

What is Pilates?

What is Yoga?

Why can't you mix the two?

Michael: What is Pilates?

Claudio: My English is bad, but I try. I think equal with you, Michael, that Pilates is idea. This is, for me, the first thing. Pilates is idea. Because with this knowledge, you can make Pilates, real Pilates, not other exercise similar to Pilates. You can train real Pilates when you understand Pilates is idea. In the other moment you make similar exercise inspired by Pilates, but real Pilates you experience in your body when you understand Pilates is idea.

Michael: What is the idea?

Claudio: The idea is, in English, uniform eccentric loading flowing through progressive patterns of movement. This is idea. This idea is equal to a mathematical formula, it is very synthetic, it is very clear, it is very objective. Equal to a mathematical formula, when you understand the function, it is very easy, then you apply the formula in all movement, because the area of knowledge of the formula is movement.

Michael: The object of the formula is the movement.

Claudio: Yes. You use the formula in all type of movement. All movements, no?

Michael: You apply the formula in all kinds of movement, is that what you are saying?

Claudio: Yes, it is very interesting because when you understand Pilates as an idea it is very easy to make Pilates. You know how to make the connections, you know the function of each part of the training. Breath, muscular contractions, time, the parts of the movement. The formula takes the parts of the movement and orders them. Because the form is an idea I like to speak formula. Because one idea can be very general, a general idea, but a formula is an idea that is very specific, very targeted, a formula is to shoot at a target. And the idea is very specific, it is clear, its use is clear.

Michael: What do you mean the use is clear?

Claudio: The use in the body, it is very clear the use of the body is the target. The use of the body is the target of the idea. It is clear in your body this specific idea is for the body in movement.

Michael: The issue is moving the body through space, right?

Claudio: Yes, this is the fundamental difference with Yoga. This is very, very, important. Because the idea of Pilates is about the body in movement, a predator, for survival. It is

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the idea, survival, is evolution, because survival makes the evolution. This is the power of the idea. The power of the idea is to make movement in the body with more capacity.

Michael: How do you mean capacity?

Claudio: I like to think of Pilates as a system, or idea, or formula, for your body to gain more capacity. Capacity in physical terms is making tension, to create a difference in potentials. Capacity is equal to the difference of potentials. And when there is more difference in potentials, more tension, there is more capacity. More capacity. Pilates makes this in your body, physically, more capacity. When you do Pilates you can make more tension in your body, good tension, structural tension, tensegrity.

Pilates teaches you how to make tension, capacity, for tensegrity, for dynamic equilibrium. Tensegrity is a dynamic equilibrium.

Michael: I love that! OK, so where does that take us?

Claudio: In common language, tension is very bad, but tension is absolutely necessary for standing, for movement. This is the perfect tension of a Greek statue.

Michael: (laughter) "perfect tension" I love that.

Claudio: I am a sculptor, and Greek sculpture is...wow! It is fabulous, because when Greek sculpture happened there were no schools. The Greeks created sculptures of the mind, no examples. The style of Greek sculpture didn't exist in the world. The Greeks created this style. It was different from all others, it was new. In the story of the art of sculpture, it is a revolution, a new language.

Michael: The way the Greeks did sculpture?

Claudio: Yes! Because of realism, absolute realism, Greek sculpture is perfect, realistic, absolutely realistic. When you look at a Greek sculpture you know your body, you go wow, the sculpture is perfect, the arm, the neck, the torso, the tension of the movement shows up fixed in stone, a photograph in stone of the tension, of the reality. Wonderful. Greek sculpture is a big moment for humanity, for knowledge of the tension of movement in gravity, a photograph in stone. Joseph Pilates looked at this and he was illuminated. The structure of perfect structural tension, a photograph in stone. He studied, and used this knowledge to create the Pilates method, Contrology. His inspiration is Greek sculpture. He liked to take photos humans in the Greek style of sculptures. He understood the language of perfect tension and created a system for your body to attain the capacity of perfect tension, of tensegrity.

