

Authentic Pilates Stillwater

Notes from the Studio *New Year 2022*

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111 Cherry Street West | Stillwater | 651.439.9656

www.authenticpilatesstillwater.com

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Notes from the Studio *New Year 2022*

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Happy New Year! I hope everyone had a wonderful holiday and winter break away from the studio. It's hard to believe another year is upon us! I always enjoy reopening the studio after a break and seeing all of you back for your sessions and classes.

Authentic Pilates Stillwater is celebrating its **15th year** since opening to the first client! As I reflect on the years past I am grateful for all who have been a part of my studio. It is all of you that make the studio what it is today. Thank you.

To commemorate our 15 years, I am including my 15 Favorite Finds from past to present, 15 Favorite Books, and 15 Golden Rules. Also inside are two recipes that will get us through until spring and warmer days. Alexandra, who loves to read and is a writer of her own novels, has reviewed one of the books on the 15 Favorite Books list; you'll find her review inside as well.



The Inside Scoop

THE SIDE KICK SERIES: *(series continued from a previous newsletter)*

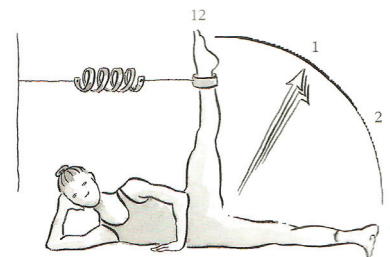
1. Front/Back *(see Spring/Summer 2020)*
2. **Up/Down** *(below)*
3. Small Circles
4. Side Passé
5. Inner-Thigh Lifts
6. Bicycle
7. Grande Ronde de Jambe
8. Transition: Heel Beats

Up / Down:

Up/Down Kicks work the hips, buttocks, and outer thighs and stretch your inner thigh muscles.

Step by step:

1. Take the Side Kick position that best suits your ability. Keep legs slightly turned out to disengage the quadriceps.
2. Inhale and lift your top leg straight up to the ceiling.
3. Exhale as you resist gravity on the way back down, stretching your leg long out of your hip as you go.
4. *Imagine your ankle is attached to a spring overhead* and use your powerhouse to control the movements.
5. Complete five sets and rest your heels together in the Pilates stance to prepare for Small Circles *(next newsletter)*.





Happy Heart Day! Give the gift of Pilates to a loved one. Authentic Pilates Stillwater gift certificates are available in any denomination and can be picked up at the studio.



Share a **Valrhona Hot Chocolate** with those closest to your heart. Find it at Cooks of Crocus Hill in downtown Stillwater.

Keeping You Updated – Reformer Reupholstering

The reformers are having a makeover. After a long wait for the upholstery to arrive, I am happy to say both reformers will be getting reupholstered, one at a time. If you are scheduled for a duet, we will work with other apparatus during your scheduled time. I can't wait to see both reformers when finished.

Studio Closed

The studio will be closed for Spring Break from March 7th through March 12th. Sessions and classes will resume Monday, March 14th.

Keep the Studio Healthy

Don't hesitate to cancel your session if you are not feeling well. If you have any symptoms of cold, flu or Covid, please stay home. Your session will not be marked or charged. A virtual lesson may be an option; inquire if interested.

Cancellation Policy

Thank you for your courtesy in observing a 24-hour cancellation policy for all scheduled sessions and classes. Sessions not canceled with a 24-hour notice will be charged and taken from your package. Exceptions apply for health reasons, see above.

Zippers

Thank you for avoiding wearing clothing with zippers to your sessions. Zippers cause damage to the leather on the apparatus.

The **goal** is to remain long and lifted in your torso as you kick your leg up and lengthen it back down. **Keys:** Your leg will be tempted to roll inward, so be sure to keep a slight turnout in the hip and thigh throughout. Lift your leg only as high as you can manage with it remaining straight. Remember to lengthen your leg from the hip on the way back down, as if you are pressing away from your torso. Imagine sliding a penny up the wall with your foot and pressing it into the wall on the way back down. Stay lifted in your upper body by pressing the crown of your head away from your hips. **No-no:** Do not sink into your waist or shoulders as you lift your leg to the ceiling.

Winter Parking

There is alternate parking on the street during the winter months. Odd and even days apply; the studio is located on the odd side. Please be extra careful coming down to the studio when icy and slippery conditions exist.

Mat Classes

Mat classes are 50 minutes in length, and offered in-studio or virtually. Please let me know if you plan to attend in-studio to be sure we have the proper space available.

7:00 pm Mondays/open level: Focusing on the classical Pilates sequencing. This class is tailored to those attending. It is taught with an open level in mind; there is always at least one surprise exercise introduced to make us all smile.

