



pilatesstyle  
magazine

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## calendar

## pilates style news updates

### October 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](mailto:newsletter@pilatesstyle.com).*

*Submissions must be received by the 15th of each month in order to be included in the following month's newsletter.*

10/1–30 Pilates for Pink: Special Classes All Month for The Breast Cancer Research Foundation

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

[upstretchpilates.com](http://upstretchpilates.com)

10/1–31 Discount on Your First Private Lesson: \$45

Plumline Pilates, Denver, CO  
(303) 433-3953

[plumlinepilates.com](http://plumlinepilates.com)

10/4 Level I Chair

Peak Pilates, Boulder, CO  
(800) 925-3674

[peakpilates.com](http://peakpilates.com)

10/4 (1st weekend) PPS-II

Pilates of Greenville, Greenville, SC  
(800) 925-3674

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](mailto:newsletter@pilatesstyle.com).

pilatesstyle  
**2008**  
resource  
guide

## Maximum Exposure for Your Studio

Increase sales and drive traffic to your business by appearing in the 2008 *Pilates Style* Resource Guide, the largest and most comprehensive guide to all things Pilates ever published.

[Click here](#) or call Brian Kelly at (212) 262-2247, ext. 308, or Kelin Long at ext. 323.

Don't miss out! Advertising materials due by October 19, 2007.

pilatesstyle™  
2008 conferences magazine

***Pilates Style* Conference - Los Angeles**

[peakpilates.com](http://peakpilates.com)

10/4 Level I Chair

Progressive Bodyworks, Newburyport, MA

8(800) 925-3674

[peakpilates.com](http://peakpilates.com)

10/5 Level I Barrel

Progressive Bodyworks, Newburyport, MA

(800) 925-3674

[peakpilates.com](http://peakpilates.com)

10/5 Head to Toe Strengthening/Sandbag &  
Foot Corrector

Peak Bodies, Bozeman, MT

(800) 925-3674

[peakpilates.com](http://peakpilates.com)

10/5 Level II Chair

Peak Pilates, Boulder, CO

(800) 925-3674

[peakpilates.com](http://peakpilates.com)

10/5 Fundraiser for Children PE Programs and  
5-Year Anniversary

Body & Mind Coe-Dynamics, Inc., Manhattan  
Beach, CA

(310) 798-7600

[coe-dynamics.com](http://coe-dynamics.com)

10/5–6 Movement Perspectives with Jennifer  
Stacey, M.S.

Ecole de Pilates Curtis-Oakes, Paris, France

09.54.11.91.38

[pilatesfrance.com](http://pilatesfrance.com)

10/5–7 Beginner Mat (Teacher Training)

Power Pilates, Athens, Greece

(212) 627-5852

[powerpilates.com](http://powerpilates.com)

10/5–7 Beginner Mat (Teacher Training)

Power Pilates, Austin, TX

(212) 627-5852

[powerpilates.com](http://powerpilates.com)

10/5–7 Beginner Mat (Teacher Training)

Power Pilates, Charlottesville, VA

(212) 627-5852

[powerpilates.com](http://powerpilates.com)

10/5–7 Beginner Mat (Teacher Training)

Power Pilates, Milwaukee, WI

## Pilates Style Conference - Los Angeles

Kickstart your fitness in the New Year with Pilates Style's most exciting conference yet. The biggest names in Pilates will gather in Los Angeles January 23–25, 2008. Just take a look at the all-star line-up: Lolita San Miguel, Kyria Sabin, John Garey, Elizabeth Larkam, Lynne Robinson, Michael King, Clare Dunphy, Chrissy Romani-Ruby, Kathy Corey, Ana Caban and many more.

The Pilates Style Los Angeles conference will include sessions on Spirals, the Pelvic Floor, Sway Back, the Psoas, Functional Anatomy Cueing, Reformer and Chair techniques with east vs. west differences, Thera-Band®, Golf Clinic, MVe®, Osteoporosis, Pre/Post Natal, Classical work, Marketing, Fletcher Pilates™, COREband, BodyBolster™, TRIADBALL™ ... the list goes on. Where else can you get all this in one location? Class registration is limited. [Sign up for more information today at pilatesstyle.com.](http://pilatesstyle.com)

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## Pulling Through Breast Cancer with Pilates

By Deirdre Shevlin Bell

In honor of National Breast Cancer Recovery Month, Pilates studios around the country are holding events to raise awareness and drive support for breast cancer research (find more information at [pilatesforpink.com](http://pilatesforpink.com)). For one Pilates instructor, connecting breast cancer patients with Pilates instruction is a matter close to the heart.

