

# Authentic Pilates Stillwater

Notes from the Studio  
*New Year 2025*

.....

*Celebrating 18 Years!*

111 Cherry Street West | Stillwater | 651.439.9656

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

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Happy New Year! I hope the holiday season was a wonderful time and you are excited to step back into the studio after the break. For me, the holidays brought many performances, dinners and time with family and friends; such a joyous time and a gift in so many ways. As I step back into the studio with the New Year ahead, I have visions of fresh starts, and for all of us returning to the Pilates foundation with a deeper understanding. Celebrating going into year 18 of the studio opening, I am so excited to focus on the Pilates discipline as it is intended to be taught and for all of us to reach a higher level of understanding as we work in our sessions. I am including four wintertime recipes, my favorite finds for the New Year ahead, and a book review of Alexandra's. Pam, Bernie and I are grateful to see each and every one of you during the week for classes and sessions. Cheers to a great New Year ahead!

A stylized, cursive signature logo in a light blue color, resembling the letter 'M'.

**THE HUNDRED** is a breathing exercise meant to circulate your blood to warm up the body in preparation for the exercises to follow.

### Step by step:

1. Lie on your back and pull your knees into your chest. Inhale deeply, and as you exhale sink your chest and belly into the mat beneath you.
2. Keep that feeling of a weight pressing your torso down as you bring your head up to look at your belly (folding from your upper back and not your neck).
3. Stretch your arms long by your sides and reach forward until you feel the bottom of your shoulder blades sinking into the mat beneath you.
4. Straighten your legs to the ceiling, squeezing the buttocks and backs of the upper inner thighs together until no light comes through them.
5. Begin pumping your arms straight up and down as if you were slapping water. Keep movement slightly above the mat and your arms straight.
6. Inhale for five counts, exhale for five counts, reaching ever forward as you breath.
7. Lower your legs to a forty-five degree angle, or to the point just before your spine arches off the mat.
8. Maintain this position, pumping your arms and breathing for one hundred counts.
9. End by lowering your head and bringing your knees back into your chest before stretching yourself out to full length.



## Mat Classes

Mat classes are 50 minutes in length, and offered in-studio or virtually. Please let me know if you plan to attend in-studio to be sure we have the proper space available. **6:00pm Monday – 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.

## New Rates

The studio session and class rates have not changed in a couple of years and yet studio expenses have continued to rise. For this reason and for us to stay aligned with all other Ramona-trained studios, new session rates will go into effect beginning January 31, 2025 as follows:

**Introductory Package** – 3 sessions \$250

**Private** – single session \$85 / package of ten \$750

**Semi Private/ Duet** – single session \$65 / package of ten \$550

**Mat** – single class \$25 / package of ten classes \$210

**Advantage Program** (young students, dancers and athletes) –  
single session \$65 / package of ten \$590

***Jump ahead into the New Year! Purchase one private, duet or mat package before January 31, 2025 at the current package price.***

## Advantage Program

The Advantage program was set up originally for dancers back in 2007, when I moved back from New York City. I wanted to give back to the dance community.

As a dancer, I could see and feel the advantages Pilates gave me and I wanted to have young dancers have what I was so fortunate to have when I was dancing: Pilates. Over the years, I have recognized that not just young dancers could benefit from Pilates, but all young people. Whether a dancer, student or athlete, the Advantage program is set up to give all an advantage in life. This program has grown over the years and I am so thrilled to continue to offer Pilates to this young generation. If you are interested in learning more about this program, please stop me in the studio and I would love to share more.

## Seminar Intensives

I am introducing a series of Pilates Seminar Intensives. These are perfect for those of you who would like to step it up, dig deep into the Pilates system and have a deeper understanding of the work of Joseph Pilates. Whether you are a client, teacher, dancer, student or apprentice from other programs, I welcome you to this opportunity to learn the classical way of thinking that I have been so fortunate to gain from Ramona Kryzanowska, Joseph Pilates' protege. Sign-up sheets for the Seminar Intensive sessions will be hung on the studio bulletin board, with six spaces available for each seminar, minimum of three required. If you have any questions please reach out to me.

***All Seminar Intensive sessions are held on Saturdays 4pm-6pm, \$210.***

***Mat Intensive*** – January 25th & March 22nd

***Reformer Intensive*** – February 1st & March 29th

***Magic Circle Intensive*** – March 1st & April 5th

***Cadillac Intensive*** – March 8th & April 19th

## 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.

## Zippers

Thank you for avoiding wearing clothing with zippers to your sessions. Zippers cause damage to the leather on the apparatus.

