incessant notion that kept me in the inquiry to pursue .

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