Doris Pasteleur Hall, a second-generation Pilates instructor who has been teaching since the 1970s, had her first run-in with the disease in 2001. After being diagnosed with stage-2 breast cancer, Hall had a mastectomy and transverse rectus abdominis muscle (TRAM) flap reconstruction, followed by chemotherapy, radiation and medication. The treatments left her fatigued and in pain, but the biggest challenge was the way the TRAM flap surgery torqued her body. "I was cut across the abdomen, and they pulled a rectus up on a diagonal from the left pelvis over the external oblique, and then over the breast," Hall remembers. "I slowly was rotating toward the midline, my whole right side. It created a lot of fascial distortion."

It took three years, but with dedication to movement and her Pilates practice, Hall reformed her body. When she first started, she paid close attention to all the ways her body had been altered. "My core really changed a lot, because all of a sudden I didn't have a rectus; I couldn't roll up anymore," she recalls. "The stability of the obliques really changed a lot—my right internal oblique got very weak." So she worked on strengthening her weaker side and squaring her ribcage over her pelvis.

She had to make some modifications, of course. For example,

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[powerpilates.com](http://powerpilates.com)

10/5–7 System Level 1 (Teacher Training)

Power Pilates, Chicago, IL

(212) 627-5852

[powerpilates.com](http://powerpilates.com)

10/5–7 Pilates Mat Training 201

PhysicalMind Institute, Eden Prairie, MN

(800) 505-1990

[themethodpilates.com](http://themethodpilates.com)

10/5–12/4 Pilates Apparatus Training 101

PhysicalMind Institute, Shreveport, LA

(800) 505-1990

[themethodpilates.com](http://themethodpilates.com)

10/6 Master Degree on Pilates for Sports

Begins

University of Alcalá–Madrid, Corpora Pilates

(Spain)

uah.es

[corporapilates.com](http://corporapilates.com)

10/6 Master Degree on Pilates Advanced

Rehabilitation Begins

University of Alcalá–Madrid, Corpora Pilates

(Spain)

uah.es

[corporapilates.com](http://corporapilates.com)

10/6 Pilates Matwork Teaching Clinic “The Magic Circle”

East Coast Pilates, Avon, NJ

(732) 775-5006

[eastcoastpilates.com](http://eastcoastpilates.com)

10/6 Individual Needs: How to ‘C’ Effectively with Marcia Hagemann (Continuing Education)

Power Pilates, Annapolis, MD

(212) 627-5852

[powerpilates.com](http://powerpilates.com)

10/6 Semi-Private Strategies with Alison

Laundrie (Continuing Education)

Power Pilates, New York, NY

(212) 627-5852

[powerpilates.com](http://powerpilates.com)

10/6 A Way to Spot with Bob Liekens

she noticed she couldn’t do weight-bearing exercises on her full arms, so for about a year she did them on her forearms. And if she did weight-bearing exercises too fast, she would feel pressure and swelling in her right arm. She didn’t do Snake, Twist or similar moves because she sensed her body just wasn’t ready.

Once she made her body more square, Hall began to work on rotation, which took about a year to get back. She then started on flexion and extension, slowly moving the fascia. All the while, she paid close attention to her breath. “When I first started, I did a lot of breathwork—there’s a lot of mental stress, especially when you go up higher on the stages.” Her breathwork was recuperative, she says, and it reminded her to approach Pilates differently than she had in the past. “It wasn’t ego-driven. I had a goal: I wanted to get back to three-dimensional movement, but I really listened to my breath, my lymph system, really paid attention to my energy.”

Just recently, Hall underwent another (less invasive) surgery to have a lump removed from her other breast. She again underwent radiation, though it’s a more localized form this time. Her personal experience with breast cancer gives her a unique perspective in working with clients who have gone or are going through it. Still, though, each client’s experience is unique, and Hall is careful to remember that. “It’s very individual, because all their operations are a little different. The thing that’s really interesting is the way that people cope with the issue, so you have to pay attention to where the person is not only physically but also mentally, and you have to respect that. You have to create a trust.”

