

# PILATES & Chocolate

**Kathleen Pagnini**

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For Immediate Release

**Pagnini Pilates, LLC** Releases New DVD on Amazon

*“Taking balance and control into every area of life from the inside out”*

Scottsdale, AZ. October 08, 2008 – Pagnini Pilates, LLC announced the release of a new DVD called Pilates and Chocolate “LA DOLCE VITA” which Amazon.com is currently taking orders with plans to start shipping October 17, 2008. The DVD will include 48 minutes of instructional video on techniques that will enhance your workout, balance and self control leading to a more healthy body, mind and spirit. It also includes a chocolate recipe.

Kathleen Pagnini, the Founder of Pagnini Pilates, LLC and author of the new DVD Pilates and Chocolate “LA DOLCE VITA”, has trained, motivated and inspired many clients from working moms, corporate executives, teenagers and seniors to many professional golfers and athletes. Ms. Pagnini states,

“Even though I have worked with clients from around the world, all ages, lifestyles and fitness levels, individually and small group formats, this DVD will allow me to inspire thousands of people, and teach them my personal techniques for applying innovative Pilates to enhance the body, mind and spirit.”

According to Pagnini, the DVD will focus on four primary areas, Correct Form, Balance, Posture and Self Control. By following her basic techniques combined with her personal instructions for focusing, precision, and breathing, this DVD will help you achieve an overall healthy lifestyle. She said,

“This DVD concentrates on technique and form for fast and effective results and will ultimately fulfill our potential and drive us to restore our passion, and how we define ourselves.”

The DVD includes a demonstration of a chocolate recipe from the renowned chef, Cathleen Rosenberg, from the Scottsdale Culinary Institute. There will also be tips for preparing those special healthy foods for maintaining a proper diet while enjoying the pleasures of delicious meals. Scottsdale Culinary Institute (SCI) is an affiliate of Le Cordon Bleu Schools North America, one of the largest providers of quality culinary arts education.

Pilates and Chocolate – “LA DOLCE VITA” will be offered by Amazon.com starting October 17, 2008 for \$18.95. It can be purchased in advance from Amazon.com or by going to **[www.pilatesandchocolate.com](http://www.pilatesandchocolate.com)**. Her experience allows this DVD to be well suited for all ages. Beginners or advanced, golfers, athletes, seniors and teenagers, as it includes a clear concise explanation of correct posture, movement and correct muscle recruitment patterns.

A portion of the proceeds will be donated to **[www.lovingtheone.org](http://www.lovingtheone.org)** which provides a variety of special services to needy families in over 50 cities throughout the United States.

Pagnini Pilates, LLC is a Scottsdale, Arizona based company that specializes in serving a wide range of clients including many professional athletes and celebrities. For more information about the company visit **[www.pagninipilates.com](http://www.pagninipilates.com)** or contact the company at:

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