

Authentic Pilates Stillwater

Notes from the Studio *Winter 2022 / 2023*

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111 Cherry Street West | Stillwater | 651.439.9656

www.authenticpilatesstillwater.com

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The temperature outside has begun to drop and the studio floor heat has been turned on to welcome all of you for your sessions. I am excited to be back in the studio after my trip to Scotland. I feel refreshed and recharged after a week's stay in the Scottish Borders ... beautiful countryside, castle and people. I am going to miss the morning breakfast each day that started with a cup of coffee served by a lovely woman named Mary, followed by a traditional Scottish full breakfast. Now home, I am going to try my best to continue this morning breakfast routine and not skip as you may know I so often do. I have posted some photos of the trip on the studio Instagram account (@StillwaterAuthenticPilates) and you will see how beautiful the countryside truly is, and get a glimpse of a day of driven pheasant shooting.

I am including two wintertime recipes, my Favorite Finds, Gift Ideas for the holidays inspired from my trip to Scotland, a book review by Alexandra, and an intermediate mat exercise sequencing card.

I wish you all a very merry, healthy and safe holiday season.

A stylized, handwritten signature in blue ink, consisting of a large, flowing letter 'M'.

The Inside Scoop

ROLLING LIKE A BALL – an abdominal exercise that improves balance and massages the spine.

Step by step:

1. Sit toward the front of your mat with your knees bent into your chest and grab your ankles. Keep your heels glued together and your elbows extended.
2. Open your knees slightly and lift your feet off the mat until you are balancing on your tailbone. Your chin is tucked into your chest and you should feel *you have taken on the roundness of a ball*.
3. Initiate the rolling by sinking your navel deep into your spine and falling backward, bringing your knees with you. Do not throw your head back to begin the movement.
4. Inhale as you roll back and exhale as you come forward, placing emphasis on pulling your heels in tightly to your buttocks as you come up.
5. *Imagine you are in a rocking chair that is about to tip over, and quickly bring yourself back up.*
6. Each time you come forward, “put on the brakes” and balance on your tailbone. Do not allow your feet to touch the mat.
7. Repeat Rolling Like a Ball five or six times and prepare for the Stomach Series by sitting back on your mat and pulling one knee into your chest.



The **goal** is to stay as tightly tucked as possible throughout the entire movement. **Keys:** Momentum is the key here – the more slowly you roll back, the less chance you have of making it back up! Try to feel each vertebra as it presses back into the mat, *like running up the scale of a xylophone*. Remember to pull your abdominals in and

keep your head and neck supported throughout the rolling movement. Keep your elbows extended. **No-no:** Do not allow your head to fly back and forth throughout the movement. Keep it securely tucked into your knees. Do not roll back onto your neck; think of stopping at the bottom of the shoulder blades instead. Do not allow your shoulders to creep up around your ears.

Welcome!

I am pleased to welcome Bernie Thompson to the studio, our fourth apprentice. Bernie was accepted into the Ramona's International Pilates program and will be doing her studio training / observation teaching in the studio. She has completed her basic and intermediate seminars, studio training and testing for the basic stage. There are three stages in total of training, so you will see Bernie in and out of the studio for the next year as she continues to move into stages of her training observing and teaching. Please welcome her!



Studio Closed

During the Christmas season, the studio will close Thursday, December 22 through Tuesday, December 27. Sessions resume Wednesday, December 28. The studio will also close Monday, January 2 through Wednesday, January 4. Sessions resume January 5.

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.

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.

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.

Zippers

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

Six Principles of Pilates

STRENGTH · STRETCH · CONTROL · FOCUS · BREATH · FLOW

New Rates

New rates will go into effect beginning January 1, 2023 as follows:

Introductory Package	3 Sessions \$210
Private	Single Session \$75 / Package of 10 Sessions \$690
Semi-Private / Duet	Single Session \$55 / Package of 10 Sessions \$490
Mat	Single Class \$20 / Package of 10 Classes \$180
Dancers / Skaters Advantage	3 Sessions \$180 / Ten Sessions \$550

Jump ahead into the New Year! Purchase up to two private or duet packages before January 1, 2023 at the current package price.



Gift Certificates

Holiday gift certificates are available in any denomination.

