



pilatesstyle
magazine

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calendar

pilates style news updates

August Calendar of Events

Your guide to this month's hottest Pilates happenings.

Note: All information was correct as of publication. Please call or visit the web sites for more information. If you have a listing you'd like included in a future newsletter, please send all relevant information, formatted as below, to newsletter@pilatesstyle.com. Submissions must be received by the 15th of each month in order to be included in the following month's newsletter.

8/1 Teacher Training and Certification Program Begins

Pilates South Africa, Johannesburg
0117843988
pilatescentre.co.za

8/1 Chair Presentation and Pilates Mat Class

Up Stretch Pilates at Bodytech Gym,
Pittsburgh, PA
(412) 983-7818
upstretchpilates.com

8/1-31 Pilates Classes (Yogalates)

Werner Mind Body Solutions, York, PA
(717) 683-2639

8/2-5 Pilates Reformer 1 Instructor Training Course

Pilates Institute of Australasia, Melbourne, Australia
(02) 8920 2622
pilates.net

8/2-31 Mom and Baby Mat Class (Thursdays at noon)

Plumb Line Pilates, Denver, CO
(303) 433-3953

Welcome to the *Pilates Style* monthly newsletter. Each month we bring you a calendar of the must-know Pilates events around the country, updates on our conferences, Pilates-related news, original feature articles and bonus material from the current issue of *Pilates Style* magazine. We want to hear from you! If you have, or know of, a Pilates event, or have news to share with your community, email us at newsletter@pilatesstyle.com.

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2007 Conferences magazine

What Are You Doing Next Week?

We'll be at the *Pilates Style* conference in New York, and we'd love to see you! Join us August 7-9 and learn from the biggest names in Pilates. You can even meet Pilates Elders, including Ron Fletcher and Lolita San Miguel, at a special breakfast gathering.

Can't make it for the whole weekend? We now have single-day passes available for \$200. Be sure to check out classes offered by these presenters:

- Andrew Gibbons
- Barbara Ligeti
- Bob Murphy
- Brooke Siler
- Clare Dunphy
- Dav Cohen
- Elizabeth Larkam
- Ellie Herman
- Eva Bondar
- Helen Drusine
- Jennifer McCasland Daly
- John Garey
- Jonathan Urla
- Kathy Van Patten
- Kelly Kane
- Leslie Bender
- Linda Farrell
- Lisa Love
- Mari Winsor
- Michael and Ton
- Michele Larson
- Morten Dithmer
- Nora St. John
- Peter Fiasca
- Phoebe Higgins and Peter Roel

plumblinepilates.com

8/3 Biomechanically Correct—The Upper Body with Everett Aaberg (Continuing Education)

Power Pilates, Dallas, TX
(212) 627-5852

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8/3–5 Pilates Mat Training 101

PhysicalMind Institute, Tampa, FL
(800) 505-1990

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PhysicalMind Institute, Kailua, HI
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Santa Fe, NM
(888) 576-0340

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(212) 627-5852

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8/3–5 Intermediate Mat Teacher Training

Power Pilates, Salem, OR
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8/4 Essential Extras

Personalized Pilates, Scottsdale, AZ
(602) 750-5799

PersonalizedPilates.com

8/4 Certification Preparation

Personalized Pilates, Scottsdale, AZ
(602) 750-5799

PersonalizedPilates.com

8/4 Reformer on the Mat with Davidson

Reid (Continuing Education)

Power Pilates, Atlanta, GA
(212) 627-5852

nwwernilates.com

- Katherine and Kimberly Corp
- Kathryn Ross Nash
- Kathy Corey
- Piper Denlinger
- Rael Isacowitz
- Sally Belanger
- Tom McCook

The line-up at our Chicago conference, October 19–21, is sure to impress as well, with names like Ellie Herman, Jennifer Kries, Jillian Hessel, Jonathan Urla, Julian Littleford, Katrina Foe, Mari Winsor, Michael Fritzke and Ton Voogt, Rebecca Leone and Tracey Mallet.

How About Some Yoga With That?

If you'll be in New York for next week's conference, be sure to check out the Yoga Evolution gathering as well. Learn more and register at FitYoga.com.

Easy Being Green



When Pilates teachers Adrin Stauffer and Martine Dedek were designing their Seattle Pilates studio last year, their main focus was health. Not surprising for a Pilates studio, right? But the women took the ideal beyond just promoting physical fitness and turned their attention to promoting the health of their community and the environment, as well.