## Keep the Studio Healthy

Don't hesitate to 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 may be an option; inquire if interested.

## Cancellation Policy

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

## Gift Certificates

Gift certificates are available in any denomination.



## Bourride

Makes 6 to 8 servings

The fish stew known as *bourride* is a seaside marvel served in nearly every restaurant in the ports, fishing villages, and resorts along Provence's coast, but home cooks can turn to this classic recipe to make every day dinners feel grand.

A defining characteristic of *bourride* is the creamy, garlicky aioli swirled into the broth, which makes it rich and aromatic. The stew is served with toasted bread smeared with the last of the aioli, ready to mop up every delicious drop. The aioli is a defining difference between *bourride* and *bouillabaisse*, another beloved French seafood stew. Some French cooks and eaters will bicker over the subtle differences between the two, but what these redolent regional stews have in common is the cook's artistry in making the most of the catch of the day.

- ¼ cup olive oil
  - 1 small yellow onion, diced
  - 1 small fennel bulb, diced
  - 2 celery stalks, diced
  - 2 small leeks (white parts only), chopped
  - 2 garlic cloves, minced
  - 1 bay leaf
  - 1½ cups dry white wine
  - 4 cups fish or seafood stock
  - 2 cups water
  - ½ pound fingerling potatoes, halved lengthwise
  - 2 pounds boneless, skinless halibut or other thick, white fish fillets, cut in 1-inch chunks
  - 1½ cups Aioli (recipe follows), divided
  - Kosher salt
  - Freshly ground black pepper
- GARNISH WITH**  
Chopped flat-leaf parsley and dry sherry (optional)
- SERVE WITH**  
Toasted slices of rustic bread and the remaining aioli

In a large, heavy pot over medium heat, warm the oil. Stir in the onion, fennel, celery, leeks, garlic, and bay leaf and cook, stirring often, until tender but not browned, 10 to 15 minutes.

Stir in the wine and simmer until reduced by half, about 15 minutes.

Stir in the stock and water and bring to a boil. Add the potatoes and cook until tender, about 10 minutes. Strain and reserve the broth and set aside the vegetables. Return the broth to the pot and add the fish. Simmer until firm, 2 to 3 minutes. Divide the fish among serving bowls.

In a small bowl, whisk together ½ cup of the aioli with ¼ cup of hot broth to temper it. Whisk the tempered aioli into the pot of broth. Return the reserved vegetables to the broth and rewarm over low heat. Season with salt and pepper. Ladle over the fish. Garnish with parsley and a splash of sherry, if using. Serve hot with toast and the remaining aioli.





Salad Lyonnaise

Makes 4 servings

For many people, the first and foremost French salad that comes to mind is a classic *salade Lyonnaise*. It is timeless and deeply satisfying, and is how many Americans first fall in love with bacon lardons. The salad is deceptively simple, but that's because each ingredient is special and comes together to create an unbeatable combination of flavors and textures that might add up to what might be the greatest salad in the world. There is no better reason to learn to poach eggs.

8 ounces frisée, torn into large, bite-sized pieces

Place the frisée in a medium bowl.

4 ounces slab or thick-sliced bacon, cut into lardons

In a medium saucepan over medium heat, cook the bacon until rendered and deeply browned, about 8 minutes. Stir in the shallots and cook 1 minute. Reduce the heat to low, and whisk in the vinegar and mustard. Pour the warm dressing over the frisée and toss to coat. Divide evenly among four serving plates.

2 shallots, very finely chopped

2 tablespoons red wine vinegar

1 teaspoon Dijon mustard

4 large eggs

Kosher salt

Freshly ground black pepper

Fill a large skillet with 2 to 3 inches inch of salted water and bring to a bare simmer over medium heat. Crack each egg into its own small cup or ramekin. Use a spoon handle to quickly swirl water to form a whirlpool along one side of the skillet. Slip one egg into the center of the whirlpool. Quickly repeat with the remaining eggs, spacing them evenly around the skillet.

Cover the pan and let cook undisturbed until the whites are set, about 5 minutes. Lift the eggs from the water with a slotted spoon, blot dry, and place an egg on each salad. Sprinkle with salt and pepper and serve at once.



Ingredient

In this recipe, slab bacon is cut into small strips or cubes called *lardons* that cook evenly and render plenty of tasty bacon fat. The thick cut makes the bacon a bit chewy and meatier than strips of American breakfast-style bacon. However, don't let a lack of proper lardons keep you from making a recipe that calls for them; just use the best thick-cut bacon you can find.



