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**SARAH PICOT INTRODUCES THE LATEST ADDITION TO HER
PILATES FOR YOU VIDEO SERIES: MORE THAN MAT.**

The incredible benefits of Pilates machines are achieved without the machines!

July 6, 2005 (New York, NY) — Any Pilates fan will tell you, mat exercises can be quite limiting, but not any more! **More than Mat Pilates** is breathing new life into the at-home Pilates routine. Celebrated Pilates instructor, Sarah Picot, has added a new and innovative Pilates series to her **Pilates For You** video library. Following the successful series of award winning **Pilates for Pregnancy** and **Post-Natal Pilates** videos, Sarah has now created a revolutionary Pilates workout for those who love the results achieved from pilates machines, but simply cannot do private studio sessions that are recommended 3-5 times a week. This July, Sarah Picot is offering an alternative to those hefty apparatus's with the launch of the **More than Mat** video series.

More than Mat is an answer to a common Pilates dilemma. So many people feel married to their Pilates studios because they have not yet found another way to achieve those long and lean results they get from doing the traditional machine exercises. Sarah is the first to create a video that modifies the exercises performed using the three major Pilates machines: The Cadillac, the Reformer and the Chair, to an innovative mat routine. Sarah says: "The great thing about this workout is that you can benefit from some of the over 500 machine exercises without having to go to a studio or own the machines, results can be had in the comfort of your own home or during travel."

The **More Than Mat** series includes a Beginner, Intermediate and Advanced video. Sarah's soothing, yet assertive voice makes following the exercises enjoyable and effective. It's as if Sarah is in your living room reminding you how to do each exercise precisely. In

each of the **More than Mat** videos Sarah performs a popular Pilates exercise on the machine and then she mimics her modified movements on the mat. Each video level builds on the previous level by increasing the difficulty of the exercises and by adding new exercises. For example: some of the machine exercises modified for the mat on the Beginner video include: Footwork, Frog, Shave Your Head, Elephant and Running. The Intermediate video includes variations of those exercises as well as others such as: Swan, Teaser, Thigh Stretch and Reverse Triceps Press. The Advanced video builds on the previous exercises and adds more advanced exercises such as: Overhead, Waterwheel, Snake Twist and Long Spine Stretch. Each version includes an important 'Fundamental Warm Up' and an introduction to 'Pilates Principles'. All three videos also include an added 'Cardio Flow' workout for an intense fat burning regimen. The 'Cardio Flow' is only recommended after mastering the respective video for 3-5 days a week for 6 weeks. Sarah says: "Cardio Flow puts the exercises together without the longer explanations so the workout flows from one exercise into the next just as Joseph Pilates intended his exercise to be done."

Joseph Pilates, who taught the likes of George Balanchine and Martha Graham, first developed Pilates in 1926. As a former professional dancer, Sarah Picot has danced with some of the world's most celebrated dancers. Like many dancers, Sarah began intensely studying Pilates. When Sarah's pregnancy put her Pilates practice on hold she was determined that pregnant women do not need to stop practicing, they just need a tailored workout. **Pilates for Pregnancy** was born. **Post Natal Pilates** was destined to follow. Her library of workouts continues to flourish as Sarah recognizes various people's setbacks when it comes to practicing Pilates. As with the need for a Pre and Post-natal routine, Sarah recognized the need to give people a way to practice the machine exercises when the machines are not available.

More than Mat is designed for anyone who wants to gain the multiple health benefits Pilates has to offer. Pilates builds strength without excess bulk, it lengthens the body, it promotes flexibility and agility, it strengthens the body's core, and develops a strong back and spine. Pilates improves mental health, helps to alleviate pain and improves posture and balance. The list goes on. **More than Mat** is for the person who wants to achieve all these benefits. **More than Mats** is for the person who wants to enhance and intensify their mat routine. It's perfect for the person who simply cannot visit a studio as often as they'd

like. **More than Mat** is also perfect for anyone who wants to see what all the Pilates fuss is about before shelling out the cash for private studio sessions.

More than Mat and the entire **Pilates for You** series can be purchased at www.pilatesforyou.com. **More than Mat** costs \$21.99 for the DVD and \$19.99 for a VHS.

PV Partners is a partnership between Sarah's company, Picot Pilates, LLC and M. Productions, LLC. M. Productions, founded in 1997 by Margo Meisel Sadow, produces high quality videos in the areas of health and education. PV Partners was created to supply entertaining and informative Pilates videos to help people benefit from "the Pilates method" in all the various stages of their lives. The unique Pilates programs are designed to specifically adapt to people's changing needs.

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