Tips for Breast Cancer Survivors:

- Work with a highly skilled and experienced teacher—preferably one who has worked with other women recovering from breast cancer.
- Trust your body. Don’t overexert yourself or you’ll end up feeling overly fatigued and possibly injured.
- If you’re undergoing radiation and are positioned with your arm over your head while doing the treatments, ask for pillows or towels to support your arm and shoulder.
- Don’t be afraid to move (with guidance and within your limitations); the longer you avoid movement, the more your muscles will “freeze” in place.
- Get massaged. Massage can help break down scar tissue to facilitate healing.

*Doris Pasteleur Hall teaches Pilates instructors at Movements Afoot in Manhattan and at a few other studios in the New York*

(Continuing Education)  
Power Pilates, Albany, NY  
(212) 627-5852  
[powerpilates.com](http://powerpilates.com)

10/6 Level I Barrel  
Peak Pilates, Boulder, CO  
(800) 925-3674  
[peakpilates.com](http://peakpilates.com)

10/6 MVe Instructor Preparation Workshop  
Cheek-Powell Wellness Center, Clearwater, FL  
(800) 925-3674  
[peakpilates.com](http://peakpilates.com)

10/6–7 Beginner Mat (Teacher Training)  
Power Pilates, Berlin, Germany  
(212) 627-5852  
[powerpilates.com](http://powerpilates.com)

10/6–7 Initiation 201 Standing Pilates  
Personalized Pilates, Scottsdale, AZ  
(602) 750-5799  
[PersonalizedPilates.com](http://PersonalizedPilates.com)

10/6–7 Pilates Mat Training 101  
PhysicalMind Institute, Lafayette, LA  
(800) 505-1990  
[themethodpilates.com](http://themethodpilates.com)

10/6–7 Pilates Mat Training 201  
PhysicalMind Institute, Scottsdale, AZ  
(800) 505-1990  
[themethodpilates.com](http://themethodpilates.com)

10/6–7 Pilates Mat Training 101  
PhysicalMind Institute, Columbus, OH  
(800) 505-1990  
[themethodpilates.com](http://themethodpilates.com)

10/6–12/8 Pilates Apparatus Training 101  
PhysicalMind Institute, Tacoma, WA  
(800) 505-1990  
[themethodpilates.com](http://themethodpilates.com)

10/7 Level II Barrel  
Peak Pilates, Boulder, CO  
(800) 925-3674  
[peakpilates.com](http://peakpilates.com)

10/7 MVe Instructor Preparation Workshop

area.

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## Be Your Own Private Dancer with Top Dance DVDs

by Lecia Wood

Nine-time U.S. Professional Ballroom Champions and 2004 World Show Dance Champions Jonathan Wilkins and Katusha Demidova, use Pilates to complement their demanding performance and rehearsal schedules. You may have seen dancing a Viennese waltz to a Meat Loaf song last season on *Dancing with the Stars* or for the Wimbledon of ballroom dancing at Blackstone.

Says Wilkins, “From a dancing standpoint—though it doesn’t matter what sport you do—Pilates gives you a good workout. It’s perfect for me because it doesn’t create bulk. I want my muscles to get leaner, more flexible. Pilates works, absolutely.”

When they’re not hip-hopping the world, they’re at home in New York and at True Pilates, but when traveling they frequent favorite Pilates studios and use DVDs.

If you want to practice up at home, try these DVDs.

- Rock Your Body, Jamie King, \$19.98, [amazon.com](http://amazon.com)
- Dance with Lisa: Dance to Enhance, \$14.95, [trucompany.com](http://trucompany.com)
- Dance with Lisa: Red Hot Salsa II, Lisa Nunziella, \$9.99, [trucompany.com](http://trucompany.com)
- Doable Dance Grooves, Petra Kolber, \$14.99, [razorfitness.com](http://razorfitness.com)
- Bellydance Basics, Princess Farhana, \$14.99, [razorfitness.com](http://razorfitness.com)
- Prevention Fitness Systems: Dance Yourself Thin, Marie Forleo, \$14.98, [preventionfitness.com](http://preventionfitness.com)
- The Seasons of Fitness: Melange, Sue West, [amazon.com](http://amazon.com)
- Samba Dance 1 and 2 Brazilian Dance Workout, Vanessa Isaac, \$14.99 [razorfitness.com](http://razorfitness.com)

*Kick up your heels and read Lecia’s full article in the September/October issue of ‘Pilates Style.’*

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## Close-Up: Side Kick 2—Up and Down

By Linda Farrell ([lindafit.com](http://lindafit.com))