Galette de Pommes de Terre

Makes 4 to 6 servings

Like most Europeans, the French didn't eat potatoes when they first became available because potatoes are nightshades, a category of plants once regarded as cursed and poisonous. Potatoes didn't become a fashionable item on French menus until the mid-18th century when Antoine-Augustin Parmentier, an ardent fan and promoter of potatoes and other nourishing foods, created a feast of only potato dishes to serve in the court of King Louis XIV. Dozens of potato recipes are now cornerstones of French cooking, reflecting the country's great culinary tradition of making humble ingredients feel special. Consider the potato galette a prime example.

Thin rounds of potato are layered in a skillet with garlic, butter, and herbs and baked until irresistibly golden brown and crisp—proof that a simple side dish can steal the show on a dinner table. Be sure to use starchy russet potatoes because the recipe isn't as successful with waxier varieties such as Red Bliss. Potato galettes are very easy to make, and you can tell your guests that it is a dish fit for a king.

3 medium russet potatoes

Preheat the oven to 400°F.

1 tablespoon vegetable oil

1 tablespoon finely chopped garlic

Peel the potatoes. Use a mandoline or other adjustable-blade vegetable slicer to cut them into thin, uniform rounds about 1/8-inch-thick. Blot them dry, cover with a damp towel to reduce discoloration, and set aside. In a 9- or 10-inch cast-iron skillet over medium-high heat, warm the oil. Add the garlic and cook, stirring constantly, until fragrant, about 30 seconds. Remove the pan from the heat and spread the garlic evenly over the bottom of the skillet. Arrange a layer of potato slices in a concentric pattern, overlapping their edges slightly. Brush with melted butter and sprinkle with salt. Repeat with the remaining potatoes to form at least 2 additional layers, adding more butter and salt between each.

1 tablespoon unsalted butter, melted

Kosher salt

Freshly ground black pepper

1/2 teaspoon chopped fresh rosemary

1/2 teaspoon chopped fresh thyme

1/4 teaspoon freshly grated nutmeg

Place the skillet over medium-high heat and cook until the potatoes begin to sizzle. Transfer the skillet to the oven and bake until the potatoes are golden brown, fork tender in the center, crisp on the edge, and beginning to pull away from the sides of the dish, about 15 minutes.

Sprinkle the hot potatoes with salt, pepper, rosemary, thyme, and nutmeg. Let stand 5 minutes, then cut into wedges and serve warm.





## Garlic and Herb Gougères

Makes 2 dozen

The airy cheese puffs known as *gougères* make fantastic hors d'oeuvres. Served warm or at room temperature, they are often the first morsel delivered to the table in the restaurants and cafes of Burgundy. They start with *pâte à choux*, the same dough used for cream puffs, éclairs, and profiteroles, but the dough for *gougères* is infused with freshly grated Gruyère, rather than filled with pastry cream. *Pâte à choux* is often among the first pastry recipes taught to French culinary students because the technique is actually quite easy.

Despite their delicacy, *gougères* are a reliable make-ahead item to keep in your freezer. Simply freeze the uncooked *gougères* right on the baking sheet after piping. When solid, transfer them into a freezer bag. There's no need to thaw them before baking. Just pop them back onto a pan and bake as directed, adding 1 to 2 additional minutes in the oven. With *gougères* in the freezer and a bottle of bubbly in the fridge, a party is always just minutes away.

½ cup water	Preheat the oven to 400°F.
½ cup whole milk	
10 tablespoons unsalted butter	In a medium saucepan, bring the water, milk, and butter to a boil, stirring occasionally to melt the butter. Add the flour and stir vigorously until the mixture is smooth and thick. Continue cooking, stirring constantly, until the dough pulls away from the sides of the pan, about 2 minutes. Transfer to a large bowl and let stand until the dough no longer steams and is warm to the touch, 3 to 5 minutes.
1 cup all-purpose flour	
4 large eggs	
1 cup freshly grated Gruyère	
1 tablespoon chopped fresh thyme	Add the eggs, one at a time, stirring vigorously until well blended after each addition. Stir in the cheese, thyme, rosemary, garlic, salt, pepper, and nutmeg.
1 tablespoon chopped fresh rosemary	
1 garlic clove, finely chopped	
½ teaspoon kosher salt	
¼ teaspoon freshly ground black pepper	Place the dough in a pastry bag fitted with a 1-inch tip. Line a baking sheet with parchment paper or a silicone mat and pipe mounds the size of walnuts onto the prepared sheet, spacing them 2 inches apart. (Alternatively, pipe the dough from a sturdy freezer bag with one corner snipped away or portion it with a ½-ounce ice cream scoop or two spoons. Use a dampened fingertip to pat down any dimples on top of the mounds.)
Pinch of freshly grated nutmeg	
	Bake until puffed and golden brown, about 20 minutes. Serve warm or at room temperature.

