



## PHI Pilates Newsletter

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### FEATURED ARTICLE

Teaching Pilates Mat Work - Helping your students connect with the exercises is both a science and an art.

**By: Christine Romani-Ruby, MPT, ATC**

**From IDEA Fitness Journal - May, 2009**

"It is the spirit that builds the body."

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Dear Fitness Professional:

Take a look at what's been happening with PHI Pilates this year. We have made changes...to our website...added new trainings...added new products and manuals.

Keep posted with what is happening next - Visit Our Website - it's the best way to stay on top in the Pilates industry.

In Health,

The Staff at PHI Pilates

### Reformer Foundations III Launch

PHI Pilates launches a new Pilates training.

The weekend of May 30th, Chrissy Romani-Ruby launched PHI's

This quote from 18th century German poet Friedrich Schiller was displayed - in its original language - in Joseph Pilates' New York studio for more than 50 years. Many first generation teachers who trained with Joe Pilates refer to his studio as a school. They say, "You were there to study movement: to perfect your movement." In his classroom, Joe was the professor and the subject was the road to happiness (his word for wellness). He taught that mind, body and spirit were one, that all three were needed for happiness - and that when they united and worked together, the result could be euphoria.

A Pilates mat workout is practice for life movement. Yes, it builds strength and flexibility, but what makes it Pilates is how these movements connect with the mind and spirit. As a teacher of the method, your job is both a science and an art. You want to

newest training - Reformer Foundations III - with attendance at full capacity. Here are some of the comments from the attendees:

*...I absolutely loved the exercises, they were simple but challenging.*

*...Great job - will be back for more!*

*...New and invigorating - can't wait to share with my clients.*

If you missed this opportunity, there will be more coming in the future. Check out our Website weekly as it is continuously updated.

## Pilates Instruction in the Dominican Republic

Christine Romani-Ruby shares her knowledge of Pilates.



In January, 2009 Christine Romani-Ruby presented a training

workshop at the Exercise Center in the Dominican Republic. She was well received and looks forward to returning for future presentations.

PHI Pilates Master teachers Ranses Ho and Juan Carlos, owners of Exercise, are the first PMA certified teachers in the Dominican Republic.

**Visit Their Website**

## What's New at PHI Pilates

Have you checked out our new Website...

**[www.phipilates.com](http://www.phipilates.com)**

plan your class scientifically, with a warm-up, a workout and a cool-down, but you also want to develop the art of engaging your students. If you can teach them to focus, to do more than just go through the motions, they will leave with a newfound connection. It might be as small as a new deep breath or a slight shift in posture, but that in itself will be profound.

**Click Here To Read More!**

the name is the same, but there are a lot of new things happening...such as...Online Continuing Education Courses. PHI has teamed up with Body Mind Spirit to offer online courses of presentations from the Body Mind Spirit conference in April, 2009. So if you missed the conference, you can still connect with these renowned presenters and better yet...from the comfort of your own home or office!

Click here to view a list of the courses available:

**<http://www.phiuniversity.com/catalog/>**

What could be easier than that? At PHI Pilates we strive to make training as simple and convenient as possible.



Christine Romani-Ruby is a licensed Physical Therapist and gold standard PMA Pilates Instructor. She is the Founder and President of PHI Pilates.

For expert courses in Pilates or even a full certification for your staff, please visit [www.phipilates.com](http://www.phipilates.com) or call 1-877-716-4879.

We provide trainings throughout the United States and abroad or can create an in-house training to suit your specific needs.



## PHI® Pilates Mini Beam Workout Set

Light a fire under your Pilates mat work out with the Airex minibeam. This package includes 2 Airex minibeams and the minibeam workout with Chrissy Ruby on DVD. This 45 minute workout guarantees a challenging core and lower extremity routine that will enhance balance. The minibeam is a wonderful alternative to exercises generally performed supine on the foam roller for those with osteoporosis or with sensitive spines. The standing balance work in this program is beneficial to older adults working to prevent falls. If you are looking for new choreography, this is the DVD for you.

**Price: \$69.95**

**Use Promo Code: *beammeup/0709fs***

**when ordering and receive *FREE SHIPPING* (in the Continental U.S. only) - a savings to you of \$14.00.**

**BUY BOOKS, DVD'S AND TRAINING!**

**Offer Expires: July 31, 2009**