

CELEBRATING
10
YEARS!

Authentic Pilates Stillwater

Notes from the Studio
Late Winter 2017

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111 Cherry Street West | Stillwater | 651.439.9656

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Authentic Pilates Stillwater celebrates **10** years! It's hard to believe that ten years ago this February I opened the door. It feels like a blink of an eye. Wow! I want to thank everyone for being a part of making Authentic Pilates Stillwater what it is today. Looking ahead, in the next few weeks there will be two new apprentices joining us in the studio: Claudia Morgan and Pam Roth. Both have been accepted into the Pilates certification program in New York. They will be in the studio observing and taking sessions as I prepare them for exams and seminars that will take place in New York. The certification program is a 12 – 18 month program, and I am excited to have them both in the studio. Be sure to welcome them. Also, Sara Ring, who has been in the Pilates certification program in New York, is approaching her final months in the studio as an apprentice. Her plans are to be in Hong Kong this summer teaching.

Because we are celebrating **10** years, I am including **10** of my most Favorite Finds from past to present, a **10**-Step Guide to Perfect Skin, **10** Golden Rules I Live By, and also a plant-based recipe. Enjoy!

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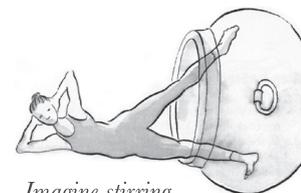
www.authenticpilatesstillwater.com

The Inside Scoop

Grande Ronde de Jambe articulates the leg within the hip joint, stretches the hamstrings and hip flexors, and works the powerhouse.

Step by step:

1. Lift your top leg to hip height, keeping it slightly turned out.
2. Inhale and swing your leg to the front. Slide your foot up, rotate the leg in your hip socket and reach back. (Remember to press your top hip forward and stretch your upper back longer to create a counterbalance for the weight of the leg stretching back.)
3. Swing your leg to the front and repeat the sequence 2 or 3 times. Swing forward, lift, rotate, and stretch back.
4. Reverse the sequence by swinging your leg back and long out of your hip. Lift your foot to the ceiling, rotating your leg outward in the hip socket. Lower leg and hold it at hip height before repeating sequence. Swing back, lift, rotate, and slowly lower to hip height. Remember to maintain a long, strong torso for stability as you perform these movements.
5. Repeat two or three times in each direction.



*Imagine stirring
the inside of a large cauldron*

Remember to:

- maintain a long, stable torso as you circle your leg;
- counterbalance the weight of your leg by pressing your top hip in opposition to your foot;
- keep energy pressing out the crown of your head, and keep pressing your shoulders down away from your ears.
- not sink into your waist or shoulders; not rock in the hips.

Mat Classes

There will no longer be a Monday evening mat class. Thursday morning class is offered 11:10am-noon. Jump in to a class, open to all levels. It's a great way to add another session into your week with a traditional sequencing of mat work. Sign-up sheets are in the studio.

Complimentary Session

If you refer someone to the studio and he/she buys a package, you will get a complimentary session added on to your package.

Zippers / Socks

Thank you for avoiding wearing clothing with zippers to your sessions. Zippers cause damage to the leather on the apparatus, which is very costly to repair. Moving forward, I would like everyone to have their feet covered with socks or booties.

Keep the Studio Healthy

Please don't hesitate to cancel your session if you are not feeling well. Good health is important to us all.

Cancellation Policy

Thank you for your courtesy in observing the 24-hour cancellation policy for all scheduled sessions and classes.

Gift Certificates

Gift certificates are available in any denomination.

