



m.Bellish

Fashion & Lifestyle Salon

This is a free monthly fashion & lifestyle eNewsletter sent to you from m.Bellish for your viewing pleasure.

m.Bellish is an out-of-the box boutique fashion & lifestyle marketing+events company. We think big, and we take it there! It is our aim to be known as a unique and innovative organization that delivers value to our clients, adding measurable results to the bottom line. We hope to inspire you, our readers, to live the life of your dreams!

editor'sNOTE

The Total Body Expo at George R. Brown and the PIYOLET Expo at The Houstonian are on the horizon, so mark your calendars! Scroll the screen to learn more about both. I want to take these moments to express my absolute knowing that there is receiving in giving. I don't mean receiving tangibles, but a receiving that cannot be replaced or taken away.

A few days ago a new friend called me at the very last moment urgently needing things for a major event that she was helping to organize that was taking place in four days (and during the 4th of July weekend), and I could feel her stress from the tone in her voice message, to the end our conversation. Being in the events business myself, and wanting to do for her what I would want someone to do for me, I made a few phone calls and was able to give her much appreciated product for her VIP room. Upon delivery, and the day of the event, her eyes were red and tired, her face exhausted, yet she was elated by the contribution. I left with my spiritual cup runneth over that I was able to deliver to someone in their time of need, and folks there ain't no replacing that. Until next time.....give and it shall be given.

Peace,
Naima

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Roslyn Naima and Rebecca @
Commerce Towers

PROFILE PIYOLET (PI-pilates, YO-yoga, LET-ballet) founder roslyn bazzelle



m.Bellish: What is PIYOLET? We know it's a combination of pilates, yoga, and ballet, but what is it about?

Bazzelle: PIYOLET is a total body workout from the inside out. It's more of a method. It's focusing on yourself and releasing everything. It's getting into that pose, that moment, without trying to do a million things.

m.Bellish: How did PIYOLET come about?

Bazzelle: I started dancing at four. During my 13 years of professional dancing I danced modern, jazz and other styles, and when I started yoga I was like I'm not doing all of that chanting, but most yoga is not like that. Yoga is the best thing that ever happened to me. I was introduced to pilates through infomercials back in 2000. The magical thing for me was the strength, and stretching, and going internal that yoga did for me. So I found a fun way to combine certain elements of all three to create a fitness program. That's how PIYOLET came about.

m.Bellish: Can the average person do PIYOLET?

Bazzelle: I believe so. I teach to all levels, but I also tell people that if you couldn't do a split at 12 years old then you can't do one at 50, 60, or 70. (laughing)

m.Bellish: That's funny. What would most people be surprised to learn about you?

Bazzelle: People are surprised that I have a brain, that I'm an attorney, that I eat whatever I want, that I'm 33 years old, and that I'm able to get so much done.

m.Bellish: Tell me more about getting so much done.

Bazzelle: That's the beauty of PIYOLET. It teaches focus, so I am able to get more things done no matter what's going on around me. And a lot of my appreciation for health and fitness comes from my grandfather, who we called Big Daddy, and lived to be 104 years old. He got up early every morning, had a set meal, took care of his body, and his body went until it couldn't do any more, but there was nothing wrong with his mind. He is such an inspiration for my health and taking care of my body. He believed that less is more.

m.Bellish: Do you love your work?

Bazzelle: Absolutely! I'm a commercial real estate, corporate, and entertainment attorney with Weycer Kaplan Pulaski & Zuber, P.C.

m.Bellish: Favorite restaurant?

Bazzelle: It's depending on what type of food, but I love Houston's for their quality of food and quality customer service. Oh, and another thing that people are surprised to learn about me is that I don't eat meat and I love sugar!

To learn more about PIYOLET and for Roslyn's weekly calendar of classes visit www.piyolet.com.