

pilatesstyle

pilatesstyle.com

2007 annual directory

the guide to
everything
pilates

- apparel
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*tracey mallett's ultimate
apparatus-to-mat
home workout*

HOT, HOT, HOT!
pilates +
brazilian
capoeira

WORK DEEPER
get an all-over
workout with
the triadball

WHO'S THE BOSS?
you could be!
how to open
your own studio

SWEET SURRENDER
just desserts for any diet

PLUS:

- SOS for winter skin
- healthy coffees
- cool new mats

The Pilates Movement Manuals

Instructor: Emé Cole

Level: for instructor use only

Equipment: Reformer, Cadillac, Wunda Chair, Barrel, mat, props

Created by Emé Cole, Pilates instructor and owner of Chicago's Pilates Plus Studio, these five instructive manuals, containing more than 1,400 photographs, are attracting Pilates teachers all over the country. The photos detail hundreds of moves on the Reformer, Cadillac, Wunda Chair, Barrel, mat and other props, allowing instructors to mix and match their lessons, staving off the dreaded "routine rut." Each manual is bound with removable rings, allowing



the on-the-go Pilates enthusiast to create a customized workout. The manuals are comprehensive, but Emé insists that Pilates is boundless and therefore encourages instructors to add their exercises to her website, thepilatesmovement.com, to make them as far-reaching as possible.

Bottom Line: Interactive and continuous, this handy format serves as a detailed instructional tool and a learning device for instructors.