

NEW BOOK: Dance your way to a better body in 15 minutes a day!

Submitted by: Sue Blake Media

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PRESS RELEASE

- Colour photography available
- Author available for interviews
- Extracts available

DANCE YOUR WAY TO A BETTER BODY IN JUST 15 MINUTES A DAY!

January 2009 - International Pilates Teacher and former Professional Dancer & Choreographer, Caron Bosler, has created a unique dance/workout/shape-up programme with her latest book/DVD, 15 Minute Dance Workout (DK, price £13.99, January 2009).

Are you a fan of Strictly Come Dancing and want to give dancing a go in the privacy of your own home as a workout?

Not keen on taking out an expensive gym membership?

Looking for innovative uber-effective short workouts with a difference?

Do you have 15 minutes 3 times a week to get fit, dance-style?

The answers, and more, lie within 15 Minute Dance Workout which offers 4 complete 15 minute dance sequences including Salsa, Jazz, Street Dance and Ballet. The book has simple captions and photographic images which provide a step-by-step guide to perfecting and making each dance move. Clearly designed fold-out pages display all the sequences. A live-action DVD comes with the book which demonstrates every exercise to give readers helpful guidelines on technique.

The effectiveness of a 15 minute concentrated workout period offers real health benefits. Healthy bursts of heart-pumping cardio encourages optimal heart and lung health as well as incinerating calories and fat and toning and lengthening your muscles! Each dance workout has been carefully designed to give you the maximum results in minimal time. With regular use, at least 3 times a week, it won't be long before you drop a dress size, lose some weight, tone-up all over, improve your natural grace, posture & energy levels, co-ordination and boost self-esteem. Oh, and watch out for the radiant bloom of increased vitality and self confidence too.

"Let the music inspire you to dance your way to a better body!"

Caron Bosler

"We can all find 15 minutes a few times a week, in the comfort of our own home, to keep our bodies and minds in check. I encourage you to get off the sofa and get active!"

Tamara Hill-Norton - founder of sweatyBetty, the UK's leading activewear retailer

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All publicity enquiries re Caron Bosler to Sue Blake Media on:

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www.caronboslerpilates.com

www.dk.com

www.amazon.co.uk

Notes to Editors:

1. 15 Dance Workout by Caron Bosler, is published by DK in association with sweatyBetty and is part of the 15 Minute series which offers a new package in home exercising.

2. Caron Bosler holds a Masters Degree in Dance from Laban Contemporary Dance Centre, London and was a Merit Scholar from The Mercer Cunningham Dace Company. She is a Certified Pilates, Yoga and Aerobics Teacher, is qualified in Swedish and Deep Tissue Massage, Aromatherapy and holds a Reiki Masters.

3. Caron runs her Private Pilates Studio in West London. She is originally from Texas USA and has professionally performed with international choreographer, Stephan Koplowitz, both in the US and as part of Dance Umbrella in the UK. She has choreographed many pieces of her own work.

EXPANDED BIO BELOW

BIO - Caron Bosler

www.caronboslerpilates.com

Caron Bosler is an internationally acclaimed Pilates Expert originally from Houston, Texas. She has been in the UK for 10 years and has an established clientele and Pilates Studio situated in West London. She holds a Master Degree in Dance from Laban Contemporary Dance Centre, London, was on Merit Scholarship from The Merce Cunningham Dance Company and is also certified in Aerobics, Yoga and Massage.

She began her training in the Pilates Method aged 17 (she is now aged 35) and became a Certified Pilates Teacher in 1992, training in NYC at The Pilates Studio. After 5 years teaching Pilates and dancing in NYC Caron moved to London. In 1998 she received her Reiki Masters, In 2001 she studied Swedish Massage and then went on in 2003 to study Deep Tissue Massage and Aromatherapy. She is also an accomplished Yoga Teacher and did her Teacher Training in India at the Yoga Vida Dham in 2005 and studied at The Astanga Yoga Institute in Mysore, India in 2008.

Caron is an Author & Keynote Speaker/Conference Presenter. She guest teaches regularly in France, Italy and Greece. Her latest book, published by Dorling Kindersley (DK) in January 2009 is called 15 Minute Dance Workout. Her other titles include: Healthy Inspirations Absolute Pilates, Healthy Inspirations Yoga and Pilates Total Body Workout and Healthy Inspirations Massage (Silverdale).

Although Caron stopped dancing professionally at the age of 28, dance is at the heart of everything she teaches and does. The principles learnt while dancing - posture, elongation, moving from your core, poise, grace, fluidity and style - have transcended the stage and classroom to become part of her everyday life. Caron has given Private Pilates Classes for over 18 years around the world.

Her Private Pilates Studio is located in Brechin Place, SW7 (near Gloucester Road Tube). She is one of very few Pilates Experts in Central London to teach exclusively one-on-one training.

Caron works with a wide range of clients, both men and women and has achieved extraordinary results with Pilates clients suffering from Parkinson's Disease. She is a staunch believer in the connection of mind and body. Her Basement Studio has a zen-like quality and is a sanctuary for her private clientele.

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