This is my trip in Pilates. It is more of a poetic trip, an internal sensibility. Very emotional, a passion, I love Pilates! I love Pilates in my body. The relation of the idea with my body is a passion. It is very good, because a passion stimulates. When you have passion for a woman, you need to be with her all the time. When you have a passion with the idea, the structure of Pilates, you need to be with it all the time. I think you are passionate for Pilates, too.

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Michael: Yes, I am consumed. This idea, that you say is uniform eccentric loading flowing through progressive patterns of movement, those are my words, right?

Claudio: For me, from my experiences with Pilates, I think a lot about Pilates. I have many ideas for organizing my experience with Pilates. I have many fragments of ideas for organizing my experience with Pilates. And when I met you, and you told me the idea, it made sense. And the fragments of the ideas organized, came together and became clear. It is very mathematical because when you have a mathematical problem you have the true parts, but if you don't know the whole structure you can't resolve the problem. But with one element, the mathematical element, you have structure, and the problem is resolved. A constant, a physical constant used in calculus is used for structure, for mathematical structure, you apply a constant and resolve the system in one direction. And your idea is this; it is the constant. It is equal to the constant $E=mc^2$ of Einstein. Is equal, is a Pilates formula. So it is very interesting that when you apply the constant, the structure, the fragments of ideas organize. Your interpretation of idea for me is absolutely important, because a formula is the response to my search in Pilates for sense, structural sense.

Michael: What is Yoga?

Claudio: Good. At this time many people compare Yoga with Pilates. Sometimes this is appropriate, and sometimes not. It is appropriate because Yoga is an idea, too. It is not the same idea as Pilates. It is another idea of organization of the body. It is a very good idea, but with another target. Pilates is one idea, physical body idea, with one target, dynamic capacity. Yoga is not dynamic but static capacity, hours in the same position, static capacity. Dynamic and static. Because they are opposed, it is very interesting, you make Pilates and you make Yoga. No mixing. Because one has one target, the other a different target. If you understand the two ideas your body has the capacity for two different targets.

The body is one thing. Dynamic capacity and static capacity are natural parts of the human body. Pilates is a natural exercise for the man, because it is a training made for man, for the species. It is not for monkeys, is not for the cat, it is for mankind, it is movement specially made for mankind, especially made for evolution, for survival, through capacity.

Yoga, static capacity, pushes the man inside, it is very strong for the inside. Pilates is very strong for the outside. Inside needs structure equal to outside structure, to have dynamic balance between dynamic and static. Static needs the structure of the body for expression. When I say inside, I mean literally inside of the body. An asana is literally inside of the body. No movement, more inside. When you stop your movement, you are more inside. More stop, more inside. The asana has two targets. One, structural tension, that's static, for building the circulation of energy. When you make an asana it is a posture, an architectural structure of the body, static. This is a human building, a human structure, a palace, a temple, equal to the Parthanon, your capacity of your static

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structure, the more you stop in space, the more force it takes to do that, a conscious force for standing in the static structure. It is difficult. This effort to hold static generates an energy. This energy is directional. The structure of asana directs an energy. Each asana, when you understand how to stop in space and maintain a structure, each asana directs energy to a different part of your body. This is the function of Hatha Yoga. The circulation is more capacity, inner. More circulation of energy.

The dynamic capacity of Pilates concentrates the energy in the body and the structure for body movements. The external capacity puts energy into movements in the body, into the muscular movements of the body. Bones, muscles, fascia, circulation, when you make Pilates it is for the muscular structure of the body.

When you make Yoga, it is not only for the structure, but for the neural and endocrinal (glandular) parts of the body. The target is very different than Pilates. It is the opposite. Yoga is still, Pilates is dynamic, and to the extent that you can do both it expands your capacity in both. The communication in Pilates and Yoga is optimum. For this is very interesting, the communication between Pilates and Hatha Yoga, one here and the other here. If you mix Yoga and Pilates you are deflating or diminishing both. Because they are dynamic opposites, and you are looking to play on the tension between them to increase capacity—to make it more likely you will survive.