Champion All Stars, Indianapolis, IN

(800) 925-3674

[peakpilates.com](http://peakpilates.com)

10/7 How to 'C' Effectively with Bob Liekens

(Continuing Education)

Power Pilates, Albany, NY

(212) 627-5852

[powerpilates.com](http://powerpilates.com)

10/7 Creative Spine Corrector and Fun with  
Barrels with Sylvia Gamonet (Continuing  
Education)

Power Pilates, Nashville, TN

(212) 627-5852

[powerpilates.com](http://powerpilates.com)

10/7 Advanced and Super-Advanced Mat  
Exercises with Leah Chaback Katz (Continuing  
Education)

Power Pilates, Kingston, NY

(212) 627-5852

[powerpilates.com](http://powerpilates.com)

10/8 MVe Instructor Preparation Workshop  
ECA World Fitness, Fort Lauderdale, FL

(800) 925-3674

[peakpilates.com](http://peakpilates.com)

10/8–11 Level 1 Weekend Teacher Training  
Core Dynamics Pilates, Phoenix

877-988-5076

[coredynamicspilates.com](http://coredynamicspilates.com)

10/9 Basics of Anatomy with Dr. Delson  
(Continuing Education)

Power Pilates, Santa Monica, CA

(212) 627-5852

[powerpilates.com](http://powerpilates.com)

10/9 Super-Advanced Exercises on the  
Reformer with Bob Liekens (Continuing  
Education)

Power Pilates, New York, NY

(212) 627-5852

[powerpilates.com](http://powerpilates.com)

10/10 Reformer: Advanced and Beyond  
Progressive Bodyworks, Newburyport, MA

(800) 925-3674

[peakpilates.com](http://peakpilates.com)



Maintaining a strong, stable base of support in the trunk and pelvis during Side Kicks strengthens the hip abductor and external rotator muscles, the abdominal muscles and the back extensor muscles. Side Kicks are great for promoting stability in the spine, shoulder girdle and pelvic while improving pelvic and leg disassociation skills.

**Set-up:** In neutral spine, lie straight on one side with your shoulders and pelvis vertically stacked. (Lining up the body with the back edge of the mat is a good way to help students find their neutral spinal and pelvic alignment.) Bring your legs slightly forward on a diagonal without letting your pelvis tuck under. Lift your top leg up in line with the pelvis, keeping it parallel and softly pointing through the toes. Place the hand of your top arm in front of your navel, fingers pointing toward the top of the mat. Prop yourself up on your bottom elbow with your bottom hand holding the back of your head, chin lifted off your chest. Engage the abdominals, back extensors and lateral trunk flexors so the spine is in neutral with the sides of the waist narrowing equally. As your spine lengthens up from the pelvis, reach strongly down through the bottom support leg with a balanced action.

**Begin the move:** Continue to engage the abdominals, pulling them in and up. Externally rotate the hip without letting the pelvis roll back. Inhale and reach the leg out and up toward the ceiling, pointing through the toes. Exhale and flex the foot, and lengthen and control the leg as it glides back toward the floor without letting it touch the bottom leg. Repeat 8–10 times.

**Modifications:**

Beginners: Bend the bottom leg for a broader base of support; lengthen the bottom arm down to the floor, letting the head rest gently on top of it; if head is down, towel can be placed underneath the neck for extra support.

Advanced: Use both arms support head; prop up on to forearm; turn bottom leg out with toes tucked on floor.

**Visualization:** Imagine your working leg anchored firmly into the hip socket with a buoyant spring attached to your foot. Let the spring take you up with control, but then you must pull it down

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Progressive Bodyworks, Newburyport, MA  
(800) 925-3674  
[peakpilates.com](http://peakpilates.com)

10/11 (1st weekend) PPS-I  
Galt Mile, Ft. Lauderdale, FL  
(800) 925-3674  
[peakpilates.com](http://peakpilates.com)

10/11–12, 2007 Understanding Pilates Mat  
(Teacher Training)  
Great Falls, MT  
888-576-0340  
[team-pilates.com](http://team-pilates.com)

10/12 Easy Chair  
Peak Pilates, Boulder, CO  
(800) 925-3674  
[peakpilates.com](http://peakpilates.com)

10/12–13 Bosates®: Balance on an Unstable  
Surface and Pilates  
Great Falls, MT  
888-576-0340  
[team-pilates.com](http://team-pilates.com)

