



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

## calendar of events

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



### Don't Forget About the Eco-raguan Pilates Getaway

[Click here to get the details.](#)

### Close-up: Double Straight-Leg Stretch

by Linda Farrell

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## Attention: Studio Owners!

*Sign up now to include your studio in our 2009  
RESOURCE GUIDE*

Attract new clients and  
promote your studio to a broader audience.

Your ad will be included in the Studio Section and Web  
Directory Section of our Annual Resource Guide

**Act now and receive a \$1450 value for the  
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SUBSCRIPTIONS of Pilates Style Magazine  
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**Don't miss out! Space is limited. This offer expires Sept. 30**



Contact Kelin Long today!  
(212)262-2247 ext. 323  
[klong@gmgpub.com](mailto:klong@gmgpub.com)

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## Pilates for Birth

By Josefin Ekstrom

Some simple exercises done before, during and after labor can make for a smoother birth and postpartum experience, according to Carolyn Anthony, founder of [The Center for Women's Fitness](#) a program that specializes in prenatal and postnatal Pilates.

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

[Click here to see these exclusive labor exercises.](#)

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## What's in Your Gym Bag?

Pilates Style asks  
Michele Olson, PhD,  
FACSM

Professor of exercise physiology and research physiologist Michele Olson, PhD, FACSM, often sings the praises of Pilates, ranking it as her favorite form of core-intense activity. Her bragging is legit: Her published research on Pilates shows that the "belly series" is, indeed, very bullish on the deep abdominal core. So, what does the professor carry with her in her gym bag?

- Two Dynabands
- Extra hair clips
- Two matching sets of Pilates attire, all black from head to toe
- A water bottle
- Way too many towels
- A yoga brick
- A jump-rope
- Two bottles of sunscreen, one for face and one for arms and legs to slather on following a post-workout shower and) before heading out into the elements

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## Help Wanted!

Busy Pilates studio in Carroll Gardens, Brooklyn is looking for classical Pilates teachers certified

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## Look Like Lisa

For the past 20-plus years, actress Lisa Rinna has tried every fitness craze to hit Hollywood. But since 1996, when she first walked into Mari Winsor's L.A. studio, she's been a devoted Pilates practitioner. In the September/October issue of Pilates Style, we talk with Lisa and Mari and outline a star-studded workout that will help you replicate Lisa's enviable figure. These two exercises were reserved just for our newsletter subscribers.



[Click here to see these exclusive exercises.](#)

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## Good Medicine

New Earth, a not-for-profit organization aimed at providing programs and services built on the pillars of expression, education, environment and wellness, invites Pilates Style readers to its Good Medicine health and wellness festival, September 14 in Hollywood, California. Mention code 312 and receive a 10 percent discount on event tickets. For more information, [click here](#)

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## Now That's a Big Pilates Class!

You think those gym mat classes are crowded? Until you've practiced with 622 other Pilates enthusiasts, you don't know about big classes.

on all equipment. Friendly clients and relaxed atmosphere make the studio a great place to work.

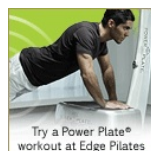
Email resume to [info@thepilatesboutiqueny.com](mailto:info@thepilatesboutiqueny.com)

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

On August 16, STOTT PILATES® and Canadian fitness education provider Can-Fit-Pro set the world record for the largest Pilates class when 623 people participated in a 30-minute Pilates workout. The class, led by Stott Pilates' cofounder and executive director of education Moira Merrithew, included people of all ages and abilities who had gathered for the Can-Fit-Pro Consumer Fitness and Wellness show in Toronto.

"There was a real energy and excitement in the room people moved together to create fitness history," says Lindsay G. Merrithew, Stott Pilates' president and CEO. "Beyond achieving an unofficial world record, this class was also a powerful demonstration of mind-body fitness as a growing part of people's exercise interests."

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