

Hello, everyone. I'm Mariano, and welcome to the System Transformations. The concept of this series is... The name transforms, for me means, uh, go beyond the limits of your physical body. Every class going to awake something different inside of you. System means the method. Systems, for me, for me, is the pure Pilates classical method.

It's not only use one . You do a little in the workout in the reformer, and you go to your mat in Cadillac, and you have one hour or 50 minutes, like, you, you feel like, uh, first of all, the time fly when you do System, and it's better for your body.

The, uh, Joseph Pilates create the system, not only, uh, teaching classes in, in each , yeah? Teachers of client, sometime happen, like I say, "Oh, is again the same?" And I open my eyes and say, "Yes, is again the same." The same exercise with different intention is not the same.

We need to believe in this method, practice and use the system. Use the system. And I'm going to help you with that. And this class is for you, Pilates teacher or Pilates lover or advanced practitioner. In this class, I don't explain every single exercise with details. This series, uh, make my own practice even more interesting.

I work out every day, but when I work with this class, I feel something else, you know? Is, it's impressive how many room we have to improve. I would like to encourage you to, to work out more, to feeling more. I am so grateful for have this method in my life, and you going to feel the same.