



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

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



Acrobatic ART *by Deborah Quilter*



Active Release Technique (ART) helped heal these dancers.
[Click here to learn how.](#)

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Win a Pilatesstick® Package!

Everyone's talking about the Pilatesstick, the new tool that allows you to do Reformer and Cadillac work in small spaces, on the go, and on a budget. Now you can win your own! Four lucky readers will win a Pilatesstick for home use, and one lucky studio owner will win a whole package-five Pilatesstick wall units (with new swiveling mounts) to use at the studio and five more to sell or give away!

The winners will be announced in the Nov/Dec issue of Pilates Style. Just send your name, studio name (if you're a studio owner), address, email and phone number to Pilates Style Giveaway, 250 West 57th St., Suite 710, New York, NY 10107.

[CLICK HERE FOR YOUR CHANCE TO WIN](#)

Limit one entry per person. **Entries must be postmarked by August 31, 2008.** We cannot be responsible for entries that are lost, late or misdirected. Contests are open to anyone except employees of Goodman Media and members of their immediate families.

All entry forms will be entered into a random drawing by Pilates Style. The decisions made by the Pilates Style staff will be final in all matters. Odds of winning depend on total number of entries received. Winner will be selected after September 15, 2008. The prize will be sent to the address printed on the entry coupon on or around that date. Acceptance of prize offered gives permission to use winner's name, state of residence and/or likeness for purposes of advertising without additional

My Mother, Her Cancer, Our Pilates

By Molly McDonough

[Click here to read more.](#)

What's in Your Gym Bag?



Pilates Style asks Dav Cohen

We know he's director of curriculum at Polestar and we know he's an expert in using Pilates to promote spinal health, but to really get to know Dav Cohen, we peeked inside his gym bag. Here's what we found:

- Laptop and accessories
- Digital camera
- Ipod
- Cell phone
- Bluetooth headset
- Workout clothes
- Yearly planning schedule
- Notebook for brainstorming
- Multicolored pens and highlighters
- Book he's currently reading (Einstein's Dreams at the moment)
- Nalgene bottle with water



compensation, unless prohibited by law.

We featured a Pilatesstick workout in our July/August issue, but we saved two exercises just for newsletter readers.

[Click here to check them out.](#)

Ron Fletcher Looks Back, Part 2

By Elizabeth Larkam

[Click here to read a legend's reflections on 50 years of Pilates.](#)



Close-up: Single-leg Kick

By Linda Farrell

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



Eco-raguan Pilates Getaway

This October, Pilates master Erika Bloom and yoga instructor Laura Ball will offer a five-day retreat, called Align Body and Mind, at one of Latin America's leading agro-tourism facilities. Located in Ocotal Beach, Nicaragua, Morgan's Rock Hacienda Ecolodge is surrounded by a pristine beach and a unique 4,500-acre protected primary dry forest environment.

Amidst this inspirational setting, Bloom and Ball will lead guests in Good Morning Pilates class, Sunset Yoga class and beach runs and hikes, as well as Pranayama and meditation classes. Free time can be spent relaxing by the pool or on the beach.

The ecolodge features 15 hand-detailed private bungalows made of exotic tropical hardwoods with decks open to spectacular views of the ocean and forest. Each has a king-size bed, a sofa bed, hammocks and an open-air shower. The restaurant, which features all local produce grown on the resort's farm and fish caught by its own boats, overlooks a beautiful pool and the Pacific beyond.

The program will include transfers from Managua, all meals, daily classes, a massage, local artisan and school tours, salsa and merengue lessons, plus a special champagne and lobster dinner for \$2,425 (single) and \$2,225 per person (double). For more information:

bigworldsmallplanet.com/retreats/retreat_body_mind.php

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