

Authentic Pilates Stillwater

Notes from the Studio *Winter 2020*

.....

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 *Winter 2020*

.....

Happy holiday season! The holidays are upon us; I hope you find peace and joy as we move into December. I've added some extra sparkle in the studio courtyard with twinkly lights to guide you in for your sessions. Burlap covers the boxwood as we wait for the snow to return. It's my favorite time of year as the studio courtyard is still green, evergreens are in place and wreaths are ready to be hung.

Sessions and classes are going well as we move into our seventh month being open after the Governor's mandatory shut down in the late spring. It's been wonderful having most of you back in the studio and continuing virtual sessions for some. For those of you who have yet to step back into the studio and/or virtual sessions, I think of you often.

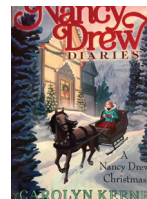
I'm including my favorite finds for the season, holiday gift giving ideas, and a recipe perfect for this holiday season at home. I wish you all a very merry, healthy and safe holiday season.



A little note from my polar bear girl, who has been spending much time in the studio with mom:

Winter is here! Soon the courtyard will be as white as a Persian cat! While I am waiting for the snow to come I am reading great books. If you have a child or someone you want to give a book to for the holidays here is one that I think you will enjoy!

Alexandra



The Inside Scoop

SPINE STRETCH FORWARD: articulates the spine and enhances good posture. It also stretches your hamstrings and empties stale air from your lungs.

Step by step:

1. Sit tall with legs extended in front of you and open to slightly wider than hips.
2. Straighten arms in front of you and flex your feet as *if you are pressing your heels into the wall across the room.*
3. Inhale and sit up even taller as *if the crown of your head were pressing up and through the ceiling* above.
4. Bring your chin to your chest and begin to round down toward your belly, forcing the air out of your lungs. *Imagine you are forming the letter C with your body.*
5. Exhale as you stretch forward, pulling in your abdominals. *Imagine you are stretching over a beach ball held between your legs. Squeeze the imaginary ball with your upper inner thighs* as you lift your chest up over the top.
6. Inhale and reverse the motion, *rolling up as if constrained by a wall behind you.*
7. Exhale as you return to your tall seated position, pressing your shoulders down and stretching your arms long in front of you. *Really feel you back stretching flat up against the imagined wall behind you.*
8. Repeat three times with the goal of increasing the stretch down the spine with each repetition. End by sitting tall and bending your knees toward your chest to prepare for Open-Leg Rocker.



The **goal** is to keep your hips stable and your belly pulling back as you round and stretch forward. **Key** is to make sure you are lifting from your powerhouse and

not initiating from your head; press shoulders down and away from ears as you roll forward; keep crown of head stretching toward the ceiling. Breathe through stretch and try to feel you are creating space between each vertebra as you roll up. **No-nos:** Do not let your knees roll inward as you stretch; roll not back but *up* as you return to your tall seated position; don't hold your breath. **Progression:** Try to increase the stretch by pulling deeper into your spine with each repetition.

Mat Classes

Mat classes are 50 minutes and are all virtual for the time being until further notice.

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.

11:00 am 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.

Virtual/Zoom Sessions

Privates, duets, and mat classes are all available via Zoom virtual sessions, by appointment. All sessions and classes are 50 minutes in length, and tailored individually for the client. Call to make an appointment.

Keeping Updated

The studio remains open. All sessions in the studio are one-on-one or duet (two at a time). Mat classes remain virtual following Governor Walz' COVID guidelines. Pam is back in the studio teaching on Thursday evenings – it's great having her back in the studio. The Reformers will be travelling to Pennsylvania for some upholstery repairs – I'll let you know when we have a confirmed date.



Studio Closed

The studio will be closed for a holiday/winter break Wednesday, December 23rd through Saturday, January 2nd; sessions and classes resume Monday, January 4th.

