

SPOTLIGHT

WORLD (PILATES) AFFAIRS

Proving that the method is taking the world by storm, take a look at these recent conferences that seem worlds away.

PILATES IN ASIA (PIA) CONVENTION AND FESTIVAL 2015

WHAT: The third-annual event was held jointly by the Asia Pilates Alliance, a nonprofit Pilates/business organization in Asia established in 2013, and South Korea-based Care Pilates, founded by Dr. Kyung-won Jang.

WHERE: Seoul, South Korea

HIGHLIGHTS: Eleven international presenters, including Mary Bowen, Alan Herdman, Brent Anderson, Kathy Corey and Kevin Bowen, along with 10 local teachers, held workshops, lectures and classes for three days. A forum/discussion allowed Pilates pros to discuss hot topics, and a party presented by Care Pilates let everyone, well, let loose. Thirty exhibitors and three sponsors—including *Pilates Style*—filled a trade show hall. “It was a great experience seeing so many enthusiastic and eager Pilates professionals come together to share and spread Joe’s dream. This convention proves Pilates knows no bounds—or boundaries,” says *PS* Editor-in-Chief Bambi Abernathy.



TOP ROW: DO YEUN KIM, KEVIN BOWEN, AMY HAVEN, KRISTI COOPER, ALAN HERDMAN, KATHY COREY, MARY BOWEN, *PS* EDITOR-IN-CHIEF BAMBI ABERNATHY, MATTHEW ABERNATHY AND DR. KYUNGWON JANG, FOUNDER OF CARE PILATES

BOTTOM ROW: THE TWO UNRELATED BOWENS; HERDMAN RECLINES ON A PT TABLE; THE MOTHER OF PEARL REFORMERS BY CARE PILATES

PILATES ALLIANCE AUSTRALASIA (PAA) CONFERENCE 2015

WHAT: The four-day continuing-education convention is held biennially by the non-profit PAA organization, established in 2000.

WHERE: Sydney, Australia

HIGHLIGHTS: Eight industry insiders—Brooke Siler, Sean Gallagher, Chris Robinson, Simona Cipriani and Dr. Joe Muscolino, Cynthia Lochard, Dav Cohen and Deborah Thomas—presented a jam-packed schedule of workshops and classes. “Pilates conferences are there to share information and provide new experiences with presenters from other parts of the world that many may not otherwise get to work with. I’m pleased to say that registrations surpassed any other year to date, and the feedback has been overwhelmingly positive from both delegates and presenters alike,” says PAA Vice President Olga Tamara.



ABOVE: ONE OF THE MANY SPRAWLING MAT CLASSES AT THE PAA CONVENTION

BULLETIN BOARD

Q. I’m a curvy girl—far from the dancer type—and want to try Pilates. Is Pilates *really* for every body?



ANULA MAIBERG, CO-OWNER OF SIXTH STREET PILATES IN NYC’S EAST VILLAGE (PICTURED ABOVE), RESPONDS:

Short answer: It certainly is. Long answer: Somewhere along the line, and without any blame, the original message of the Pilates method as Joseph Pilates intended got a bit lost. To quote Mr. Pilates himself: “Through the Pilates Method of Body Conditioning this unique trinity of a balanced body, mind and spirit can ever be attained. Self confidence follows.”

I take the quote to heart. Self-confidence often follows when you start doing Pilates. I don’t think anyone arrives to Pilates already perfectly fit and perfectly comfortable in their own skin. I found my confidence when I started practicing Pilates, and it helped me improve upon what was already there. I stand taller, I feel stronger, and I do things I never thought I could do. Having said that, I also understand how intimidating it can be to try something new, especially when your own body is the focus.

My advice is to try your local studio, and check out the vibe. A really great studio shouldn’t feel judgmental, and really great teachers have seen it all, from tall to short and from big to small and everything in between. I tell my students as often as I can to “focus on your own mat” when I catch them comparing themselves to others and looking around the room. The only records you need to break are your own.

PHOTOS COURTESY OF PIA, PAA AND ANULA MAIBERG

PIA & APA

by Carepilates

The Global Pilates Leader
World Class Pilates Convention



**See you in
Oct. 2016**



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Next PIA will be

- One more day for PIA Med
- PIA Industry Expo (Exhibition)
- APA Forum for Asia Pilates Industry
- Over 40 Presenters & 100 workshops
- Participants from over 20 Countries

PIA



GET CENTERED



California CALM

Relax and recharge your body and mind at Spa Montage Laguna Beach.