10 FAVORITE FINDS

PAST TO PRESENT



1 Jo Malone Grapefruit Cologne
jomalone.com
Winter 2013



2 Clarins Anti-Aging Treatment
clarinsusa.com
Winter 2013

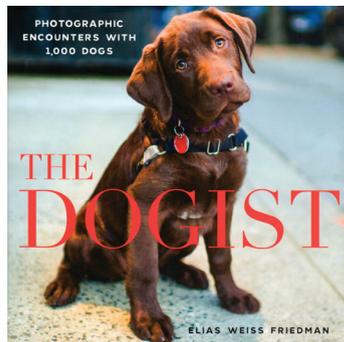


3 Superga
superga-usa.com
Late summer 2013



4 Porter Magazine
net-a-porter.com
Winter 2016

5 Petit Bateau
petit-bateau.com
Summer 2014



6 "The Dogist- Photographic Encounters with 1,000 Dogs"
Elias Weiss Friedman
thedogist.com
Winter 2017



6 Clarins Smoothing Body Scrub
clarinsusa.com
Summer 2014



7 Laura Mercier Foundation Primer
lauramercier.com
Winter 2013



9 Gingham PJs
Serena & Lily
serenaandlily.com
Winter 2017



10 "Oh She Glows Every Day"
Angela Liddon
ohsheglows.com
Winter 2017

A 10-STEP GUIDE TO PERFECT SKIN

Inspired by a Japanese geisha's beauty ritual, the multi-layered routine of South Korean women has taken on near-mythical status.

From Porter Magazine, Spring 2016

1

Remove all makeup using a cleansing gel oil, massaging it into thoroughly clean skin.

2

Cleanse again with a mousse or, in winter, a milk cleanser so the skin isn't left dry.

3

Follow with a toner and, before and after a big night, use a sheet mask to hydrate skin and boost radiance.

4

Use an eye serum, and also apply it to anywhere you see a line, such as smile and frown lines.

5

Apply an essence – an all-in-one toner, moisturizing mist and serum.

6

Follow with your treatment serum – for dry skin opt for an oil-based formula.

7

Moisturize: by day you need a cream that protects; at night, you want one that repairs.

8

At night, for 30 seconds massage in a treatment face oil for healthy supple skin.

9

Use a lip treatment, going beyond the lips to prevent lines around the mouth.

10

In hot climates apply a full-spectrum sunscreen, reapplying it throughout the day.



1. **FORGIVE**
and remember
2. **VISUALIZE**
your dreams
3. **ALWAYS** do your best,
say what you mean
& mean what you say
4. **TRUST**
your instincts
5. **PERSPECTIVE** is
Everything
How you see yourself is what you will be
6. **FOLLOW**
what you know
in your soul to be true
7. **MAKE SURE**
everyone you love
feels it
8. **FEEL**
COMPASSION
for other people's sorrows
and be inspired by other peoples accomplishments
9. **ALWAYS**
MAKE TIME
for love
10. **BE BOLD**
be courageous
and always be you

MY
10
GOLDEN RULES



RESET BUTTON GREEN SMOOTHIE

Makes 5 cups

- 1/4 cup water or coconut water, more if desired
- 1 cup chopped cucumber (unpeeled is fine)
- 2 cups packed stemmed kale leaves,
chopped Romaine lettuce, or baby spinach
- 3 cups packed baby spinach
- 1/2 cup fresh mint leaves
- 1 very large or 2 small ripe pears,
cored and chopped (1 1/4 cups)
- 1 1/2 large frozen bananas, roughly chopped
- 1 heaping cup frozen pineapple chunks
- 1 tablespoon fresh lime juice
- 2 - 3 ice cubes (optional)

This smoothie packs an incredible 8 servings of vegetables, and includes 5 tightly packed cups of leafy greens. Mellow, hydrating cucumber, along with pears, bananas, and pineapple, help to balance out all the leafy green goodness with just the right amount of natural sweetness, while still tasting healthy and fresh. (If you have a smaller sized blender, make a half batch.)

In a high-speed blender (64-ounce/2L capacity), combine all the ingredients and blend until smooth. If using a Vitamix, use the tamper to press the ingredients down into the blade. You can add a bit more water or coconut water if necessary to get the blender going.

To make a kid-friendly version, omit the mint and use all spinach instead of mixed greens.

From Angela Liddon's "Oh She Glows Every Day"