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Gaiam and Trudie Styler Blend Fitness and the Art of Ballet With Trudie Styler's **Sculpt & Tone Ballet DVD**

NEW YORK, April 13 /PRNewswire-FirstCall/ -- Gaiam, Inc., the leading distributor of lifestyle media and fitness accessories, today announced the release of **Trudie Styler's Sculpt & Tone Ballet** featuring the actress, producer, and environmental activist. This is the fourth DVD release in the Trudie Styler mind body and fitness series that combine elements of yoga, Pilates and ballet with traditional exercises. It also features Trudie's personal celebrity fitness trainer James D'Silva, who trained as a ballet dancer in his native Goa.

Filmed at Il Palagio, the eco-friendly villa Styler shares with her husband Sting in Tuscany, **Trudie Styler's Sculpt & Tone Ballet** offers two 25-minute ballet workouts. The first workout is a barre routine designed to improve strength, balance, and posture, followed by a chair routine that uses conventional and modified ballet moves to increase flexibility while toning muscles.

"Ballet dancers are known for their extraordinary strength and grace," said William S. Sondheim, Gaiam President of Entertainment and World Wide Distribution. "With this new DVD, Trudie and James bring elegance and artistry to the everyday fitness routine in a way that will produce results."

Bonus features for the DVD include interviews with Styler, Sting, and D'Silva, with music from Sting's classical album *Songs from the Labyrinth*; a special Chakra Meditation with Styler and D'Silva; a behind-the-scenes look at the self-sustaining Il Palagio estate and the couple's organic wine production; and a step-by-step footwork tutorial designed to help beginners become accustomed to ballet moves.

Gaiam's Trudie Styler mind body and fitness series has been widely popular. The series has been featured on NBC's "Today," "The Rachael Ray Show," "Martha Stewart Show," "Access Hollywood," and in numerous print outlets including *Elle*, *Haute Living*, *Yoga Journal*, *Harper's Bazaar*, and more. The three DVDs in the collection are *Trudie Styler's Warrior Yoga*, a dynamic yoga routine that incorporates gentle, elongated positions for total-body strengthening; *Trudie Styler's Cardio Dance Flow*, a fun and fast-paced workout with high intensity cardio intervals for improved endurance and maximum toning; and *Trudie Styler's Core Strength Pilates*, an energizing full body workout perfect for maintaining strength and vitality.

The DVDs are available online and in retail stores wherever DVDs are sold.

[About Trudie Styler](#)

Trudie Styler is an actress, film producer, director, human rights activist, environmentalist, organic farmer, and UNICEF Ambassador. In 1988, Trudie and her husband Sting started the Rainforest Foundation, an organization devoted to protecting rainforests and their indigenous peoples. Trudie's charitable works for human rights and the environment have been recognized by many award-giving bodies. As an Ambassador for UNICEF, Trudie is committed to working to improve the lives of impoverished and exploited children all over the world. In 1990 Trudie and Sting moved to Lake House in the English countryside and, determined to raise their children on a fresh and healthy diet, set about converting the 200 acres of farmland to organic status. Trudie's passionate concerns for the environment and human rights motivate many of her career choices, and are reflected most clearly in her documentary films and fundraising activities

About GAIAM

Gaiam, Inc. (Nasdaq: GAIA) is a leading producer and marketer of lifestyle media and fitness accessories, with a 70,000 door retail distribution network, over 11,000 store within stores, a digital distribution platform and more than 8 million direct customers. With dominant share of the fitness and wellness market, Gaiam is dedicated to providing solutions for the many facets of healthy, eco-conscious living. The company's commitment to quality, coupled with a forward-thinking approach to merchandising and distribution, has allowed it to dominate the health and wellness category with celebrity talent Marisa Tomei, Valerie Bertinelli and Trudie Styler and fitness sensations Bob Greene, Rodney Yee, Mari Winsor and The Firm. In addition, the company releases non-theatrical programming focused on family entertainment under its exclusive licensing agreement with Discovery Communications and other licensing partners. For more information about Gaiam, please visit www.gaiam.com or call 1.800.869.3603.

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