

Authentic Pilates Stillwater

Notes from the Studio *Summer 2014*

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111 Cherry Street West | Stillwater | 651.439.9656

www.authenticpilatesstillwater.com

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Summer is here. The studio courtyard is lovely this time of year. With all the rain we have had, the boxwood is greener than ever, and the lavender and hydrangeas have bloomed to greet you at the door. There is something about the summer sunshine that I love. It is a time to let your hair down, stay up late, and jump into a playground of possibilities. Don't be afraid to go barefoot enjoy! For all the dancers who take part in the Dancers' Advantage Program, the summer workshop is going well. I am happy with your progress that I have seen in the last few weeks. It has been great to have you in the studio the extra days. I am sure many of you have heard me talk and reflect on my memories of Romana Kryzanowska, my master teacher out of New York. I still hear her voice as I teach now, and I want to advise you of what she taught me once: "Give out one pearl at a time, and then move forward cautiously and safely. Trust the work. It will serve you and the client well." I hope with each session you spend with me in the studio, you feel the work in your body and feel the benefits of what you are doing. Thank you for trusting me each week to meet your personal goals. I have included once again my Favorite Finds, a couple of Summer Must-Haves, and an Ina Garten delicious summer salad. Enjoy the rest of summer in a happy, healthy and beautiful body!

M

Welcome

I want to welcome a few new faces to the studio – Martha Krikava, Janelle St. Claire, Patricia Rollwagen, Dana Massopust, Pamela Peter, Judy Wallace, Monroe Maher, Roy Cranston, Alida Messenger, Jessica Appert, Amelia Bednar, Lola Wallace and Claire Paiement. Be sure to say hello!

Dancers' Advantage Program

Dancers Advantage Summer Workshop continues! New sessions start Tuesday, August 5th and Thursday, August 7th and continue thru until Tuesday, August 26th and Thursday, August 28th. Choose one day a week (Tuesday *or* Thursday) for 4 weeks at \$100, or choose two days a week (Tuesday *and* Thursday) for 4 weeks for \$200. Sign up sheet is in studio. *The focus:* the classical sequencing of the advanced mat and how to incorporate the magic circle.

Mat Classes

There will be an open class to all levels starting Tuesday, July 29th at 6pm. Starting Wednesday, July 30th at 6pm for 6 weeks, there will be a one hour magic circle mat class (\$180/6 weeks) available for five people. *The focus:* introducing all the different ways to incorporate the magic circle into the classical sequencing of the mat work. The magic circle can be a challenge. It will work to help balance the body from front to back and side to side. Sign up sheet in studio.

The Inside Scoop

The Mermaid concentrates on the muscles of the arms, shoulders and wrists. It also stretches the hips and waistline and helps to develop balance.

GOAL:

- To maintain a rigid body and perfect balance throughout.

KEYS:

- The key to this exercise is remaining lifted out of your shoulder throughout the movement.
- Stay firm in your center and lifted in your hips.
- Keep the movements slow and controlled to facilitate balance.
- Do not allow your body weight to sink into your wrist and shoulder.
- Keep your arm directly alongside your ear as you stretch overhead. Do not pitch your body forward as you go.



Complimentary Session

If you refer someone to the studio and he/she buys a package, you will get a complimentary session added on to your package.

