

# Authentic Pilates Stillwater

## Notes from the Studio *Summer 2019*

111 Cherry Street West | Stillwater | 651.439.9656

www.authenticpilatesstillwater.com

## Authentic Pilates Stillwater

111 Cherry Street West | Stillwater | 651.439.9656

## Notes from the Studio *Summer 2019*

Happy summer! The studio is buzzing with good energy! It seems warmer days are here again with everything outside turning green! Looking forward to seeing all of you in the studio for your sessions and classes.

It's a great time of year to add an extra session or class to your week. Summer is here, and the schedule is being worked on so let me know if there are any changes to be made with your time and day. For those of you who have stepped away for a while and would like a single private tune-up or are ready to jump back into your Pilates practice, it would be great to see you back in the studio.

I can remember Romana Kryzanowska, my master teacher, sharing a saying straight from the mouth of Joseph Pilates himself: "EVERY MOMENT OF OUR LIFE CAN BE THE BEGINNING OF GREAT THINGS."

So let's JUMP - LEAP into summer! I'm including my summer Favorite Finds, along with a delicious Italian Orange Cake recipe.



## Apprentices

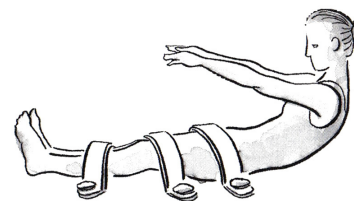
Thank you everyone for allowing the apprentices to work with you during your sessions. It's been wonderful to have them in the studio. Both Daniella and Pam have completed the program: Daniella finished in December and is teaching in a studio in St. Louis Park; Pam has completed all her exams and is finalizing her studio hours here and will be teaching in the studio. Welcome Pam! Sara Ring is in Hong Kong teaching and plans to be back this summer for a visit.

## The Inside Scoop

**THE ROLL-UP** stretches and strengthens the spine by articulating the vertebrae.

### Step by step:

1. Stretch out to your body's full length, the way you might stretch your waking body as you get up in the morning.
2. Squeeze your buttocks tightly and press the backs of your upper inner thighs together.
3. Flex your feet into the Pilates stance and bring your straight arms forward over your head.
4. As your arms pass over your chest, lift your head and inhale as you begin to roll up and forward.
5. Imagine that your lower body is strapped down to the mat, stabilizing you just below the hips.
6. In order to feel the articulation of your spine it is helpful to imagine this rhythm: Lift your chin to your chest, lift



your chest over your ribs, lift your ribs up over your belly, lift your belly up over your hips, and try to lift up out of your hips and over your thighs.

7. Exhale as your stretch forward with your hips while keeping your navel pulled back into your spine. This is opposition at work!

8. Initiate rolling back down by squeezing your buttocks and slightly tucking your tailbone underneath you. Inhale as you begin pulling your navel to your spine.

9. Reversing the sequence of the exercise, exhale as you feel each vertebra pressing into the mat beneath you. Keep squeezing the backs of your upper inner thighs together for stability.

10. When the backs of your shoulders touch the mat, lower your head and bring your arms over into a full-body stretch before beginning the movement again.

11. Complete three to five repetitions and end by lying flat on the mat with your arms long by your sides.

## Mat Classes

Four mat classes are offered each week. Mat sessions are 50 minutes in length. Each class can accommodate five people; use the sign-up sheets located in the studio to secure your spot. Please note there is a slight time change for Thursday's class from 11:10am to 11:00am.

**Monday 6pm** – *intermediate/advanced*, focusing on transition, memorization, tempo and flow.

**Monday 7pm** – *basic/beginner*, focusing on the foundation and beginning exercises in the classical mat sequencing.

**Thursday 11am** – *open level*, working on both classical sequencing and moving from one exercise to next with tempo and dynamic.

**Saturday 11am** – *open level*, working on both classical sequencing and moving from one exercise to next with tempo and dynamic.

## A Note About Session Lengths

All private and duet sessions are 50 to 55 minutes in length. Each session is tailored to the individual with a beginning, a middle, and a perfect ending, customized to body needs and goals.

## Summer Time Change

All 9:15am private and duet sessions will start at 9:00am for the summer.

## Keep the Studio Healthy

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

## Zippers / Socks

Thank you for not wearing clothing with zippers to your sessions. Zippers cause damage to the leather on the apparatus, which is very costly to repair.

