

Authentic Pilates Stillwater

Happy 2018!

Notes from the Studio *Winter 2018*

.....

111 Cherry Street West | Stillwater | 651.439.9656

www.authenticpilatesstillwater.com

Authentic Pilates Stillwater

111 Cherry Street West | Stillwater | 651.439.9656

Notes from the Studio *Winter 2018*

.....

Happy 2018! I hope you all had a wonderful holiday and winter break from the studio. It was great to have some time off; spending time away at the beach energized me. I'm excited for the New Year, and I look forward to being back in the studio seeing you for your sessions and mat class.

I'm including my 10 Golden Rules for 2018, Favorite Finds and healthy warm winter recipes. Wishing you all a very happy and bright New Year!!

M

Apprentices

Keeping you informed, the apprentices are doing great as they are moving ahead in the Pilates Certification Program. Pam Roth has completed the last big seminar in NYC – the advanced stage. She did an AMAZING job. Congratulations Pam! Daniella Valverde has completed her second stage seminar in NYC – the intermediate stage. She is doing GREAT! You will continue to see both apprentices in the studio as they are working on their certification.

The Inside Scoop

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 class will continue to meet on Thursday at 11:10 am. If you are interested, use the sign-up sheet located on the bulletin board outside the changing room door. Happy to share that we will be adding another mat class to the schedule starting in February. Pam will be teaching the evening class on Mondays at 7 pm beginning February 12th. Both mat classes are 50 minutes long. Come prepared to challenge yourself, sweat and have fun.

Winter Parking / Weather

There is alternate parking on the street during the winter months. Odd and even days apply; the studio is located on the odd side. Studio parking also available down below. Please be extra careful as you make your way into the studio with icy and slippery conditions outside.

What's Up / Sara

Sara Ring has completed the Pilates Certification Program through New York and has relocated to Hong Kong. She is teaching in her own space and studio. Visit her new website at alignedmotion.com or send her an email at alignedmotion@gmail.com. She would be happy to hear from you!

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.

Complimentary Session

Refer a friend and get an extra session added to your package or single session.

Looking Ahead

The studio will be closed for spring break March 16 through March 23rd. Classes will resume Saturday, March 24th.

1. Surround yourself with people who want the best for you, and act in kind
2. A perfect gift to yourself can be found in local market in the floral selection
3. Always send a thank-you note for a gift
4. Be thankful
5. It's not *what* we have in life, but *who* we have in our life that counts
6. *Eat* - anything with color; Tangerine orange comes to mind
7. *Explore* - winter
8. *Exercise* - Pilates, of course
9. *Relax* - anyway that brings calmness to your life
10. *Create* - experiences, your surroundings and your life as you dream it to be

MY
10
 GOLDEN RULES
 for 2018



5 FAVORITE FINDS
 STAYING WARM & MOISTURIZED



Hestra Wool Mittens
hestragloves.com



Canadian Goose Down Coat
canadiangoose.com



3



Smith's Rosebud Salve
rosebudperfume.com

4



Sparitual Infinitely Loving
 Body Oil
sparitual.com

5



Acqua Panna
 Natural Spring Water
 Stay hydrated this winter
acquapanna.com

CHEWY MOLASSES SPELT COOKIES

Vegan, nut-free, soy-free option, kid-friendly, freezer-friendly.
15 minute prep time; 8-13 minute bake time.*

- 1 1/2 teaspoons ground flax
- 2 tablespoons water
- 1/4 cup vegan butter or virgin coconut oil, softened
- 1/4 cup natural cane sugar
- 2 tablespoons pure maple syrup
- 2 tablespoons blackstrap molasses
- 1/2 teaspoon pure vanilla extract
- 1 teaspoon ground ginger
- 1/2 teaspoon baking soda
- 1/2 teaspoon ground cinnamon
- 1/4 teaspoon fine sea salt
- 1/4 teaspoon ground cloves
- 1 1/4 cups white (or whole grain) spelt flour
- 2 tablespoons turbinado, for rolling

1. Preheat oven to 350°F. Line a large baking sheet with parchment paper.
2. In a mug, stir together the ground flax and water and set aside for a few minutes to thicken.
3. In a large bowl using electric beaters, beat together the butter, cane sugar, maple syrup, molasses, vanilla, and flax mixture until smooth and combined.
4. One by one beat in the ginger, baking soda, cinnamon, salt, cloves, and flour until just combined. Be sure not to over-mix the batter.
5. Put the turbinado sugar in a bowl. Shape the dough into small 1-inch balls and roll in the sugar. Place the balls 2 inches apart on the prepared baking sheet. Do not press down.
6. Bake for 8 to 10 minutes for a soft cookie; 12 to 13 minutes for a crispy cookie.
7. Let cool on the baking sheet for 5 minutes before transferring to a cooling rack for 10 to 15 minutes. Store the cookies in an airtight container in the fridge for 3 to 4 days, or freeze for up to 1 month.

**Make it soy-free by using soy-free vegan butter or coconut oil.*



Recipe from "Oh She Glows Every Day" by Angela Liddon



Recipe from "Oh She Glows Every Day" by Angela Liddon

COMFORTING RED LENTIL AND CHICKPEA CURRY

Vegan, gluten-free, nut-free, soy-free, grain-free option, kid-friendly, freezer-friendly.
20 minute prep time; 20 minute cook time.*

- 1 cup uncooked red lentils (or 1 3/4 cups cooked lentils)
- 4 teaspoons virgin or refined coconut oil, or extra virgin olive oil
- 1 medium sweet onion, diced (about 2 cups)
- 3 medium cloves garlic, minced
- 2 teaspoons minced fresh ginger
- 2 tablespoons red curry paste, to taste
- 1 tablespoon curry powder
- 1/2 teaspoon turmeric
- 1 teaspoon ground cumin
- 1/2 teaspoon fine sea salt, to taste
- 1 teaspoon natural cane sugar
- 1 1/2 cups crushed tomatoes or tomato purée (1 14-ounce can or jar of no-salt-added crushed tomatoes)
- 1 1/4 oz. can chickpeas, drained and rinsed (approx. 1 1/2 cups)
- 2-3 cups cooked basmati rice (or rice of choice)
- mango chutney for serving
- chopped fresh cilantro for garnish

1. Rinse the lentils, then put them in a medium pot and add 2 1/2 to 3 cups water. Bring to a boil over medium-high heat, then reduce heat to medium-low, cover, and simmer for 8 to 15 minutes, until just tender, adding more water if necessary. Drain. The lentils will look a bit paste-like, which is normal.
2. In a large skillet, heat the oil over medium heat. Add the onion and garlic and cook until the onion is soft and translucent, 4 to 5 minutes. Stir in the ginger and cook for 1 to 2 minutes more.
3. Stir in the curry paste, curry powder, turmeric, cumin, salt and sugar. Increase the heat to medium-high and cook, stirring frequently until fragrant, 1 to 2 minutes.
4. Stir in the tomatoes, chickpeas, and cooked red lentils. Cook until heated through.
5. Serve over a bed of hot rice with a scoop of warm chutney and a sprinkle of cilantro. Store the cooled curry in an airtight container in the fridge for 4 to 5 days, or freeze for up to one month.

**Make it grain-free by serving without rice.*