

**SPECIAL ISSUE!** OUR GUIDE FOR ALL-THINGS-PILATES (IT'S OUR BEST YET!)

# pilatesstyle®

www.pilatesstyle.com

## DEBUNKED: THE **8 BIGGEST HEALTH MYTHS** PAGE 42

ACTRESS **LINDSEY MORGAN:**

**"PILATES MAKES ME FEEL STRONG AND SEXY."**

**+ HER FAT-BLASTING BUTT AND LEG WORKOUT!** PAGE 52

PILATES, BACK IN THE DAY...

## JOE'S STUDENTS

# TELL ALL

 PAGE 80

**PLUS:**

- PILATES FOR MEN
- CANCER-FIGHTING RECIPES
- WHAT TO EAT PRE- AND POST-WORKOUT

# 64 BONUS PAGES

Your **ULTIMATE** Resource for Everything Pilates

Latest trends in workout wear <<

Brand-new apparatus & props <<

Best workshops, classes & more <<

The year's most groundbreaking research <<

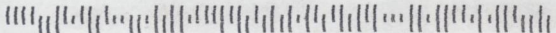
Our fav DVDs <<

Pilates destinations <<

108  
083  
P184  
5897

BROOKLYN NY 11201-8360  
68 JAY ST #225  
BRIDGE PILATES LLC  
10113279 NOV/DEC.13  
5897

\*\*\*\*\*CAR-RT LOT\*\*C-037





# Party at the PMA!

For the second year in a row, we joined forces with Pilates Anytime to roll out the red carpet—literally—in celebration of all-things-Pilates and The Next Pilates Anytime Contest winner, Sharon Gallagher.

This past November, at the 12th Annual Meeting of the Pilates Method Alliance in Sin City, there was one rockin' party. We're, of course, referring to the *Pilates Style/Pilates Anytime* event, held at the Mirage's swanky Revolution Lounge on the Las Vegas Strip, where the Pilates community united to celebrate our contest winner, the lovely Sharon Gallagher (check out her exercise story on page 72), and let off some serious steam. The dance floor, brimming with some not-so-pro dancers, (now Pilates pros) and some was a platform for constant chatter and plenty of shakin'. We had a blast partying the night away with co-hosts Kristi Cooper, John Marston and Ted Johnson, co-founders of Pilates Anytime, and Pilates masters and accomplished teachers from all over. Thanks to all the attendees for making it a night to remember!



# HIGHER LEARNING

Which continuing-education programs offer the biggest rewards? We asked Pilates teachers to share the seminars and workshops that had the greatest impact on their teaching, their careers and their lives. by Dani Alpert


Every smart Pilates teacher knows that knowledge is power. And while there is a plethora of workshops, courses, intensives and conferences, some stand out in participants' minds more than others—often even years later. We polled some of the top Pilates instructors from around the country and asked them which continuing-education experiences gave them the best payback, in terms of their career, general life experience and, of course, the good-old bottom line...education. **PS**



**Sheila Watkin's Healthy Moms® pre-postnatal training**  
[www.healthymomfitness.com](http://www.healthymomfitness.com)

"I highly recommend this in-depth, eight-hour training. It offers fantastic resources, including a thorough manual. I referred to the manual and other resources quite a bit when choreographing my own *Belly Beautiful Workout-Prenatal/Pregnancy* DVDs (Patricia Friberg Health and Fitness, 2010). The training covers pre- and postnatal health, postural changes, nutrition and diastasis recti, as well as other topics."

**PATRICIA FRIBERG**, STOTT PILATES®—Certified Pilates Instructor



**The Art of Cueing workshop**  
[www.basipilates.com](http://www.basipilates.com)

"When I think of impact, I am immediately taken back to The Art of Cueing. It takes a powerful look at the differences that you can make by using appropriate verbiage, touch or demonstration. The differences between working with women and men, young and old, healthy and recovering, are also covered. Due to its popularity and meaningful application, BASI still presents this one-day, six-hour workshop in a number of locations throughout the year."

**CONSTANCE HOLDER**, Director of Education and Faculty Coordinator at BASI Pilates



**Gil Hedley's Integral Anatomy Intensive**  
[www.gilhedley.com](http://www.gilhedley.com)

"This one-day, eight-hour workshop was life-altering. It went so far beyond the body, forever changing the way I look at human beings and at life. With Gil's incredible vision, the way he presents his discoveries, his insights and poetry, one feels as though he or she is a visitor from another galaxy, being introduced to the beauty of the body for the first time. Even the parts of the body that one assumes will prove to be repellant because of self-inspired projection become powerful catalysts for self-reflection and transformation."

**JENNIFER KRIES**, Owner of the Hot Body Cool Mind Studio in Philadelphia and Creator of The Method videos

**The Polestar Pilates Advanced Assessment Skills course**[www.polestarpilates.com](http://www.polestarpilates.com)

"This course, developed by Brent Anderson, PT, PhD, and Alastair Greetham, PT, attracted me as I wanted to deepen my skills of observation and assessing client/patients' movement restrictions. I wanted to learn to identify faulty movement patterns versus structural restrictions to help me decide which clients would benefit from Pilates and which clients need the skills of a physical therapist.

"It really helped me understand the importance of gathering appropriate intake information, having positive patient/practitioner interactions and using the Polestar Fitness screening as an important assessment tool (even in physical therapy rehabilitation treatment). The screening tool feeds directly into creating programs for clients/patients that really help them achieve their goals instead of just teaching a basic series of exercises. The course is held in two 24-hour sessions for a total of 48 hours."

**SHERRI BETZ**, PT, GCS, CEEAA, PMA®-CPT, Vice President, Polestar Pilates Education

**Franklin Method's Happy Feet-Organizing Your Dynamic Base**[www.franklinmethod.com](http://www.franklinmethod.com)

"This is the workshop that tied it all together for me. I met Eric Franklin at a Pilates on Tour conference. The Franklin Method teaches how the body was designed to move with its optimal alignment, natural rhythms and easeful joint movement. It is not about placing the body in good alignment and then moving it, but instead starting by moving it correctly, and then proper alignment will follow.

"Happy Feet was a three-hour workshop. It focused on understanding the design of your feet and discovering their dual purpose while gaining the know-how necessary to create the foundation for developing happy, strong and balanced feet. We learned how foot placement relates to the pelvis and spine as well as to gait. I found it to be a great complement to my Pilates work. It really was the missing piece for me."

**LISA ROBERTSON**, Master Trainer and Owner of On Balance in Kailua, HI

**Kathy Grant's Cats and Beyond**[www.bridgepilates.com](http://www.bridgepilates.com)

"The best workshop I have ever attended was this three-hour workshop taught by Blossom Crawford, master trainer and Kathy Grant's former assistant, at her studio in Brooklyn, New York. The workshop was a tribute to [first-generation teacher] Kathy Grant, who developed eight feline-inspired exercises that she used in her Pilates program. She used these exercises as a 'pre-Hundred' to warm up her clients and to teach movement principles, by illustrating how the fundamentals of movement are translated into the more advanced work on the equipment.

"It gave me a profound 'ah-ha' moment to see how mastering the principles through fun, fluid cat exercises could help my clients deepen their practice in a simple way.

"After that workshop, I have never taught an intermediate or advanced exercise without first bringing my clients back to the basic movement principles that prepare them for the work. When they make the connection in their own minds, I (and they) get vastly different results."

**PATTY BAIANO**, Owner and Instructor, Pilates By The Bay, Tom's River, NJ

Dani Alpert is a freelance writer and Pilates instructor in Belmar, New Jersey. Her work can be seen at [www.danialpert.com](http://www.danialpert.com).