Also, I would like everyone to have feet covered with socks or booties for all sessions and mat classes; no bare feet please. Socks are available for purchase if needed.

## Cubbies

To keep the studio functional and organized, when you arrive for your sessions and classes please place your keys and other belongings in the four cubbies located on the shelf straight ahead as you walk in, just above the clock.

## Cancellation Policy

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

## Complimentary Session

Refer a friend and get an extra session added to your package or single session.

## Coming Soon

The Studio will soon have Magic Circles for sale, as well as booties and fun toe socks.

## Looking Ahead / Summer Studio Closings

The studio will be closed on the following dates this summer:



- The 4th of July, in observance of Independence Day.
- Monday, July 22 through Friday, July 26.  
Sessions and classes will resume Saturday, July 27th.
- Tuesday, August 20 through Monday, August 26.  
Sessions and classes will resume Tuesday, August 27th.

# FAVORITE FINDS



**Onus Studio**  
Jewelry and Objects  
*onusstudio.com*



**Tastes of Italia**  
*tastesofitalia.com*



**Elle Print Dress**  
*valianteclothing.com*

## Dancer, Skater, Swimmer Workshop

### Moving with Intention

2 sessions offered; take one or both sessions.

Session I: Tuesdays & Thursdays, July 9 & 11, 16 & 18

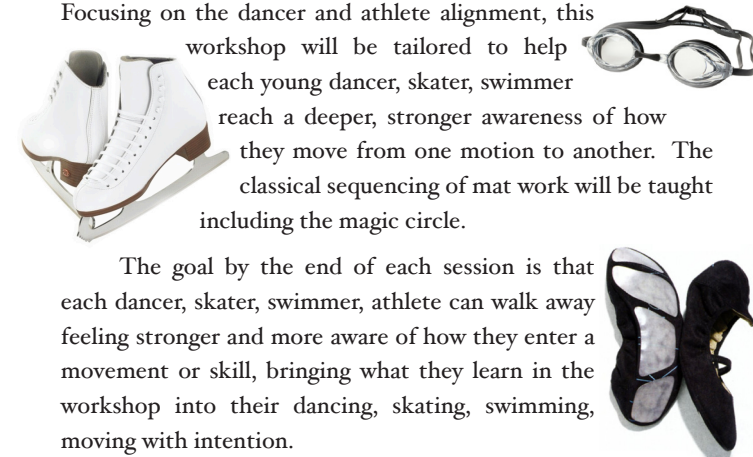
Session II: Tuesdays & Thursdays, August 6 & 8, 13 & 15

8:00am – 8:50am

Focusing on the dancer and athlete alignment, this workshop will be tailored to help each young dancer, skater, swimmer reach a deeper, stronger awareness of how they move from one motion to another. The classical sequencing of mat work will be taught including the magic circle.

The goal by the end of each session is that each dancer, skater, swimmer, athlete can walk away feeling stronger and more aware of how they enter a movement or skill, bringing what they learn in the workshop into their dancing, skating, swimming, moving with intention.

\$140 for one session; \$280 for both.  
Call to sign up. Limited space available.







*Come join me ...*

for a mid-summer garden party in  
the courtyard and studio to officially  
welcome Pam to the studio.

Wednesday, July 10th  
from 5:00pm to 7:30pm

Beverages and hors d'oeuvres will be served.  
[ Rain date to be announced, if needed. ]



## ORANGE CAKE *Torta All'Arancia*

1 1/2 cups all-purpose flour  
1/2 cup fine yellow cornmeal  
1 cup sugar  
2 teaspoons baking powder  
Pinch of salt  
5 large eggs  
Grated zest of 1 orange  
1/2 cup orange juice  
1/3 cup olive oil  
1/2 teaspoon almond extract

Preheat oven to 350°F. Spray a 9-inch springform pan with nonfat cooking spray. In a medium bowl combine flour, sugar, baking powder and salt. In a large bowl beat the remaining ingredients until well mixed. Stir in the flour mixture until well mixed. Pour the batter into pan and bake for 40 to 45 minutes or until a toothpick inserted into center of cake comes out clean. Remove and let cool. When cool, run a knife around the edge and remove the cake onto a serving plate. To serve, dust with powdered sugar and top with diced orange pieces. Makes 8 servings.

*Recipe from Tastes of Italia*