## A BOOK REVIEW FROM

ALEXANDRA



The first young adult book, **The Inheritance Games**, in The Inheritance Games Series **by Jennifer Lynn**, is a fantastic read to start off the new year. Avery Grambs, a poor seventeen year old girl who has just recently lost her mother, only has her step sister and her dead beat dad who is out of the picture, as family. Avery is smart and already has a plan for her future. She'll graduate high school next year with at least two semesters of college credit scores that should give her a scholarship to one of the best schools with an actuarial science program. That plan all changes when Grayson Hawthorne, one of the four grandsons of recently passed Tobias Hawthorne, who was one of the richest men in the United States, comes to Avery's school to tell her she was included in his will. Avery, who has never met or heard of Tobias, doesn't know what to expect as she travels to Texas for the hearing of the will. In a span of twenty four hours, Avery's life has completely turned and is now full of mystery and mixed opinions from others. Why did Tobias Hawthorne include her in his will? Did he know her mother? Is she part of one of Tobias Hawthorne's games he would challenge his grandsons to? Or as some think, did she threaten or bribe Mr. Hawthorne to get into his will? Only one way to find out!

# FAVORITE FINDS

1



Farrow & Ball Paint & Paper  
Color No. 25 Pigeon  
farrow-ball.com

2



Maison Louis Marie  
No. 02 - Le Long Fond Eau de Parfum  
maisonlouismarie.com

PETITE PLUME



3

Petite Plume  
Men's and women's pajamas, cashmere slippers  
petite-plume.com

4



The Poetry Pharmacy  
Dispensing poetry since 2011  
poetrypharmacy.co.uk



5

Cooks | Bellecour  
Cooking Classes, Grand Ave and Edina  
cooksbellecour.com



## Macarons

MAKES 36 SHELLS or 15 FILLED COOKIES Recipe adapted from  
King Arthur Baking Co

### Ingredients

67g Granulated Sugar  
113g Almond Flour  
170g Powdered Sugar  
3ea Large Egg Whites  
¼ teaspoon Salt

### Steps

Sift almond flour and powdered sugar through a fine  
sifter. This breaks up clumps and takes out larger  
pieces of almond or sugar.

Whip egg whites on medium speed. While the  
mixer is running, slowly add the granulated sugar.  
Whip until stiff and glossy. If you're adding colors,  
add them at this stage.

Take the bowl off the mixer and pour ½ of the sugar  
and almond flour mixture into the bowl with the egg  
whites. Using a spatula, fold the dries in from the  
bottom of the bowl upwards. When the dries are  
almost all mixed, add the second half. Mix gently  
until homogenous.

When you pick up the spatula and drizzle the  
batter on top of itself, it should hold it's shape for  
10-15 seconds before flowing back into the batter.

Scoop batter into a piping bag fitted with a round tip,  
and pipe in desired shape. They can be piped pretty  
close together.

Allow piped macarons to sit at room temperature  
for approximately 1 hour, or until a thin shell has  
dried on top of the piped cookies.

Bake at 275F for 25-30 minutes.

## Buttercream

MAKES 4 CUPS

### Ingredients

1 pound soft butter  
150g egg whites  
250g sugar (+3 Tablespoons water)  
8g vanilla  
4g salt



### For Adding Flavors:

- Raspberry - add 4T of raspberry puree or crushed  
freeze dried raspberries to 1qt of buttercream
- Pistachio - add 4T of pistachio paste to 1qt of  
buttercream (recipe for homemade pistachio paste  
attached)
- Brown Sugar Caramel - keep buttercream as is.  
Pipe in a circle around the outside of the macaron  
shell, and fill with warm brown sugar caramel  
sauce.

### Steps

In a small sauce pot, heat sugar and water over high  
heat until 240°F. - In the bowl of the mixer, add the egg  
whites, vanilla, and salt. When the sugar syrup reaches  
240F, turn the mixer on to high speed.

Slowly, in an even stream, pour the sugar syrup into  
the whipping whites. It's best to try to aim the stream  
down the side of the bowl or between the whip  
attachment and the side of the bowl.

Continue whipping until glossy and stiff. When the  
bowl feels just slightly warm, begin adding the  
butter, a few small pieces at a time.

If added slowly enough, and at a time when the bowl  
was cool enough, the buttercream should whip  
perfectly. If the mixture looks broken and soupy, stop  
adding butter and place the whole bowl in the freezer  
for 5 minutes before trying to whip again.