Michael: What is the target in Yoga for the neural and endocrinal systems?

Claudio: When you stimulate your neural system it is difficult and progressive. It is the story of chakras. You are connecting one nerve plexus, you are connecting another nerve plexus, then another nerve plexus, then another. (moving from the base of the trunk upwards) Neural energy circulating in perfect energetic tensegrity. Not muscular, but neural tensegrity. Neural tensegrity, inner dynamic. This energetic dynamic needs the body in perfectly stopped structure. Chakras need the body in alignment perfectly stop, puff.

The purpose of Pilates, perfect alignment, but in full movement, unlimited movement. Full of capacity, full of movement. For all, for everything.

Yoga is alignment, for perfectly stopped, inner biological structure. Your inner life is the nervous system. It is what makes the consciousness. Your inner life is your nervous system. Yoga connects you with the inner you. The inner you which controls the movement of viscera. The inner you which controls the sugar in your body. The inner you which controls hormones in your body. This is the 6th chakra. The 6th chakra is the hypothalamus, which controls all the glandular functions, the biochemical equilibrium of all the body. A master Yogi controls the movement of organs within the body, controls the heart rate, the hormones. A guru has the capacity of inner biological calm. The stop is not only structural, it is also inner calm. The progressive control of chakras is the ultimate target of Yoga. The ultimate chakra, the one at the top of your head is the door of your perceptions. When you open this chakra your perception expands. Your mind expands, equal to a hallucination, like peyote, or LSD. When you make your own energy and not the energy of a drug you make the biochemistry in your mind and generate

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another level of consciousness. Yes. This is the target of Yoga. And so, when you have a dynamic interpretation of life it is very interesting the two understandings of Yoga and Pilates because you are expanding your consciousness but you maintain the capacity of dynamic interaction with life. Pilates takes you out into the world and Yoga takes you to higher levels of consciousness. The two as a dynamic tension are necessary, in this moment of the time for mankind, the two abilities are necessary—the expansion of consciousness and a big structural body. This is the dream of Nietzsche, the philosopher, the really super man, more conscious more strong, not stupid, more physical capacity, more conscious capacity. This is the good dream of humanity, big bodies, big minds. Humanity has many bad dreams, this is another talk, but one good dream of humanity is this, more big and strong bodies, big and strong minds, in a good sense. This is Yoga and Pilates.

A good conclusion for me is that it is very important for the human life to have good formulas, good ideas. Pilates is an idea for a good life. It is very clear. It is the words of Joseph Pilates. Pilates is for a good life, make a good life with Pilates, is real, is not propaganda, is not a business. It is an idea. A better life with Pilates. It is not about publicity, it is real. He doesn't lie. The result of doing Pilates is physical in your body. Is true, is material truth.

In Yoga, the first work is asana. The pranayama, pratyahara, dhyana, samadhi, are other technical practices. There are eight ways of yoga, ancient explanations. Yoga is a hand with eight fingers. How is the way but all are the grip. This is the power of Yoga. The first one of all is physical, is physical in structure, bone, muscle, and fascia. The second, pranayama, the movement of your breath, is at the same time is inner physical and “inner vigical” (?) Pranayama is the first profound connection between your inner life, sympathetic and parasympathetic life, the basic movement. Sympathetic life—asana, parasympathetic life—pranayama. Pratyahara is when you use the concentration of your inner life for abstract work. It breaks the connection with the external reality. I stay inner, inner, inner. And when I am inside me, I break the connection with my external reality, pratyahara. Introspection, yes? When I am inside I catch a mental structure and concentrate. When I concentrate I make a vortex of energy in my mind. The next step, the vortex of energy is directed at one point in your mind. Not only in your physical mind, but in your inner mind. There are two points, a point in your physical mind, and in your mind, in your non-physical mind, in ideas, it's a non-physical part of you mind, in your consciousness. Is here.

Michael: (laughter) And the issue is: where is here? Your mind's eye, or the observer, right? When you listen, it is who listens.