10/12–14 Beginner Mat (Teacher Training)  
Power Pilates, Verona, Italy  
(212) 627-5852  
[powerpilates.com](http://powerpilates.com)

10/12–14 Beginner Mat (Teacher Training)  
Power Pilates, Rome, Italy  
(212) 627-5852  
[powerpilates.com](http://powerpilates.com)

10/12–14 Intermediate Mat (Teacher Training)  
Power Pilates, Annapolis, MD  
(212) 627-5852  
[powerpilates.com](http://powerpilates.com)

10/12–14 Comprehensive Program (Teacher  
Training)  
Power Pilates, Boston, MA  
(212) 627-5852  
[powerpilates.com](http://powerpilates.com)

10/12–14 Comprehensive Program (Teacher  
Training)  
Power Pilates Philadelphia PA

slowly creating as much length in the thigh as possible while keeping the leg integrated into the hip socket. For precision and proper placement, imagine a paintbrush on the end of the foot. Can you paint the same line through each repetition? Do the pelvis and spine rotate back as you lift the leg? Can the leg reach for the opposite side of the room as it lowers without losing the stability and placement of the pelvis and spine?

#### **Tips:**

- The head and chin must not collapse and drop forward. Maintain proper cervical extension and axial length.
- The top shoulder must relax away from the ear, with shoulder blades gently sliding down the back. No hunched shoulders!
- As the working leg moves up and down, the spine and pelvis must stabilize. The distance between the ribs and pubis should stay the same, the pelvis should remain vertically stacked and the bottom waist should stay lifted. To enhance stability, start by cueing the working leg through a smaller range of motion, cue the working leg to reach out and up instead of just lifting up, and also cue the working leg to stay externally rotated as it moves up.
- The working leg must lower with control, or brake against gravity as it approaches floor. Do not let it collapse down.
- The working leg must stay placed directly over the bottom leg throughout the repetitions. Work for precision.
- Lengthen up through the spine and down and out through the bottom support leg.
- Use the breath fully and dynamically throughout; inhale up and exhale down.

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## What's in *Your* Gym Bag?

There are minimalists, and then there's Elizabeth Larkam, *Pilates Style's* own fitness editor. We asked her what she never hits the gym with out, and we were surprised by all the health- and beauty-promoting stuff she can fit into her bag.

"Since I work daily in Pilates studios and gyms all over the world, I keep these items with me at all times," says Larkam. "I like to keep these essentials close by since they help me feel well and keep me moving easily. You'll see that my gym bag contents resemble a portable natural pharmacy."

- Individual bags of Green Tea bag to put in my water bottle just in case I need a boost
- Stainless steel water bottle

Power Pilates, Philadelphia, PA

(212) 627-5852

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10/12–14 System Level 1 (Teacher Training)

Power Pilates, New York, NY

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[powerpilates.com](http://powerpilates.com)

10/12–14 System Level 1 (Teacher Training)

Power Pilates, Salem, OR

(212) 627-5852

[powerpilates.com](http://powerpilates.com)

10/12–14 Level 1 Weekend Teacher Training

Core Dynamics Pilates, Washington, DC

877-988-5076

[coredynamicpilates.com](http://coredynamicpilates.com)

10/12–14 Level 2 Weekend Teacher Training

Core Dynamics Pilates, Phoenix

877-988-5076

[coredynamicpilates.com](http://coredynamicpilates.com)

10/12–14 Pilates Mat Training 101

PhysicalMind Institute, Tampa, FL

(800) 505-1990

[themethodpilates.com](http://themethodpilates.com)

10/12–14 Pilates Mat Training 201

PhysicalMind Institute, Wellington Central, New Zealand

(800) 505-1990

[themethodpilates.com](http://themethodpilates.com)

10/13 Intermediate Reformer Variations with

Erin King (Continuing Education)

Power Pilates, New York, NY

(212) 627-5852

[powerpilates.com](http://powerpilates.com)

10/13 CPR: Life Safe Services CPR & AED

(Continuing Education)

Power Pilates, Irvine, CA

(212) 627-5852

[powerpilates.com](http://powerpilates.com)

10/13 Wunda-ful Wunda Chair Choreography

with Lesly Levy (Continuing Education)

Power Pilates, Mount Kisco, NY

(212) 627-5852

[powerpilates.com](http://powerpilates.com)

