

# Authentic Pilates Stillwater

Notes from the Studio

Summer 2011

## Authentic Pilates Stillwater

111 Cherry Street West | Stillwater | 651.439.9656

### Notes from the Studio

Summer 2011

Hi everyone! It looks like summer has finally arrived. I am looking forward to the studio reopening, and to reconnecting with all of you. Thank you for all of your visits. For those of you who haven't yet met little Alexandra, I am enclosing a photo of her. She is a joy!

### Guest Sessions

I was so pleased to have had Tia Fink and Julia Hartsman visit the studio and teach while I took some "mommy time." I hope that those of you who took sessions found them to be enjoyable and invigorating. For those that came for a guest session and did not make payment at that time, I have deducted the amount from your package balances.

### Studio Reopening

I am so thrilled to reopen the studio on Monday, July 18th. I am also very excited to announce that Katie Haslam will be joining Authentic Pilates Stillwater to teach on a regular basis. Katie is trained and

certified in the True Pilates Method in New York, the same institution in which I received my certification. She has been living and teaching in New Zealand, and has recently relocated to Stillwater. I feel very confident in her teaching ability, and I look forward to each of you meeting and welcoming her to the studio. When you arrive for your sessions, either Katie or I will be teaching.

Many of you have remaining balances on your packages, which we will begin using again when the studio reopens. I will review your package balances with you on your first session.

### Studio Hours

The studio hours will remain the same for regularly-scheduled sessions, however I am adding 6:30am time slots on Tuesdays and Thursdays. If you are interested in this earlier session time, please contact me.

### The Basic Eight

To get prepared for the studio's reopening, here are eight exercises to do on a daily basis between now and July 18th.



SINGLE LEG STRETCH



DOUBLE LEG STRETCH



SINGLE STRAIGHT LEG



DOUBLE STRAIGHT LEG



HUNDRED



ROLLING LIKE A BALL



CRISS-CROSS



SPINE STRETCH FORWARD

111 Cherry Street West | Stillwater | 651.439.9656

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