

# Authentic Pilates Stillwater

Notes from the Studio  
*Spring / Summer 2020*

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111 Cherry Street West | Stillwater | 651.439.9656

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

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Happy Spring! I hope you all have been able to get out and enjoy this beautiful Spring weather. The studio courtyard is looking very green with its boxwood hedge. Pots of lavender, thyme, and oregano await your return to the studio for sessions and classes. Virtual sessions and classes are going great as we enter week 8 being away from the studio. It's wonderful to see those of you who are taking sessions and classes each week virtually. If you are not taking virtual sessions or classes at this time and would like to try, I would be happy to schedule you.

Preparation for reopening the studio for sessions and classes is on its way. We will wait for the Governor's direction on the safe reopening of businesses and employ all the guidelines for keeping the studio healthy.

I'm including my Favorite Finds, two fresh and light Spring recipes, a healthy breakfast smoothie, good habits to get into and smart body streamlining.

## The Inside Scoop

**SIDE KICKS – FRONT / BACK KICKS:** Front/Back Kicks work the back of your hips and buttocks, stretch your hamstrings, and improve balance.

**Step by step:**

1. Take the Side Kick position that best suits your ability.
2. Lift your top leg to hip height and turn it out ever so slightly from the hip to disengage the thigh.
3. Inhale, pressing your navel deep into your spine.
4. Swing your leg to the front and pulse it twice (like two small kicks) as far forward as it will go without rocking forward in your hips or scrunching in your waist.
5. Exhale as you swing your leg back, reaching for the back corner of the room.
6. *Imagine balancing cups of hot coffee on your shoulder and do not rattle the cups as you go.*
7. Repeat no more than ten times and bring your heels back together to prepare for Up/Down Kicks.



The **goal** is to maintain a long, perfectly stable torso as you swing your leg front and back. **Key** is to make sure your legs are long and straight without gripping your muscles. Use your powerhouse to stabilize your torso. **No-nos:** Do not allow your hips or shoulders to rock back and forth as you go; don't allow your leg to bend completely or you will lose the stability in your hips; do not let your foot or leg drop below the height of your hip as you perform the sequence. **Progression:** Begin with small kicks front and back and gradually increase your range of motion without wobbling.

## Virtual / Zoom Sessions

**Privates, Duets, and Mat Classes** by appointment only. All sessions and classes are tailored individually for the client. What to expect in your virtual sessions and classes: Mat, Reformer Mat, Swiss Ball, Magic Circle, Arm Weights, Thera-band, and The Wall. All sessions and classes are 50 to 55 minutes long, working from the Pilates box initiating movement from the center out. You can expect to walk away feeling more connected, stronger, energized, and rejuvenated.

## Keeping Updated

Due to Minnesota Governor Walz's announcement extending the stay-at-home order through May 18th, the studio will remain closed for in-studio private / duet sessions and mat classes through the end of May. I will keep you updated and informed as to when sessions and classes will resume in the studio with the guidance and guidelines the governor provides moving forward, and placing extra precautionary measures to ensure a safe and healthy environment for our community and studio for all sessions and classes. I am hoping for in-studio sessions to begin on June 8th; I will be reaching out to you individually on scheduling.

## Looking Ahead

Some of you have shared that you love your sessions and classes from home and would like to continue virtual sessions even after the studio re-opens. Virtual sessions will remain an option as we move forward and I will talk to each of you individually. I am thinking it would be nice to keep one or two virtual mat classes a week after the studio re-opens as well. This will be a great way to add a mat class into the week without travel and also for those of you who are taking classes from

afar (New York, Colorado, and California). I love seeing you each week virtually for classes and sessions.

With all that said, I miss the energy coming and going in the studio and I look forward to getting back to seeing you in the studio at your normal or newly scheduled times.

## Preparation for Re-opening the Studio / Covid Measures

The cleanliness of the studio is always a top priority, now more than ever. In addition to regular cleaning procedures, increased sanitization will be done between every session. All surfaces and handles will be wiped down with Clorox/ alcohol-base wipes. Additionally:

- Sessions and classes will be staggered with 10 minutes in between each session and class.
- Reformers and mats will be spaced apart from each other for duets and mat classes, maintaining distance.
- As before our mandated closure of in-studio sessions/classes, I am asking everyone to wash hands upon entering and leaving the studio.
- 100% white cotton masks will be available for clients to wear (optional, pending Gov. Walz orders after May 18); I will be teaching in a mask.
- Be mindful of staying home if you or a family member is unwell; do not hesitate to cancel a session or class.