- Emer'gen-C Lite with MSM—sans fructose.
- Arniflora Arnica Gel and Triflora Gel (homeopathic remedies that relieve aches, pains, swelling, stiffness)
- Rescue Remedy, the Bach flower remedy in the mini-spray dispenser for instant calm and clarity
- A 2-ml bottle of an essential oil blend from Oshadi called *Stress Relief*. Between clients I take a whiff or dab a bit on my wrist just to clear the field. I alternate the Stress Relief formula with the Deep Breath formula.
- Lavender-scented hand sanitizer from Whole Foods.
- Singer's Saving Grace Throat spray in case, during long days of instructor training, my vocal cords needs soothing.
- Herbal supplements, particularly for when I'm run-down or jet-lagged: Wellness Formula from Source Naturals; Yin Chiao Chinese herbs in the rare event that I feel a hint of a sore throat; Gan Mao Ling Chinese herbs and one vial of the homeopathic oscillococcinum just in case a flu needs to be arrested
- Hand lotion—usually a product sample that is paraben-free and non-greasy so no hand prints on the equipment and no slipping on the yoga mat.
- MyChelle Lip Plumping Treatment (instead of lip gloss)
- MyChelle Skin Brightening face spray for antioxidants, refreshment and light, instant skin care
- Oily T-zone blotting papers from Burt's Bees
- A mini travel toothbrush
- Hair band for taking yoga classes
- Mini spray bottle of leave-in conditioner for color-treated hair

So *that's* how Larkam always manages to look so cool, calm and beautiful!

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Power Pilates, Short Hill, NJ  
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[powerpilates.com](http://powerpilates.com)



10/13 Basic Mat  
The Good Space, Houston, TX  
(800) 925-3674  
[peakpilates.com](http://peakpilates.com)



10/13 Reformer Mat Challenge  
Peak Bodies, Bozeman, MT  
(800) 925-3674  
[peakpilates.com](http://peakpilates.com)



10/13–14 PilatesFit Level 1 Teacher Training  
Maplewood, MN  
888-786-3111  
[YogaFit.com](http://YogaFit.com)

10/13–14 Pilates Mat with Modifications  
Pilates Plus a Restoration Studio, Marlton, NJ  
(856) 269-9254

10/13–14 Pilates Mat Training 201  
PhysicalMind Institute, West Chester, PA  
(800) 505-1990  
[themethodpilates.com](http://themethodpilates.com)

10/13–14 Pilates Mat Training 101  
PhysicalMind Institute, Kitchener-Waterloo, ON  
Canada  
(800) 505-1990  
[themethodpilates.com](http://themethodpilates.com)

10/14 Survival Guide for Beginner Mat: How to Fill an Hour with a Fun and Challenging Beginner Mat Class with Alison Landrie (Continuing Education)  
Power Pilates, New York, NY  
(212) 627-5852  
[powerpilates.com](http://powerpilates.com)

10/14–11/21 Pilates Apparatus Training 101  
PhysicalMind Institute, Vancouver, BC Canada  
(800) 505-1990  
[themethodpilates.com](http://themethodpilates.com)

10/18 Progress & Transition from Beginner to Intermediate with the Reformer with Amanda

Villareal (Continuing Education)

Power Pilates, Monterrey, Mexico

(212) 627-5852

[powerpilates.com](http://powerpilates.com)

10/18 (1st weekend) PPS-II

Greenwood Athletic and Tennis Club, Denver,

CO

(800) 925-3674

[peakpilates.com](http://peakpilates.com)

10/19 Do You See What I See?

Progressive Bodyworks, Newburyport, MA

(800) 925-3674

[peakpilates.com](http://peakpilates.com)

10/19 MVe Instructor Preparation Workshop

Top Notch Pilates, Portsmouth, NH

(800) 925-3674

[peakpilates.com](http://peakpilates.com)

10/19 (1st weekend) PPS-III

Velociti Fitness League, Dallas, TX

(800) 925-3674

[peakpilates.com](http://peakpilates.com)

10/19 Empowering Your Pregnancy with Susan

Moran-Perich (Continuing Education)

Power Pilates, New York, NY

(212) 627-5852

[powerpilates.com](http://powerpilates.com)

10/19 Advanced Matwork with Andrea Dow

(Continuing Education)

Power Pilates, Milwaukee, WI

(212) 627-5852

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10/19–21 Beginner Mat (Teacher Training)

Power Pilates, Boca Raton, FL

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Power Pilates, Boston, MA

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10/21 Level II Chair  
Balance Pilates and Yoga, Bradenton, FL  
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[peakpilates.com](http://peakpilates.com)

