

# Authentic Pilates Stillwater

## Notes from the Studio

### *Fall 2011*

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111 Cherry Street West | Stillwater | 651.439.9656

### Notes from the Studio

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Welcome back, everyone! It has been great to have you all back in the Studio for sessions and classes. Fall is here, and I look forward to the change of season, and to helping each of you reach your goals. I would like to inform and share with you what to expect in the upcoming months.

### Katie

I want to formally welcome Katie Haslam to the Studio. Katie is a certified Pilates instructor who was also trained at True Pilates NYC. I am thrilled to have her teaching in the Studio. I will continue to be in and out of the Studio as Alexandra grows, and will be jumping in to teach when I can. I love seeing all of your faces each week and observing how each of you is progressing in so many ways.

### Studio Closed

The studio will be closed Friday, October 21st. Both Katie and I will be in NYC for continuing education.

Also, looking ahead to Thanksgiving, the Studio will be closed Wednesday, November 23rd through Friday, November 25th.

### Exercise of the Season

I would like to focus on a specific exercise each season from both the mat work and apparatus. This fall it will be the Teaser with the Push Bar, and the Criss-cross.

### Welcome

I want to welcome a few new faces to the studio – Kirsten Christopherson, Theresa Bennett, and Sandra Lynott. Be sure to say hello!

### A Fall Recipe

As the weather becomes cooler and we all are nestling in for the fall, I wanted to share a recipe for a comforting fall soup. I hope you enjoy it!

### On the Shelves

Be sure to check the shelves for useful books and videos for practicing Pilates away from the Studio.

Pilates books, DVDs and products are available to help you stay fit at home and while on vacation. Books are priced at \$18, DVD series at \$21, and the Magic Circle at \$30.

Authentic Pilates Stillwater tee shirts are still available in many styles, sizes and colors.

We now have an assortment of colorful toe socks available for \$10/pair.

### Gift Certificates

Gift certificates are available in any denomination.

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[www.authenticpilatesstillwater.com](http://www.authenticpilatesstillwater.com)