

# double your pleasure



ARTHUR COHEN

This hefty special issue brings you all the features you've come to expect: exercise stories; news, products and trends in Teasers; columns and more. Starting with this issue we're bringing you a brand-new column called Pro Zone, written by Pilates professionals who'll share their wisdom and experience (and mistakes) to help you make informed decisions about your Pilates business. In our inaugural column, Lisa Johnson, of Studio Elle in Brookline, MA, explains the basics of going solo in a teaching practice. Whether you're in that position today or might be in the future, you won't want to miss her sage advice, on page 96.

Of course we think every issue of *Pilates Style* is special, but what's *extra* special about this 200-pager is the Annual Directory, which starts on page 107. For your ease of use, it's divided into seven sections: Apparel, Education, Equipment, Health & Wellness, Media Resources, Spa & Travel, and Studios. Each feature is a mini-handbook on that subject, packed with information, expert advice and insider tips. There are also listings and guides to hundreds of manufacturers, studios, programs, destinations and much more.

Whether you've just taken your very first Pilates mat class or teach a certification program, you're sure to find great ideas and all the resources you'll need for your Pilates lifestyle. Keep this issue handy—it's bound to be a valuable resource over the coming 12 months.

As usual, we're always interested in your feedback. Please let us know whether you find the Directory useful or if we've overlooked something important. If there's one thing I'm discovering, it's that Pilates people aren't exactly shy about sharing their opinions!

*Suzanne*

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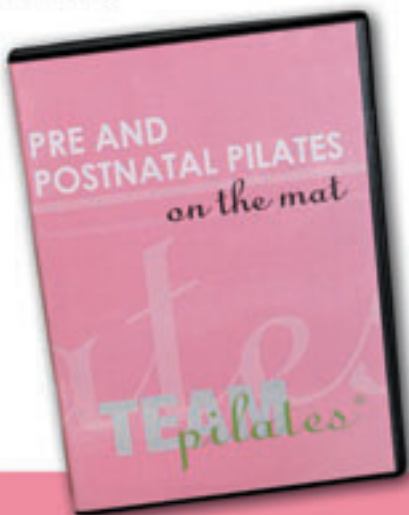
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