Pre-Recorded Sessions/Classes

Pre-recorded sessions/classes for Authentic Pilates Stillwater website are on the way. I am currently working on sessions tailored for a great work out from home at your convenience. There will be something for everyone. *Basic mat* – working on the foundation and the beginnings of knowing the Pilates box through the first basic exercises in the traditional Pilates mat work. *Intermediate mat* – working on the traditional Pilates sequencing as we know it. This class will move from beginning to end that will surely get your heart rate up and leave you with that Pilates glow we all love. *Advanced mat* – working on the complete advanced mat sequencing that will challenge and push us to the next place. Needed for this class are strength, flexibility and most importantly, control. Also included will be *Magic Circle Mat* and other great teachings straight from my master teacher Romana Kryzanowska, just as I learned from her.

These sessions/classes will be available in the new year. I will keep you updated.

Face Masks

Per Minnesota guidelines, please enter and exit the studio with your face covering in place; masks must be worn at all times in the studio.

Zippers

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

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.

Cancellation Policy

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

Keep the Studio Healthy

Now more than ever, don't hesitate to call and 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 is an option if you wish.

Gift Certificates

Gift certificates for the holidays and new year are available in any denomination and can be picked up at the studio. Certificates are good for both in-studio and virtual sessions.



FAVORITE FINDS



Decorative Antiques U.K.

Handcrafted wooden birdhouses, available in three sizes.

decorativeantiquesuk.com

2



IS Clinical

Solutions for skin irritations caused by masks.

Available from Brenda at bella-faccia.com in Stillwater

3



J. McLaughlin

A destination for defining style.

jmclaughlin.com

GIFT IDEAS



FOR HOLIDAY GIVING

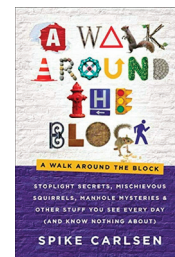
Books:

(available at Valley Bookseller, Stillwater)

A WALK AROUND THE BLOCK

by (Stillwater resident) Spike Carlsen

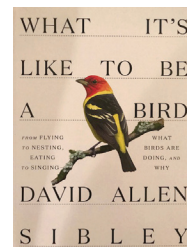
STOPLIGHT SECRETS, MISCHIEVOUS SQUIRRELS,
MANHOLE MYSTERIES & OTHER STUFF YOU SEE EVERY DAY
(AND KNOW NOTHING ABOUT)



WHAT IT'S LIKE TO BE A BIRD

by David Allen Sibley

FROM FLYING TO NESTING, EATING TO SINGING;
WHAT BIRDS ARE DOING, AND WHY



The White Company London

Cashmere bed socks \$49

Star pajama set \$109

thewhitecompany.com

HOMEMADE SANITIZER / SURFACE CLEANER

as used in the studio

- Isopropyl alcohol / 2 bottles
- Hydrogen peroxide / 4 tablespoons
- Vitamin E / 1 tablespoon
- Tea tree oil / 10 drops
- Sweet orange oil / 10 drops
- Lavender oil / 20 drops



Fill a clean, sterile spray bottle almost full with alcohol.

Add hydrogen peroxide, vitamin E and natural oils.

Gently shake to combine; ready for use!



POTAGE D'HIVER (Winter Soup)

- 1 pound potatoes, peeled and cut into 1" pieces
- 1/2 pound carrots, peeled and sliced
- 1/2 pound leeks, white part only, washed and sliced
- salt and freshly ground pepper
- 2 tablespoons finely chopped fresh parsley

1. Place the potatoes, carrots, and leeks in a large pot and add water to cover. Bring to a boil, reduce the heat to medium-low, and cover. Simmer until the vegetables are tender, about 20 minutes.
2. Remove from the heat and carefully pour the vegetables into a food mill or blender and purée, adding the cooking liquid until the desired consistency is attained. Be sure not to over-blend as the starch in the potatoes can make the soup's consistency become "gluey." Season to taste. Garnish with parsley and serve hot.

Serves 4-6

From French Women Don't Get Fat Cookbook, by Mireille Guiliano