Pilates is all about well-being and integration, after all, so it made sense for Stauffer and Dedek to take a big picture view when envisioning their business, which they called Studio Evolve. “We wanted it to feel in synch and be a healthy environment,” Stauffer says. “Martine and I live that way—we’re both outdoorsy, she

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8/4 Multi Level Mat Class: How to Teach Beginner and Intermediate Clients at the Same Time with Alison Laundrie (Continuing Education)

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8/4 Reformer on the Tower with Davidson Reid

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8/5 Communication Skills

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8/5 The Appropriate Apparatus at the Appropriate Time with Zoe Hagler (Continuing Education)

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8/10–12 Level 1 Weekend Teacher Training

Core Dynamics Pilates, Chicago
(877) 988-5076
coredynamicspilates.com

8/10–12 Hypermobility and Scoliosis

BodyTechnic Systems, Mayfield, OH
(440) 919-2427
bodytechnic.com

8/10–12 Intermediate Mat Teacher Training

Power Pilates, Irvine, CA
(212) 627-5852

has a Prius, I have a low-emission wagon—so it was important to us that our studio reflect that.”

To minimize the environmental impact of their space, Stauffer and Dedek spent extra on an energy-efficient HVAC system, recycled carpeting and furniture, low-flow toilets and light sensors that make the lights turn off whenever a room has been unoccupied for 15 minutes. Some of their other green choices cost very little. For instance, their space faces north, so they don't deal with any major temperature fluctuations caused by the sun. They also have plants scattered around to freshen the air.



Supporting their local community is also important to Studio Evolve's owners, so they use local vendors whenever possible and support local non-profit organizations. As holiday gifts to their clients, for example, they donated money to an organization called Washington Cash, which provides micro-credit loans and guidance to low-income people looking to start their own businesses.

All this good karma is paying off for Studio Evolve. “We're busier than we ever imagined,” Stauffer exclaims. “We have five independent contractors working for us right now and we're looking at hiring two more. People love our space. They say how great it feels, how wonderful it looks, how great it smells—they just love it.”

It was more of a financial commitment to go green—Stauffer estimates they spent 10 percent more than they would have otherwise—but the partners wouldn't have had it any other way. “It was an investment, but it's one we wanted to make for the health of our studio and our clients.”

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8/10–12 Pilates Mat Training 101

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8/11 Beyond the Exercise: How to Retain Clients with Carrie Macy (Continuing Education)

Power Pilates, Santa Monica, CA

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8/11–12 Pilates Mat Training 101

PhysicalMind Institute, Beverly Hills, CA

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8/11–12 Pilates and the Client with Pain

Wellspring Studio, Pittsburgh, PA

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8/12 Enhance Your Mat with Physioball with Sylvia Gamonet (Continuing Education)

Power Pilates, Nashville, TN

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8/12 Advanced Matwork (Continuing Education)

Power Pilates, Wuppertal, Germany

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8/14 Basics of Anatomy With Dr. Nelson at Delson Chiropractic (Continuing Education)

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8/15 Pilates for Pregnancy Instructor Training Course

Pilates Institute of Australasia, Brisbane, Australia

(02) 8920 2622

pilates.net

8/16–19 Pilates Floor 1 Instructor Training Course

Pilates Institute of Australasia, Melbourne, Australia



To learn more about how you can green your studio, read the July/August issue of 'Pilates Style' magazine.

Obesity—Is it Catchy?

If you notice your friends getting a little thick around the waist, you might want to step on a scale yourself, according to a study in the current issue of the *New England Journal of Medicine*. Researchers studied the social networks of more than 12,000 people whose measurements were taken over the course of 32 years. They found that loved ones' weight gain has a significant impact on a person's own experience on the scales.

The biggest influencers are friends: During any given time period, a person's chances of becoming obese increase by 57 percent if she has a friend who becomes obese during that time. An obese sibling increases the chances of becoming obese by 40 percent and an obese spouse ups the odds by 37 percent.

The reason for this phenomenon, according to the study's authors, is that we share ideas and perceptions with our friends and family. So what the people around us consider "normal" in terms of food intake, exercise habits and physical appearance become our standards.

The good news is that it can work both ways. When our friends become more interested in eating well and exercising, we're more apt to make healthful changes as well. So if you're dedicated to improving your physical fitness, you're more likely to be successful in your goals if you sign your friends and family up to come with you to your next Pilates class.

Close-up: Single-leg Circle

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zoomfit.com**8/18 Intermediate Mat Review with Variations with Jennifer Van Etten**

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powerpilates.com**8/18–19 Pilates Mat Training 201**

PhysicalMind Institute, Washington, DC

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themethodpilates.com**8/18–19 Tower Above Other Instructors**

Personalized Pilates, Scottsdale, AZ

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PersonalizedPilates.com**8/19 Spotting and Cueing Techniques**

Single-leg circles challenge you to stabilize your trunk and pelvis while stretching and strengthening the circling working leg.

Engaging the powerhouse and applying dynamic opposition — stretching above and below the pelvis equally — creates a stable base of support for the working leg. The upward circling motion of the working top leg against the downward stilled reach of the bottom supporting leg challenges coordination and core integration skills.

Set-up: Lie on your back, arms by your sides. Bend one knee into your chest, keeping as much of the sacrum and tail bone on the floor as possible. The opposite leg is long, reaching down from the pelvis. Start with a gentle hamstring stretch. Inhale and unfold the leg up. Exhale and bend the knee in, making sure the pelvis stays stable as you move the leg. Repeat three times. On the last rep, keep the leg reaching up and gently stretch it, making sure the knee is straight and the pelvis grounded to the floor. At the same time, reach long through the bottom leg. Then bend the knee back to the chest.