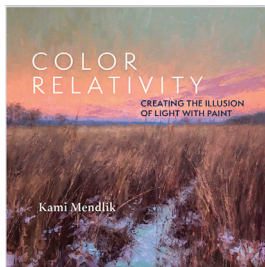
FAVORITE FINDS



Thirlestane Castle
Lauder, Scottish Borders
thirlestanecastle.co.uk



Hawico Scotland
Luxury Scottish
Cashmere
and Cashmere
Care Kit
hawico.com



3 Color Relativity
by Kami Mendlik
kamimendlik.com



1 Kenya 100% Natural
Soy Wax Candles
elkandwolf.com



2 Molton Brown London
Orange & Bergamot
Shower Gel
moltonbrown.com



3 The Scottish Fine Soaps
Company
scottishfinesoaps.com



4 Barbour Tartan Dog Coat
barbour.com



5 Clarins Everlasting Youth
Fluid Foundation
clarinsusa.com



7 Jo Malone
Blackberry & Bay Cologne
jomalone.com



6 The Mysterious
Benedict Society
by Trenton Lee Stewart
Available at Valley
Bookseller in Stillwater

GIFT IDEAS

Exercise Sequence Source: Pilates Body in Motion by Alyson Vingano



1 THE HUNDRED

2 ROLL UP

3 SINGLE LEG CIRCLES



4 ROLLING LIKE A BALL



5 SINGLE LEG STRETCH



6 DOUBLE LEG STRETCH



7 SINGLE STRAIGHT LEG STRETCH



8 DOUBLE STRAIGHT LEG STRETCH



9 CRISS-CROSS



10 SPINE STRETCH FORWARD



11 OPEN LEG ROCKER



12 CORKSCREW



13 SAW



14 NECK ROLL



15 SINGLE LEG KICK



16 DOUBLE LEG KICK



17 NECK PULL



18 SIDE KICKS SERIES



19 TEASER SERIES



20 SEAL

PURÉED LEEK, CARROT & POTATO SOUP

Serves 4-6

- 6 tablespoons unsalted butter
- 2 cups small bread cubes
- 1 cup diced carrots
- 2 medium Yukon Gold potatoes, peeled and diced
- 4 cups thinly sliced leeks (white and light green parts)
- 4 cups hot vegetable broth
- 1/2 cup light cream or milk
- 1 1/2 teaspoons grated ginger
- salt to taste
- 1/3 cup minced fresh flat-leaf parsley

Melt 2 tablespoons of the butter in a sauté pan over medium-low heat. Add the bread cubes and brown them on all sides, then transfer them to paper towels.

Melt the remaining 4 tablespoons of butter in a large, heavy-bottomed pot over low heat. Add the carrots and potatoes and cook until they soften but do not brown. Add the leeks and continue cooking until they look wilted. Slowly stir in the broth and bring the mixture to a boil. Lower the heat to a simmer, cover the pot, and cook for 30 minutes, or until the vegetables are very soft. Stir in the light cream.

Using an immersion or standard blender, purée the soup until it is smooth. It should have the consistency of light cream. If the soup seems too thick, stir in just enough milk to thin it down. Stir in the ginger. Taste and add salt as needed, then ladle into bowls and top with some of the croutons and a sprinkling of parsley.

From Tastes of Italia, Fall 2022



AMARETTI

Italian Almond Cookies with Pine Nuts

Makes 24 cookies

- 3 large egg whites
- 1 teaspoon almond extract
- 1 teaspoon vanilla extract
- 2 1/2 cups super fine almond flour
- 1 cup granulated sugar
- 1/2 teaspoon salt
- 1/2 cup pine nuts
- 1/3 cup powdered sugar

Preheat oven to 350°F. Line two baking sheets with parchment paper.

Beat the egg whites until soft peaks form. Add the almond extract and vanilla extract and beat to mix.

In a separate bowl combine the almond flour, sugar and salt and mix well. Fold the egg whites into the flour mixture until a batter forms.

Using a tablespoon, scoop the dough into balls and place on the parchment paper, 1 inch apart. Press the pine nuts into the balls.

Bake, rotating the sheets halfway through, for a total of 20 to 25 minutes, until golden brown. Remove, let cool on a rack, and top with powdered sugar, or dip them in semisweet chocolate that is melted in a heat-proof bowl over simmering water.

From Tastes of Italia, Fall 2022



ALEXANDRA'S MONTHLY BOOK REVIEW

The Mysterious Benedict Society by Trenton Lee Stewart

Look out! Whoops didn't see you there! The first book in the series, *The Mysterious Benedict Society* by Trenton Lee Stewart, is about four very talented orphans – Reynie Muldoon, Sticky Washington, Kate Wetherall, and Constance Contraire. All of these children have one thing in common: they are all alone in some way or another, and they each have special talents. After reading a newspaper article about a test for “GIFTED CHILDREN” all four decided to take the test. After all the tests had been finished and they all passed, they meet the genius himself, Mr. Benedict.

He is looking for a talented group of children to go on a secret mission to stop something called *The Emergency*. Everyone knew about *The Emergency*, which poisons people's minds. It makes people panic, feel afraid, and obey its feelings. All four kids decide to join Mr. Benedict in fighting *The Emergency* and infiltrate a school on Harbor Island, which is where Mr. Benedict believes *The Emergency* is being transmitted into messages. When the kids get there they go under cover trying to find as much information as possible about the sender of these messages and how they work to affect people's minds. With lots of Morse Code, late night meetings, and cover-up stories, I think this first book and the entire series is amazing and recommend it to anyone!