Zippers

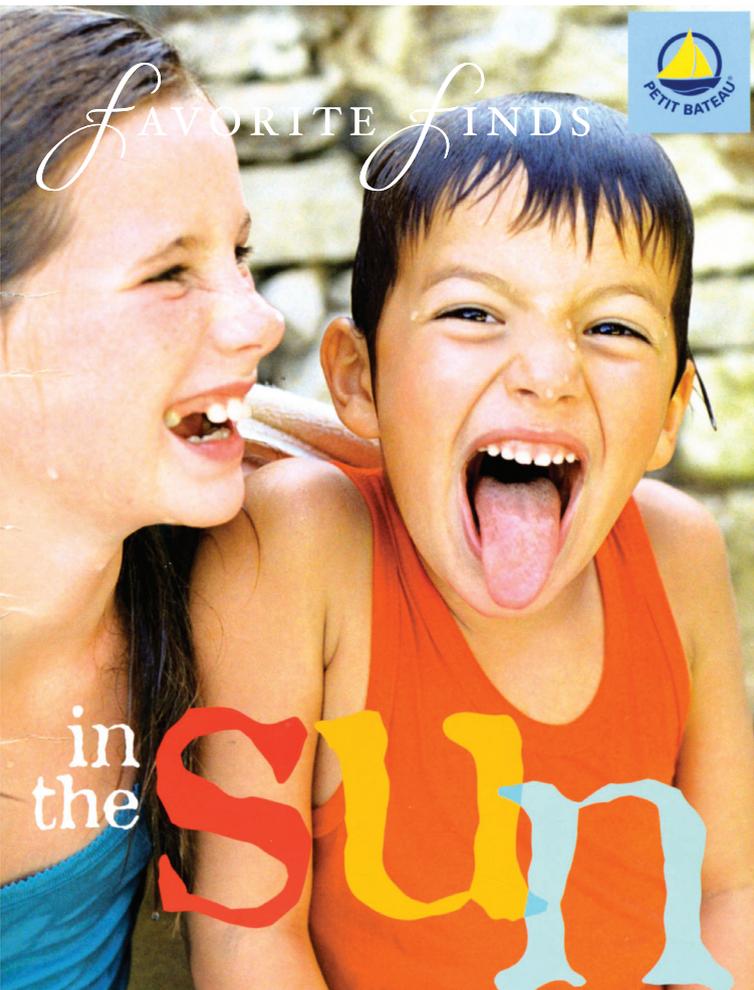
Thank you for avoiding wearing clothing with zippers to your sessions. Zippers cause damage to the leather on the apparatus, which is very costly to repair.

Cancellation Policy

Thank you for your courtesy in observing the 24-hour cancellation policy for all scheduled sessions and classes.

Gift Certificates

Gift certificates are available in any denomination.



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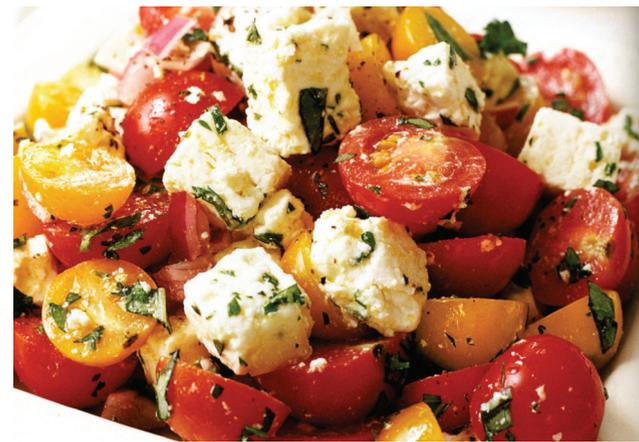
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TOMATO FETA SALAD
Serves 8

- 2 pints cherry tomatoes, red or mixed colors
- 3/4 cup small-diced red onion
- 2 tablespoons good white wine vinegar or champagne vinegar
- 3 tablespoons good olive oil
- 1 1/2 teaspoons kosher salt
- 1/2 teaspoon freshly ground black pepper
- 2 tablespoons chopped fresh basil leaves
- 2 tablespoons chopped fresh flat-leaf parsley
- 3/4 pound feta cheese

Cut the tomatoes in half and place them in a large bowl. Add the onion, vinegar, olive oil, salt, pepper, basil, and parsley and toss well.

Dice the feta into 1/2- to 3/4-inch dice, crumbling it as little as possible. Gently fold it into the salad and serve at room temperature.

From Ina Garten's "Barefoot Contessa at Home"