Begin the move: Gently deepen the navel and narrow the hip points. Inhale into the side and back ribs, and unfold and stretch the working leg up to 90 degrees. Exhale, stretch and circle the leg across the width of the body, slightly outside the opposite hip, and bring it down and around and up to complete a circle. Inhale on the cross, exhale on the open, keeping the movement fluid while stabilizing at the pelvis and trunk. After 5 to 8 repetitions, reverse circles and perform another 5 to 8. Switch sides and repeat.

Visualization: Imagine drawing a perfect circle with each repetition. Working for precision, can you draw the same circle each time? Can you keep the integrity of the shape while varying the size of your circles? To maintain pelvic stability, imagine your front hip points hugging together as if they were wrapped up snugly in plastic wrap.

To get the right muscle energy and flow in the working leg, imagine doing the leg circles under water.

Tips:

- Make sure head is centered between shoulders and neck is in its normal lordotic curve.

8/19 Spotting and Cueing Techniques with Erin Horst (Continuing Education)

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8/24–26 Pilates Mat Level 1 Certification Course

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8/24–26: Power Pilates Beginner Mat Teacher Training

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8/24–26 Comprehensive Program Teacher Training Starts

Power Pilates, Nashville, TN

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- Shoulders should be broad, not curled up or hiked up; the collarbones are wide.
- Shoulder girdle stabilizes throughout; gently glide the shoulder blades down the back.
- Abs must stabilize the distance between the ribs and pubic bone—especially the sides of abdomen.
- Watch for hyperextension at the ribcage and lower back. Do not let the ribs or lower back protrude forward.
- Arms press gently into floor—especially for beginners—providing extra stability. Must press down, not pull mat up.
- Advanced student press less and for challenge, can cross arms over chest. This encourages more core work and less “arm bracing.”
- Working leg moves with flow—not too slow as to grip hips, nor too fast, relying unduly on momentum.
- While working leg moves, pelvis and low back must stabilize; no rocking forward or back or swaying side to side. Supporting leg stabilizes below pelvis by pressing into the floor and reaching out through the toes—no rolling in or out as the working leg moves. Stay integrated into the pelvis. For bent bottom leg, knee stabilizes over foot—no rolling in.
- Extending up through spine while simultaneously reaching down with support leg adds more stability

Modifications

Head: If head doesn't touch the floor, put a folded towel or blanket underneath it and neck for support.

Supporting leg: For tight hip flexors, bed supporting leg, with knee over ankle and foot planted on floor.

Working leg: For tight hamstrings, bend knee slightly. For tight quadriceps, turn out the leg slightly.

Beginner: Working leg is mostly parallel and circles are small—less than hip-width.

Advanced: Working leg can rotate more fully and circle through a greater range of motion. Arms can cross over the chest, reducing the support base.

Weakness: For weak abdominals, place hands under tailbone and bend supporting leg.

Works and Tradition of Joseph Pilates Celebrated in Big Bear

This September, some of the biggest names in Pilates — including Jay Grimes and Kathy Grant — will gather in Big Bear Lake, California, for a weekend Pilates intensive to celebrate and teach the work of Joseph Pilates. The intensive, presented by Siri

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8/24–26 Pilates Mat Training 101

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8/24–26 Pilates Mat Training 101

PhysicalMind Institute, Houston, TX

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8/24–26 Pilates Mat Training 201

PhysicalMind Institute, Scottsdale, AZ

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**8/25 The Art of Oppositional Touch
with Kristin Moses (Continuing
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Power Pilates, Dallas, TX

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**8/25 Preparing Clients for Semi-
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Zabrocki (Continuing Education)**

Power Pilates, Chicago, IL

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Galliano's Live Art Pilates, will cover the entire system: the Reformer, Cadillac, Barrels, Wunda Chair, High Chair, Pedipole, Magic Circle, Magic Square for the head, mat exercises, and more.

When: September 15–16

Where: Northwood Resorts, Big Bear Lake, California

More info: liveartpilates.com/bigbear.htm

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9/14–15 Pilates Mat Level 2

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9/14–16, 9/29–30, 10/12–14 STOTT

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9/22 Teaching Group Equipment

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9/22–23 Functional Posture and Spinal Mechanics for Pilates with Pat Guyton

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9/23 Anatomy of the Rotator Cuff

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9/26–29 Alycea Ungaro's Pilates Retreat

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9/29 STOTT Fitness Circle Workout

PilatesHouston, Houston, TX

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pilateshouston.com

9/29 Real Men Do Pilates with Davidson Reid

Studio Lotus, Atlanta, GA

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studiolotus.com

9/29 A Pilates Pregnancy with Anne Brendle

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11/17–23 Body Control Pilates with Lynne Robinson

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