

November 2008

pilatesstyle NEWSLETTER



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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
NOVEMBER/DECEMBER Issue
of Pilates Style Magazine Online](#)



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**What's in Your
Gym Bag?**
Pilates Style asks
Suzanne Bowen

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Suzanne Bowen packs so much with her when she travels between the studio she co-owns, Ruah Mind Body Movement (ruahmovement.com) in Franklin, TN, and Prarie Life Fitness, where she teaches private group classes, that she's thinking of upgrading to a bag with wheels. Here's what you might find with her on any given day:

- A BPA-free water bottle with filtered water
- Her 3G iPhone
- Her husband's 60G iPod, which stores all her music (might change once he realizes it's missing!)
- An eco-friendly Prana Yoga Mat (green and gray)
- Peppermint Altoids
- A change of clothes and toiletries
- A sweater for the end of her classes when she's cooling down

Retreat With Alycea

Snap back to Pilates with Alycea Ungaro at her retreat in San Miguel de Allende, Mexico, February 4-8, 2009. Every aspect of Pilates has specific elastic properties. From the strength and control to the breath and the stretch of the Pilates method, there are elements of expansion and contraction present throughout. In this unique retreat, Alycea will explore the way elasticity influences Pilates practice. From beginners to experts, all are welcome!

If you're looking for a longer retreat, consider Alycea's Costa Rican getaway, March 13-21. The theme is decompression, and no

Bringing the Studio Home



Having your studio in your home will save you money on overhead, eliminate your commute and allow you work/family flexibility—a win, win, win, right? Not necessarily, according to Kathy Van Patten, the subject of the Powerhouse column in our November/December issue. Van Patten started her studio in her Beacon Hill (Boston) home in the mid-'90s, and she has some caveats for anyone considering the same road

[Click here to get Kathy's advice.](#)

Stay Hot This Winter

In the November/December issue of the magazine, Mari Winsor and Heidi Dvorak tell us how to keep our workouts hot all winter long. The secret is a home routine using Winsor's new CorePlus Reformer, an inexpensive, lightweight tool that replicates Reformer and Cadillac work and enhances resistance on matwork.

For the full routine, [see the mag \(page 49\)](#), but here's one exercise we saved just for you, our newsletter subscribers.



[Click here to see this exclusive exercise.](#)

Close-up: Rolling Like a Ball

By Linda Farrel

place on earth could be more conducive to achieving that.

Contact Real Pilates for more information.

www.realpilates.com

info@realpilates.com

212-625-0777



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Attention Studio Owners: *Time is Running Out!*

Sign up now to include your studio in our
2009 Resource Guide.

Don't miss out!

Act now and receive a \$1450 value for \$650

Entries must be submitted by Nov. 11th

Contact Kelin Long for more details

(212) 262-2247 ext. 323

klong@gmcpub.com

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