Claudio: Yes, this is samadhi, the final stage. This is the work of yoga. When the observer meets the observer. Wow! Poof!

This is the target of yoga. The two parts, the perfect observer, the conscious observer, and the good player. The observer and the player. The player on the field is a good player. A player with physical capacity and the observer with perfect consciousness, in one. This is a big revolution for humanity.

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Michael: Why do you call it a revolution?

Claudio: Kris says humanity needs Yoga. Joe says humanity needs Pilates. Yes, is true. Humanity needs Pilates and humanity needs Yoga.

The human being needs Pilates and needs Yoga. When you make Pilates and when you make Yoga it is personal. When you teach Pilates, when you teach Yoga, you don't do it for them. My 100 are my 100, because it is in my body. You can not do my 100 for me. You are teaching yes, but not doing. I do. Pilates and Yoga are equal in this regard. You need to do Pilates or Yoga to know them. You don't do it you don't know it. It's not really knowledge when you have a description but not a practice. Someone who reads and searches a lot on the internet, has many, many definitions, but in their body—nothing. Nothing nothing.

Michael: So, you make me revise my expression. I say “Embodiment is the ultimate authority”, but I hear you saying, “Embodiment is the only authority.”

Claudio: Yes.

Yoga and Pilates are practical acknowledgements. Practical acknowledgements of the world we are in, both the outside and the inside. The function is practical, is a mathematical formula, it is for use with a very clear target. Pow! (pointing finger like a gun and shooting) This is the structure, and you can feel it. It makes sense between the ears, it is easy. It is not difficult when you understand. When you don't understand it is difficult. When you understand it is easy, because it makes sense in your body. The target is the body, it makes sense in your body. The consequence is that it makes sense in your mind. Your body and your mind are joined because the same thing makes sense in your body and your mind.

Michael: Yes, I love that part.

Claudio: It is the most basic experience of knowledge. When it makes sense in your body, and makes sense in your mind, its basic, it's sensible. This is the beautiful thing, it's basic, it's biological, it's life.

The human being needs to do Pilates and Yoga to make reality one big dream. Super bodies and super minds. And the good power in good ways, not power for destruction but power for construction. For me it is very important because much of my early life I trained to destroy. I was a good soldier; it was very bad. And I search for a long time for a positive side, a good side. And with Pilates and Yoga I find a good side because they work your body and mind for construction, not destruction. And I work with this, I teach people Pilates, I teach people Yoga, with this point of view. This is a constructive gift, a gift to your body. It is true, it is not a commercial, a fake commercial; it is really a function. You will have a better life with Pilates and with Yoga. Really. This is very good for me because I work in a constructive way, and a true way. I don't lie. Pilates don't lie. Joe and Kris don't lie, they are an inspiration because they tell the truth. Also, it's a good way for survival.

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Michael: Both Kris and Joe don't lie. They point to the truth, a very functional truth. They point to a good life rather than a destructive life.

Claudio: Good karma. Activities for a good karma, a good work. I have in another time a life with bad, bad karma.

Michael: Well, your karma is wonderful in the life that you lead now, you touch many people. I thank you very much for sharing your point of view.

Claudio: Thank you for listening. It is very good for me.

Michael: Excellent, thank you so very much.

Claudio: PS: I say Pilates and Yoga are technologies, because technology is all knowledge for functionality. Technology acknowledges function. Pilates and Yoga are technologies because they have specific functions. Technology has a specific function. You feel and you believe.

Michael: Or you deny your sensation and stay in your mind. You have to go beyond your thinking to make it work.

Claudio: Yes! To make it work.

When you are passionate about your work you are a revolutionary because you make all for your passion for your work, for your idea. When you are a revolutionary your work is an idea. It is not important, medicine, Pilates, archeology. Archeology is one idea. For example, mathematics is one idea, physics is idea, chemistry is an idea. When you are in science, big science, Einstein, Borr, Plank, were passionate for their work. All their time, all their energies, went into their work. For the revolutionaries, this is a better life. To live with passion is the better life. When you love your work, when you love your function in the work.