## Wall Units

The studio has plans to add wall units in the back space which will allow us to have Tower classes and also great for our private and duet sessions. The Tower class and sessions will allow us to work on exercises that we normally do on the Cadillac, but one or more can do together. It will be a great addition to the studio moving forward. More to come on this.

## Payment for Virtual Sessions

When it's time for package renewal during this time that we are having virtual sessions, I will let each of you know during your virtual session that your ready for a new package. Payment can be made during our virtual session with credit card or check by mail. I will send a copy of your completed dated package slip to your email or phone.

## Six Principles of Pilates

**STRENGTH · STRETCH · CONTROL · FOCUS · BREATH · FLOW**

## Pre-Recorded Mat Class

I am working on pre recorded mat classes to be located on the APS website. These classes will be offered in all levels: basic, intermediate, advanced, magic circle basic, and magic circle intermediate. I will keep you updated as to when these will be available.



# FAVORITE FINDS



1

## Felix Gray

Blue Light filtering and glare eliminating lenses keep your eyes happy in today's screen-filled world.

[shopfelixgray.com](http://shopfelixgray.com)



2

## La Mer

The Revitalizing Hydrating Serum  
Available online from Nordstrom



3

Tastes of Italia  
[tastesofitalia.com](http://tastesofitalia.com)



4

Christy Dawn Dresses  
[christydawn.com](http://christydawn.com)



## SMART BODY STREAMLINING



**Get to know yourself.** Become aware of your daily habits, both good and bad. Keep a journal for a few days and write down when and what you eat and drink, any physical exercise, moments of relaxation and your general mood. This will help you determine where you need to make changes to help you achieve your goals.

**Start a body beauty program** by adopting a positive change that is most appealing to you. You will stick to this new program more easily and the results will speak for themselves.

**Choose the right time.** Avoid moments of great fatigue and/or stress when beginning a weight-loss program. You'll know when the time is right.

**Give yourself time.** Taking weight off *slowly* guarantees lasting results.

**Be consistent.** Regardless of your goals, consistency is the key. Maintain your healthy diet and regular body care.

**Share your new body beauty goals.** Feel good about explaining your weight-loss goals with family and friends. When invited for meals, let them know that there are plenty of low calorie dishes you can enjoy.

**Stand up straight!** Good posture (head up, shoulders back) promotes a nicer silhouette. Trade in a slouch for a more confident, positive stance.

**Dare to wear color.** Yes, black is slimming, but bright colors can positively influence the way you feel. Baggy cloths will not hide your figure but rather communicate your unhappiness about the way you look.

**Take care of your body.** Regularly wax areas that need it, wear pretty underwear ... these small but important details will make you feel more beautiful right away.

**Sleep.** Beauty sleep is essential. Try to maintain regular bed times and avoid stimulants after midday. Sleep in a cool, well-ventilated bedroom.

**Reserve a few moments a day just for you.** Time out for you is important for yourself and also for those around you.

**Walk as often as possible** (at least 30 minutes every day). Take the stairs whenever possible and try to find time to go swimming with a friend.

## GOOD HABITS TO GET INTO

- Avoid wearing knee-hi panty-hose and tight clothing that slow down circulation.
- Raise legs slightly when sleeping.
- If you spend a lot of time sitting, get up and walk around often.
- If you spend a lot of time standing, move your ankles around to help stimulate circulation.
- Take the stairs whenever possible.
- Don't cross your legs.
- Keep cool! Take a cool shower in the morning and run the water over your body beginning at the ankles and working up to the waist.
- Go for a swim: your legs get a work out without having to support your body weight.
- Walk at least 30 minutes every day.



- Try not to use water that is too hot when bathing or showering. Hot water is firm skin's greatest enemy.
- Eat foods high in protein.
- Maintain a constant weight. Gaining-losing-gaining weight fluctuations lead to a decrease in the skin's elasticity over time.
- Smart sun protection, intelligent tanning: excessive sun exposure can accelerate the skin aging process, leaving the skin dry and wrinkled.
- Wear a well-fitting bra that does not cut into your shoulders or under your breasts. When exercising, wear a sports bra for adequate support.
- Protect your décolleté from the sun with a high SPF to help prevent signs of premature skin aging.
- Stand up straight! Good posture is good for your back and bust contours.



