

# Authentic Pilates Stillwater

## Notes from the Studio *Late Summer 2013*

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111 Cherry Street West | Stillwater | 651.439.9656

www.authenticpilatesstillwater.com

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I hope you all have had a good summer and will continue to take time to enjoy the days ahead as summer winds down. Summer for me has been a time to slow down and enjoy casual spontaneous get-togethers, weekend afternoons in the garden, and picnic lunches. It's a nice time to enjoy a good glass of *wine*, *new recipes*, and for taking walks in matching *Supergas*. I have included my latest *favorite finds*, along with a light and delicious *recipe*.

The studio is busy and sessions are going well. We will continue to work on transitions, springs, and new challenging exercises. I want to thank those of you who brought in your children and friends this summer for an introduction to Pilates. It was fun to meet and work with all of them. We have a lot to look forward to this fall, and I hope you all will continue to get stronger and work deeper for a more balanced body.

### Welcome

I want to welcome a few new faces to the studio – Dan Poffenberger, Carol Robbins, Benton Happel, Linda Radimecky, Michelle and Margo Maher, and Tim and Abbie Morris. Be sure to say hello!

## The Inside Scoop

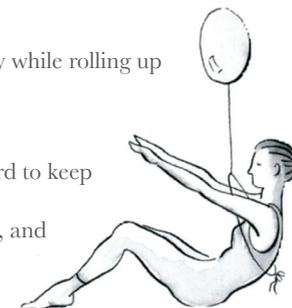
This variation is meant to test the strength of your powerhouse before moving on to the full Teaser.

### GOAL:

- To remain perfectly still in your lower body while rolling up and lowering yourself back down.

### KEYS:

- Try to focus on lifting up more than forward to keep your powerhouse engaged.
- Keep squeezing your buttocks inner thighs, and knees together throughout.
- Lengthen as you roll down, keeping your sacrum pressed flat to the mat.
- Do not allow your feet to move as you roll up.
- Do not rock forward onto your tailbone.



## Baby News

Katie is happy to announce that she has another little one on the way! Her due date is March 1st. Also, congratulations to Courtney Atwood, who drove from Minneapolis each week for sessions up until the birth of her son, Lucas Everett, in July.

## Zippers

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.

## Studio Closed

The studio will be closed Friday, August 30th and Monday, September 2nd.

## 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.

## 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.

## On the Shelves

Be sure to check the shelves for useful books and videos.

Pilates books, DVDs and products are available to help you stay fit at home and while on vacation. Books are priced at \$18, DVD series at \$21, and the Magic Circle at \$30.

Authentic Pilates Stillwater tee shirts are available in many styles, sizes and colors. Toe socks are available for \$10/pair.

# FAVORITE FINDS

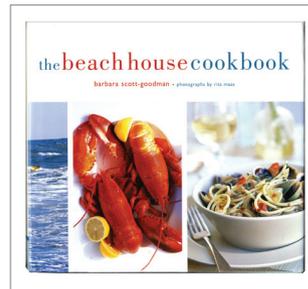


*A favorite summer sipping wine:*

**HANNA Estate Grown Chardonnay**  
from the Russian River Valley

*A collection of fresh summertime recipes:*

**The Beach House Cookbook**  
Barbara Scott-Goodman  
Chronicle Books, \$24.95



*Casual shoes from Italy in a range of colors, fabrics and prints. Also available in children's sizes -- good for matching walks!*

**Superga**  
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*Gorgeous lingerie, loungewear and sleepwear ... beauty sleep at its best!*

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4948 France Ave South in Edina  
(952) 746-3003  
[www.roomno3.com](http://www.roomno3.com)



## Smoked Salmon Tartare with Dill Sauce

*Serves 6 to 8, makes about 2 dozen toasts.*

*Smoked salmon is always elegant to serve as an hors d'oeuvre. Here it is chopped and combined with red onion and capers and served with a smooth and tasty sauce laced with fresh dill. Serve on sliced pumpernickel, rye crackers, or toasted challah bread.*

- 1/2 pound smoked salmon, coarsely chopped
- 3 tablespoons finely chopped red onion
- 1 1/2 tablespoons capers, drained
- 3 tablespoons fresh lemon juice
- 1 1/2 tablespoons extra virgin olive oil
- freshly ground black pepper

### *Dill Sauce*

- 1/2 cup mayonnaise
- 2 teaspoons Dijon mustard
- 2 tablespoons chopped fresh dill
- 2 teaspoons whole milk
- pinch of sugar

pumpernickel, toasted challah or rye crackers  
dill sprigs for garnish

Combine the salmon, onion, capers, lemon juice, olive oil, and pepper to taste in a medium bowl and mix together gently.

To make the Dill Sauce, combine the mayonnaise, mustard and dill in a small bowl and mix together. Add the milk and sugar and mix again. Taste and adjust the seasonings if necessary.

To serve, spread a bit of the Dill Sauce over sliced pumpernickel, challah toast, or rye cracker. Top with a spoonful of the tartare, and garnish with a dill sprig.

*From "The Beach House Cookbook" by Barbara Scott-Goodman*