1:00 pm Fridays/intermediate – advanced: Tailored for those who know the traditional sequence of mat work, with focus on rhythm, tempo, dynamics. Advanced exercises from the traditional sequence of Pilates mat exercises will be introduced one at a time as we keep progressing.

Six Principles of Pilates

STRENGTH · **STRETCH** · **CONTROL** · **FOCUS** · **BREATH** · **FLOW**

POTATO LEEK SOUP

Serves 6

- 1 pound potatoes, peeled, quartered lengthwise, sliced
- 1 pound leeks, tough green parts removed, finely sliced salt
- 3 tablespoons unsalted butter

Add the potatoes and leeks to salted, boiling water and cook, covered, at a light boil until the potatoes begin to cook apart – or until, when one is pressed against the side of the saucepan with a wooden spoon, it offers no resistance to crushing – about 30 to 40 minutes, depending on the potatoes. Add the butter at the moment of serving, after removal from the heat.

From Simple French Food by Richard Olney

CROUTONS *to top soup:*

Line a cookie sheet with parchment paper and thinly slice a French baguette or any bread you may have on hand. Depending on the bread, I sometimes will cut thicker slices. Bread can be a day or two old. Spread bread slices on lined cookie sheet. Drizzle good olive oil on top and sprinkle with Kosher salt and fresh herbs.

Bake in a 375° oven until golden brown.



ORZO WITH PEAS & PARMESAN CHEESE

Serves 4 to 6

- pinch of salt
- 1 pound orzo
- 1 package frozen green peas
- 2 tablespoons good olive oil
- 3 tablespoons grated Parmesan cheese
- 1 bunch Italian parsley, coarsely chopped

Bring 4 to 5 quarts of water to a rolling boil. Add salt. Stir the orzo gently in the water and return to heat. Boil uncovered for about 8 minutes, until tender but firm to the bite.

Add peas. Cook 2 minutes until the peas are tender. Remove from heat and drain thoroughly. Transfer to a serving bowl. Stir in olive oil. Add Parmesan cheese and toss. Sprinkle with parsley and toss again.

From An Affair with a House by Bunny Williams



15 FAVORITE BOOKS FOR ALL AGES

- 1 *Ageless Beauty the French Way*
Clémence von Mueffling
- 2 *A Dog's Life*
Peter Mayle
- 3 *Accidentally Wes Anderson*
- 4 *The Wine Lover's Bucket List*
Simon J. Woolf
- 5 *Home Sweet Maison*
Danielle Postel-Vinay
- 6 *Dasher*
Matt Tavares
- 7 *The Art of Movement*
Ken Brower and Deborah Ory
NYC Dance Project
- 8 *Where is Claris in Paris*
Megan Hess
- 9 *Chocolate*
Mort Rosenblum
- 10 *Flora & Ulysses*
Kate DiCamillo
- 11 *The Mystery of Black Hollow Lane*
Julia Nobel
- 12 *The Ickabog*
J.K. Rowling
- 13 *When The Sea Turned To Silver*
Grace Lin
- 14 *Kiki and Coco in Paris*
Nina Gruener
- 15 *An Affair with a House*
Bunny Williams

A BOOK REVIEW FROM

ALEXANDRA



Do you like mysteries, London, and adventures? If that sounds interesting to you or your child, I recommend reading **The Mystery of Black Hollow Lane** by Julia Nobel. I read this book for Battle of the Books and fell in love with it. It's about a young 12 year old girl named Emmy who gets sent away to London, England, to a school named Wellsworth. There she meets two friends and all three of them try to figure out more about Emmy's dad who disappeared when Emmy was only three years old. After hard work, risks, and courage, Emmy and her friends finally get the answers they want in the end. Overall this book is amazing and I recommend it to anyone!

MY 15 GOLDEN RULES

1. Forgive and remember
2. Visualize your dreams
3. Always do your best; say what you mean; mean what you say
4. Trust your instincts
5. Perspective is everything; how you see yourself is what you will be
6. Follow what you know in your soul to be true
7. Make sure everyone you love feels it
8. Feel compassion for other people's sorrows and be inspired by their accomplishments
9. Always make time for love
10. Be bold, be courageous and always be you
11. Surround yourself with people who want the best for you, and act in kind
12. A perfect gift to yourself can be found in a local market's floral section
13. Always send a thank-you note for a gift
14. Be thankful
15. It's not *what* we have in life, but *who* we have in our life that counts

15 FAVORITE FINDS PAST TO PRESENT



Valrhona Brooklyn Cooking School
valrhona-chocolate.com