WHY IT'S AHHH MUST: Located right along the stunning cliffs of the Pacific Ocean, the service and staff at Spa Montage are among the best we've ever experienced. Before we could blink, we were given a tour of the property with no shortage of attendants and escorted to umbrella-covered lounge chairs at the sparkling lap pool. Other amenities of the 20,000-square-foot space include large eucalyptus steam rooms and dry redwood saunas; a relaxation room with Montage's signature "antioxidant blend" trail mix; an outdoor area with a whirlpool and cold plunge; and a fitness studio—Pilates Reformer privates (\$145/hour) and free mat classes are available—and equipment room, both with ocean views.

PS RECOMMENDS: The Elements of Wellness Signature Experience (\$445 and up; www.montagehotels.com) includes massage, reflexology, water therapy, manual lymphatic drainage, scrubs, wraps, body brushing, you name it. After filling out a questionnaire in advance, Master Therapists customize the 120-minute (or more) treatment to balance your body, whether your muscles are sore from all the hiking, you're stuck at a desk all day, pregnant, battling cancer, the list goes on. Says our tester: "From beginning to end, it was a flawless, unforgettable experience that really made a lasting change in how my body felt."

HOW TO GET YOUR Spouse TO THE STUDIO

We've all been there, trying to convince our partner to come to mat class, only to be met with "Maybe next time," "Nah, I prefer a workout that makes me sweat," or, the worst offender of all, "But isn't Pilates just for women?"

So how do you get your love to do your other love (Pilates!)? Lead by example, says a new study conducted at the Johns Hopkins Bloomberg School of Public Health. Researchers found that if one spouse ramps up his or her exercise program, the other might just follow the leader.

If adding an extra session to your already-packed repertoire doesn't make your spouse hightail it to the High Chair, we're hoping that our readers' tried-and-true strategies for getting their significant others to try the method might be the magic bullet for you.



EXPLAIN THAT IT WILL HELP WITH ANOTHER SPORT.

"I convinced my husband, Michael, to try Pilates once he started running. He started slowly, but soon was training for a race series that included a 5K, a 10K and a half-marathon. Once he got serious about training, we would take Pilates classes together. My main argument was that Pilates would help him build strength and, more important, prevent injury. Our deal was that if I ever saw

him running with bad posture, he would have to stop. When he had a stress fracture in his tibia (caused by excessive running), we used Pilates. Now he does stretching and foam roller exercises, and he joins in on my Reformer classes." —Brittany Taylor, owner of *Brittany Taylor Pilates in San Diego*

MAKE IT A CHALLENGE.

"I got my bodybuilder husband into my studio by showing him a YouTube video of Song Young, the director of Pilates Flow @2nd in Singapore (and a rock-star Pilates mover), doing Long Spine Without Straps on the Cadillac. As my husband is not one to be outdone by anyone when it comes to a workout, I knew he would be up for the challenge. He made me go right to my studio, start shooting a video and talk him through it with no rehearsal. He rocked it!" —Sunni Almond, owner of *Studio S Pilates in Temecula, CA*

IGNORE HIM.

"My husband was a Division III basketball player, and once he started doing a little Pilates, I didn't have to convince him to do more. He used to take my matwork class, because he could blend into the group. (I ignored him.) Later he started doing a duet with one of his guy friends every other week. When the teacher was available every week, he decided he 'needed' to do Pilates weekly.

"[First-generation Teacher] Kathy Grant told me to never teach my husband. 'It's not great on the marriage,' she said. I taught him once, and Kathy was right: It did not go well. I found myself making dissatisfied faces and asking questions like, 'Is that all you can do?' So from then on, he went to another teacher." —Blossom Leilani Crawford, owner of *Bridge Pilates in Brooklyn, NY*



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Benefit Beautifully™

Created nearly 20 years ago in Boulder, Colorado, Peak Pilates® continues to set the standard for craftsmanship, innovation and functionality. We find our inspiration in the timeless designs and movement founded by Joseph Pilates as well as the infinite and pristine beauty of nature. We

bring those inspirations together, offering the world's most elegant Pilates equipment and unparalleled instructor education. It is this integrative, systematic and traditional approach that has made Peak Pilates the preferred choice of Pilates studios worldwide.

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