10/21 Advanced Reformer Update (Continuing  
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Power Pilates, Hamburg, Germany  
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10/21 Putting Your Best Foot Forward with  
Stephanie Hermann & Robin Lim-Zang  
(Continuing Education)  
Power Pilates, Los Angeles, CA  
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10/21 Reformer Variations (Continuing  
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10/21 CPR: Life Safe Services CPR & AED  
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BodyMind Design Houston, Missouri City, TX  
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10/23 Aspects of Touch with Dr. Delson and  
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Pilates, Beverly Hills, CA  
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10/24 Review of Advanced Reformer with  
Transitions with Junghee Kallander (Continuing  
Education)  
Power Pilates, New York, NY  
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10/25 Basic Mat

Austin Pilates Barn, Austin, TX

(800) 925-3674

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Velociti Fitness League, Dallas, TX

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[peakpilates.com](http://peakpilates.com)

10/25 (1st weekend) PPS-I

Progressive Bodyworks, Newburyport, MA

(800) 925-3674

[peakpilates.com](http://peakpilates.com)

10/26 Living Anatomy Series 2

Peak Pilates, Boulder, CO

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10/26–28 Intermediate Mat (Teacher Training)

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10/26–28 System Level 3 (Teacher Training)

Power Pilates, Beacon, NY

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10/26–28 Pilates Mat Training 101

PhysicalMind Institute, Mountain View, CA

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10/27–28 PilatesFit Level 1 Teacher Training  
and Mind Body Fitness Conference

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888-786-3111

[YogaFit.com](http://YogaFit.com)

10/27–28 Pilates Mat Training 101

PhysicalMind Institute, Providenciales, Turks &  
Caicos

(800) 505-1990

[themethodpilates.com](http://themethodpilates.com)

10/27–28 Pilates Mat Training 101

PhysicalMind Institute, San Antonio, TX

(800) 505-1990

[themethodpilates.com](http://themethodpilates.com)

10/27–28 Pilates Floor 3 Instructor Training  
course

Pilates Institute of Australasia, Sydney,

Australia

Tel: (02) 8920 2622

[pilates.net](http://pilates.net)

10/27–28 Reform the Reformer

Personalized Pilates, Scottsdale, AZ

(602) 750-5799

[PersonalizedPilates.com](http://PersonalizedPilates.com)

10/30 Super-Advanced Exercises on the  
Cadillac with Bob Liekens (Continuing  
Education)

Power Pilates, New York, NY

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10/31–11/2 Pilates Mat Training 101

PhysicalMind Institute, Bangkok, Thailand

(800) 505-1990

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11/2–4, 9–11, & 16–18 Gyrokinesis Teacher  
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& Pelvic Pain

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[PersonalizedPilates.com](http://PersonalizedPilates.com)

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Personalized Pilates, Scottsdale, AZ  
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[PersonalizedPilates.com](http://PersonalizedPilates.com)

11/15–18 The Pilates Coach Reformer Level I  
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[thepilatescoach.com](http://thepilatescoach.com)

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Variations Clare Gordon  
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[studiolotus.com](http://studiolotus.com)

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Magic Circles with Davidson Reid  
Studio Lotus, Atlanta, GA  
(404) 817-0900  
[studiolotus.com](http://studiolotus.com)

11/17 Pilates Matwork Teaching Clinic “Hump  
Barrel & C-Curve”  
East Coast Pilates, Avon, NJ  
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[eastcoastpilates.com](http://eastcoastpilates.com)

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[YogaFit.com](http://YogaFit.com)

11/17–23 Body Control Pilates with Lynne  
Robinson  
Chiva-Som International Health Resort, Hua  
Hin, Thailand  
[chivasom.com](http://chivasom.com)

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(212) 228-5787  
[Kinespirit.com](http://Kinespirit.com)

1/11–13, 25–27, 2008 Stott Pilates® Intensive  
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Pilates Tutor Studio, Marietta, GA

(678) 234-0202

[pilatestutor.com](http://pilatestutor.com)

1/12, 2008 Stott Pilates® Workshop: Stability  
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Pilates Tutor Studio Marietta, GA

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1/12–13 The Pilates Coach Reformer Level II  
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(866) 805-5089

[thepilatescoach.com](http://thepilatescoach.com)

4/27–5/14 Health Habitravels

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