Michael: The problem for me is that you cannot choose the direction of your passion. Does your passion drive you in a direction or do you direct your passion?

Claudio: It's an equilibrium. Passion is equal to gravity. Gravity force. If you control your relationship with gravity, it is beautiful, it is fun. This is Pilates, control within the force of gravity.

Michael: This is why, I believe, over the long term, humans will fly. Because tension is what you need for vibration, and that is frequency, and when you control frequency you can move mass through space. I decided I'm flying my own body back home. (laughter) It is going to take 10 seconds. Thewng! A force field, Thewng!

Claudio: It is interesting, no? Here in this moment, and there in a microsecond, anywhere. But this is a capacity, when humanity meets with the sacraments, a saint, how a saint is a capacity. He comes, he stays in various points in an assigned time. A saint here is how god, your power, is everywhere. You pray to a saint: "Please, Saint Peter, ..."

Michael: What we believe in goes from religion to technology.

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Claudio: And from technology how it is equal. “Oh, I am lost.” “No you are not lost you are in Judea, and you are not lost. You are here.”

In the moment, you pray to god. This is the response.

Now, you believe in GPS, you believe, yes, in the information. It is equal, the saints and the coordinates, appear for you. “Oh Saint Peter, Saint Peter” And saint Peter, says “Make this thing.” And it is a function, Saint Peter tells me, “This way”, and I go this way. And I am no more lost, I am in a good direction, because of the orientation of Saint Peter. When GPS tells me this direction I believe this is a good orientation. It is the same; it is belief.

Technology is a function because the human believes in it. When the human believes in gods, the gods have power. When humans believe in technology the technology has power. The power of a god is the power of energy in the believers. When one god has many, many believers there is more energy. When the number of believers declines the power deflates.

The impact of Afro/Brazilian cultures is very crazy because it is a ceremony with more and more intensity. It’s not like a Christian ceremony. It is you in you with maximum intensity praying to god, drums, dance, for what? For god in the body, to call god to enter the body and you dance for hours and hours for maximum intensity of the body and god fused together.

Michael: It clarifies the signal

Claudio: It’s the body’s difference in energy potentials. I try to create an electromagnetic force, god, you. When you create in your body more energy with one direction, drums, dance, concentration, it is the same. It is that you take your energy and you structure your energy in one direction, it is a laser. This is Yoga. This is why the people in Afro/Brazilian culture dance to achieve an altered state of mind.

Michael: It is a way of changing the level or the quality of their perception.

Claudio: With the dance and the concentration of the drums you promote an altered state of consciousness. An expansion of mind, is contact with an altered state of consciousness. When you are connected to an altered state of consciousness you are not alone. It is a space, a world of consciousnesses, and you interact with other forms of consciousness. It is not easy. Because bad trip, acid is a bad trip because you are in other bad land and if you don’t know how to interact with these other consciousnesses you create a conflict.

Michael: When does the conflict occur?

Claudio: When you are in an altered state of mind you are in another world. Your state of mind is not alone. There are other consciousnesses out there and you need to know how to have a relationship with these other consciousnesses. Because if you don’t know how you create a conflict. And conflict is *very* dangerous.

Michael: (laughs) yes.

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Claudio: A conflict in other world of consciousness is called in common life madness.

Michael: I see that.

Claudio: When you have another level of consciousness with good relationships it is genius because your mind has a good interaction with other consciousnesses. When you call and catch ideas and you create, this is a genius. This is the culture of Greek sculpture; it is genuine, it is not discussion, it is genuine. When you look at Michelangelo's sculpture, wow! It's genuine. All the people come and recognize big science. How did he do that? The Pieta, how did he do that? I don't know, but this, wow, marvelous. It is a dream in stone. And the Greek sculpture is reality in stone. The Greek sculpture is the real human body in stone.

(Music, electric guitar by Claudio)

The sense of time is the structure of consciousness, because if you don't have memory you don't have consciousness. And memory is the consciousness of the past, present, and future.

END