

October 2008

pilatesstyle NEWSLETTER



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Welcome to the *Pilates Style* monthly newsletter.

Each month we bring you a calendar of the must-know Pilates events around the country, 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

calendar of events

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



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More for Mamas

In the September/October issue of our magazine, we told you almost all you need to know about Pilates during pregnancy. Want to learn more?

[Click here for a list of some of the best resources out there.](#)

What's in Your Gym Bag?

Pilates Style asks
Tannis Kobrinsky

Add a Prop, Master the Hundred

In the September/October issue of Pilates Style, Michael Fritzke and Ton Voogt teach us how props can help both instructor and student on even the most basic exercises. They saved one example just for our newsletter readers.





[Click here to find out what she said.](#)

Help Wanted!

Seeking a dedicated Certified Pilates Teacher in bucolic Bucks County, PA. Must be knowledgeable, caring, professional, athletic, courteous- a considerate individual with outstanding voice projection. We offer a spectacular and truly authentic studio with great positive energy. It is an environment everyone enjoys. Please send your resume with photograph attached to info@centrepilates.com.

Pilates Zone in Lillestrom, just outside of Oslo, Norway, is searching for a certified instructor on the Reformer. You may teach in English, and preferably you know all levels on the Reformer. We need you on weeknights only, one or more evenings, about four hours each week in total. We are a small studio that emphasizes a personal atmosphere. We work in small groups and offer Pilates on both mat and apparatus at all levels. Please see our website for more info (in Norwegian only): www.pilateszone.no

Do you have a job opening you'd like to post? Email us at newsletter@pilatesstyle.com by the 15th of the month before publication. Be sure to include contact information.

Here Michael Fritzke demonstrates proper form.

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

Chocolate Does the Body Good

By Cheryl Forberg, RD

Don't underestimate just how good for you this antioxidant rich food is.



[Click here to find out the benefits of cocoa and get a delicious recipe.](#)

Bus Stop Pilates

You could spend your time waiting for the bus reading a gossip magazine or zoning out to your iPod, or you could use that time to improve your health like some British commuters are being encouraged to do.

The University of Central Lancashire (UCLan) recently rolled out an initiative called Every Stop Helps, devised to help commuters find ways to use their travel time effectively. Passengers on the X41 bus service between Accrington, East Lancashire and Manchester City Center will find leaflets and posters featuring discreet, Pilates-style positions and movements designed to improve posture, alignment, strength and flexibility.

Only six percent of passengers report having tried the exercises. Others cited self-consciousness as their reason for holding back. UCLan officials are confident that as more people become familiar with the campaign, toe circles and one-leg balances will become a much more common sight.

Close-up: Single Bent-Leg Stretch

By Linda Farrel



[Click here for this Pilates Style Exclusive.](#)

Attention Studio Owners:

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@gmgpub.com

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