# EXERCISE SEQUENCE

The advanced exercise sequence chart represents the full Pilates mat the way it was originally intended to be performed. It includes many new exercises, which are integrated with others from the earlier programs. As before, each exercise ends with transition instructions to help you segue smoothly from one exercise to the next.



1 The Hundred  
(pp48-49)

2 Roll Up  
(pp50-51)

3 Roll Over  
(pp116-119)

4 Single Leg Circles  
(pp52-53)



5 Rolling Like a Ball  
(pp54-55)



6 Single Leg Stretch  
(pp56-57)



7 Double Leg Stretch  
(pp58-59)



8 Single Straight Leg Stretch  
(pp74-75)



9 Double Straight Leg Stretch  
(pp76-77)



10 Criss-Cross  
(pp78-79)



11 Spine Stretch Forward  
(pp60-61)



12 Open Leg Rocker  
(pp82-83)



13 Corkscrew  
(pp84-85)



14 Saw  
(pp86-87)



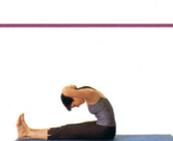
15 Swan Dive  
(pp120-121)



16 Single Leg Kick  
(pp90-91)



17 Double Leg Kick  
(pp92-93)



18 Neck Pull  
(pp94-97)



19 Scissors  
(pp122-123)



20 Bicycle  
(pp124-125)



21 Shoulder Bridge  
(pp126-127)



22 Spine Twist  
(pp128-129)



23 Jack Knife  
(pp130-131)



24 Side Kicks Series  
(pp98-105; 132-137)



25 Teaser Series  
(pp106-109; 140-143)



26 Hip Circles  
(pp146-147)



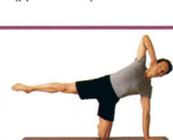
27 Swimming  
(pp148-149)



28 Leg Pull Down  
(pp150-151)



29 Leg Pull Up  
(pp152-153)



30 Kneeling Side Kicks  
(pp154-155)



31 Mermaid  
(pp156-157)



32 Boomerang  
(pp158-161)



33 Seal  
(pp110-111)



34 Push Ups  
(pp162-163)

## STRAWBERRY-BANANA OATMEAL SMOOTHIE

1 banana, peeled and sliced  
2 to 4 frozen strawberries  
2 tablespoons Greek-style yogurt  
1/2 teaspoon honey  
1 teaspoon old-fashioned oatmeal  
Pinch of cinnamon

Place the banana, strawberries,  
yogurt, honey, and oatmeal in a  
blender and purée until smooth.

Serve in a glass with the cinnamon.

### *Serves 1*

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



## SHRIMP WITH PARSLEY PESTO

*Serves 4*

12 large shrimp, tail on  
1/4 cup olive oil  
1/2 cup fresh parsley  
1/4 cup bread crumbs  
1 garlic clove  
Salt and pepper to taste

Preheat oven to 400°F. Take shrimp and butterfly in half.  
In a food processor, make pesto by combining olive oil,  
parsley, bread crumbs and garlic; process until smooth.  
Place shrimp on baking sheet and cook for 4 minutes.  
Remove from oven, season with salt and pepper and top  
with pesto. Return to oven for additional 4 minutes.  
Remove and serve.



## SPAGHETTI WITH PEAS, ASPARAGUS AND PINE NUTS

*Serves 6*

- 1/2 pound of spaghetti
- 6 tablespoons extra virgin olive oil
- 2 garlic cloves, diced
- 2 tablespoons pine nuts
- 1 pound asparagus, top half only, cut into 1-inch pieces
- Salt and pepper, to taste
- 2 cups fresh or frozen (defrosted) peas
- Shaved Parmesan cheese (optional)

Cook the spaghetti according to package directions.

Meanwhile, in a large skillet over medium heat, combine the olive oil, garlic and pine nuts and cook about 4 minutes, or until the pine nuts are golden. Add the asparagus, salt and pepper and cook for 3 minutes. Stir in the peas and cook another 3 minutes.

In a large bowl, combine the cooked spaghetti and the contents of the skillet. Toss well. Top with shaved Parmesan cheese, if desired.