

# Authentic Pilates Stillwater

## Notes from the Studio *Winter 2013*

111 Cherry Street West | Stillwater | 651.439.9656

www.authenticpilatesstillwater.com

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## Notes from the Studio *Winter 2013*

The holidays are right around the corner, and the studio is buzzing with lots of activity. I want to wish all of you a very happy holiday season. I so enjoy this time of year when I can sit back, reflect on the year gone by and dream of the new year ahead. We have had a great year in the studio and I love the progress each one of you has made in your sessions. I thank you for being a part of my week and giving me the opportunity to teach and help you reach your personal goals. I hope you can pamper yourself this holiday season and take time to enjoy the samples of my new favorite finds. I have also included a warm and hearty recipe from Ina Garten's "Barefoot in Paris" cookbook. Stay warm and enjoy!



### Welcome

I want to welcome a few new faces to the studio – Solveig Neseth, Claire Paiement, Christine Geadreau, and Kimberly Ryan. Be sure to say hello!

### Winter Parking

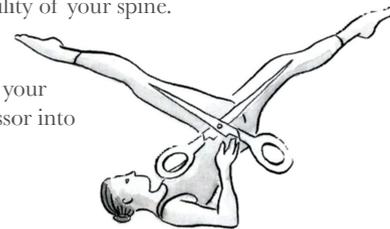
As the snow starts to fall, parking will be limited to one or two cars in the studio entrance parking area. I have made arrangements for plowing, however use caution and your own judgment if choosing to park there. Alternative parking is always available on Cherry Street.

## The Inside Scoop: The Scissors

Stretch your hip flexors, quads, and hamstrings while building strength in the powerhouse and increasing the flexibility of your spine.

### GOAL:

- To remain stable and controlled in your hips while allowing your legs to scissor into alternating straight-legged splits.



### KEYS:

- Keep lifting in your hips.
- Use your buttocks and abdominals to provide the strength necessary for this movement.
- To increase the stretch, think of reaching your ankles as far away from each other as possible as you pulse.
- Focus on the forward leg reaching away from you so that you do not sink into your neck and shoulders.
- Do not allow the weight of your body to rest solely on your neck and/or hands.
- Do not allow your knees to bend as you go. Stretch only as far as possible with straight legs.

## Dancer's Advantage

I'm happy and excited to announce the newly-designed Dancer's Advantage Program that is tailored exclusively for young dancers to help them reach a deeper, higher, stronger dance career. I welcome all of you young dancers to the studio and look forward to working with each and every one of you.

## 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.

## Studio Closed

The studio will be closed Christmas Eve evening (no evening sessions on December 24th), Wednesday, December 25th, and Thursday, December 26th. We will have normal sessions on Friday the 27th, Saturday the 28th, Monday the 30th, and Tuesday the 31st. No sessions on Wednesday, January 1st. All regular sessions resume on Thursday, January 2nd.

## Gift Certificates

Holiday gift certificates, socks and books are available for last minute holiday shopping!

## Now Accepting Credit Cards

The studio is now accepting Visa, Mastercard, Discover and American Express credit cards for payment.

## New Rates

Just a reminder that new rates for sessions and packages will be effective on January 1st.

## Cancellation Policy

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

## Keep the Studio Healthy

Please don't hesitate to cancel your session if you're not feeling well. Good health is important to us all.

## FAVORITE FINDS



### JO MALONE

Authentic, unexpected scents. For her. For him. Endlessly and effortlessly customized. Scents can be worn solo or layered for truly individual effects.



### CLARINS

Revolutionary anti-aging treatment firms, lifts and tones – smoothing lines and wrinkles in just 4 weeks. Clarins' powerful plant complex – with extracts of organic Green Banana, Lemon Thyme, Bocoa and Oat Sugars – rebuilds the bonds between collagen, elastin and cells, strengthening skin's architectures on every level.

**laura mercier**

### laura mercier foundation primer - radiance

The universal pearl tint creates a soft focus effect to minimize the look of imperfections with a radiant finish. Meant to be used prior to foundation, creating an invisible layer that acts as a buffer to outside elements. Leaves makeup looking fresh and color-true the entire day.

*Find all products at Nordstrom and Bergdorf Goodman (free shipping).*



### Lentil Sausage Soup

*Makes 4 quarts; serves 8 to 10.*

- 1 pound French green lentils
- 1/4 cup olive oil, plus extra for serving
- 4 cups diced yellow onions (3 large)
- 4 cups chopped leeks, white and light green parts only (2 leeks)
- 1 tablespoon minced garlic (2 large cloves)
- 1 tablespoon kosher salt
- 1 1/2 teaspoons freshly ground black pepper
- 1 tablespoons minced fresh thyme leaves
- 1 teaspoon cumin
- 3 cups medium-diced celery (8 stalks)
- 3 cups medium-diced carrots (4 to 6 carrots)
- 3 quarts chicken broth
- 1/4 cup tomato paste
- 1 pound kielbasa, cut in half lengthwise and sliced to 1/3 inch thick
- 2 tablespoons dry red wine
- freshly grated Parmesan cheese, for serving

In a large bowl, cover the lentils with boiling water and allow to sit for 15 minutes. Drain.

In a large stockpot over medium heat, heat the olive oil and sauté the onions, leeks, garlic, salt, pepper, thyme and cumin for 20 minutes, or until the vegetables are translucent and tender. Add the celery and carrots and sauté for another 10 minutes. Add the chicken stock, tomato paste, and drained lentils, cover and bring to a boil. Reduce the heat and simmer uncovered for 1 hour, or until the lentils are cooked through and tender. Check the seasonings. Add the kielbasa and red wine and simmer until the kielbasa is hot. Sere drizzled with olive oil and sprinkled with grated Parmesan.

*From "Barefoot in Paris" by Ina Garten*