

December 2008

pilatesstyle NEWSLETTER



[Pilates Style](#) [Current Issue](#) [Subscriber Services](#) [Studio Finder](#) [Archives](#) [Contests](#) [Contact Us](#)

Welcome to the *Pilates Style* monthly newsletter.

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

WE'VE GONE DIGITAL!

Click here to read the Nov/Dec '08 Issue of Pilates Style Magazine Online.



calendar of events

click to find out what's going on in your area

facebook

myspace.com
a place for friends

Recipe:
Orzo with Cilantro-Lime Pesto

In This Issue

[Orzo with Cilantro-Lime Pesto](#)
[Toned Body Anywhere](#)
[Pilates With a Twist](#)
[A Heady Apparatus](#)
[Close-up: Swimming](#)
[Pilates and Surfing Retreat](#)

Pilates With a Twist



Suzanne Bowen created a workout that tones and lengthens the body in all the right places and makes you feel like you've just had a full-body massage. This workout is featured in our November/December issue, but Bowen created a special bonus just for Pilates Style newsletter readers.

[Read More >](#)



A Heady Apparatus

by Heidi Dvorak

In the November/December issue we feature an invigorating workout on the guillotine by John Degenshein and performed by Jamie Trout (both pictured right).

See two more great moves, just for Pilates Style readers:

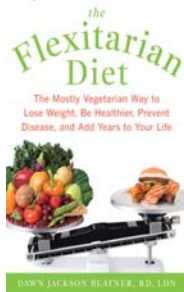


[Click here to download this delectable recipe](#)

taken from the pages of

[The Flexitarian Diet](#)

100 QUICK AND DELICIOUS RECIPES



[Dawn Jackson Blatner, RD, LDN](#)

[Read More >](#)

Close-up: Swimming

By Linda Farrel



Check out this Pilates Style exclusive.

[Read More >](#)

Toned Body Anywhere

Toned Body has created a public interest website that focuses on getting fit and toned at home or in the gym. It is a non-profit site dedicated to spreading the word on getting healthy.

Check it out at www.tonedbody.co.uk



See the beauty of Sayulita, Mexico



Join Alisa Wyatt at her annual Pilates and Surfing Retreat.

[Read More >](#)

Our Sponsors



bodywear for the studio . bodywear for the spa

