

Authentic Pilates Stillwater

Notes from the Studio *Winter 2016*

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111 Cherry Street West | Stillwater | 651.439.9656

www.authenticpilatesstillwater.com

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It seems for me that around the time February arrives, I start thinking and dreaming in pastels. Beautiful shades of pink and green carry me through until the first signs of spring arrive. I'm including some pastel "must-haves" from J Crew to get us all dreaming of spring!

I am so happy to see each of you weekly for your sessions, and thank you once again for trusting me to help you with your goals. I am very excited to share news and introduce you to Sara Ring. Sara has been accepted into the Pilates Certification Program in New York, and will be joining us in the studio as an apprentice, observing and taking sessions as I prepare her for exams and seminars that will take place in New York. The certification is a 12 to 18 month program, and I am so excited for the opportunity to have her in the studio. Be sure to welcome her and say hello!

I am including some of my Favorite Finds for spring, along with an Ina Garten recipe, and a guide to combatting stress. Enjoy!

M

Mat Classes

Mat classes are offered three times a week: Monday evening 7:10pm- 8pm, Wednesday evening 6pm-6:50pm, and Thursday morning 10:40am-11:30am. 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 in studio.



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.

- The goal of The Hundred is to be able to maintain a steady, flat back with your feet held at eye level. This is no easy task in the beginning, so do not push yourself to the point of strain.
- Make sure you always are focused on the weight of your belly as it sinks into your spine.
- Keep your shoulders pressing away from your ears to stretch the neck muscles and increase the abdominal focus.
- Squeezing the buttocks and back of the upper inner thighs will provide stability for your lower back.
- Never drop your legs past the point of comfort for your back. You should be able to maintain a flat back and scooped belly throughout.
- If your lower back begins to hurt, simply bend your knees in toward your chest.
- If your neck hurts, rest it back down on the mat and then try again, making sure you are lifting from the area around the back of your chest and not from the neck itself.
- As you progress, allow your exhalations to get longer and longer in order to improve your cardiovascular capacity.

Katie's Baby News

To those of you who know Katie and have worked with her in the studio, she and her husband David welcomed their son, Lachlan Arthur Haslam, to their family at the beginning of February. Congratulations, Katie!

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

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.

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.



FAVORITE FINDS



Gorgeous spring tulips have arrived at Kowalski's!



Jo Malone Grapefruit Cologne



My favorite magazine ... PORTER
www.net-a-porter.com



SPRING "MUST HAVES"



J CREW
www.jcrew.com

Mix and match it all at jcrew.com.

Combating Stress

Global experts share their tried-and-tested tips on how to de-stress

from Porter, Winter 2015 issue

1

TIMING IS EVERYTHING

“Do your workout first thing. Not only will it help prepare you for the day ahead, but levels of cortisol, the stress hormone that causes us to hold onto weight, particularly around the abdominal region, are at their lowest in the morning. The less stressed you are when you actually work out, the more weight you’ll lose.” *David Kirsch, New York-based trainer*

2

GO HOT & COLD

Studies show that hot then cold bathing tones the sympathetic and parasympathetic nervous systems (these define our response to stress). “The changes in temperature, along with the water pressure, trigger the same effect in your lymphatic system, decreasing stress and inflammatory molecules.” *Vicky Vlachonis, Beverly Hills-based musculoskeletal specialist*

3

BE MINDFUL

“Meditation is the antidote to stress. As we meditate, our bodies release feel-good hormones oxytocin and serotonin. The heart rate slows and, over time, the part of our brain that reacts automatically shrinks and the part of the brain responsible for our executive functioning increases.” *Lynne Goldberg, U.S. meditation expert and founder of OMG.ICanMeditate! App*

4

THE RIGHT DIET

“Stress during the day leads to increased cortisol in the evening, so sleeping is difficult. Getting less than six hours a night increases the body’s inflammatory response, decreasing the appetite-suppressing hormone, ghrelin. The result? Carb cravings. What most people miss when stressed is vitality, so opt for a high-antioxidant diet – try filling salads with avocado and pumpkin seeds, as well as green juices.” *Dana James, New York-based nutritionist*

5

BREATHE TO RELIEVE

“There is a direct correlation between the act of deeply inhaling certain aromas and how we perceive stress – it helps the parasympathetic nervous system to normalize. Essential oils are the purest; opt for rose, which calms in the face of fear. Try frankincense for frustration, lavender for restlessness, lemon balm for anxiety, rosemary for chronic stress, and fragonia for balancing emotions.” *Annee de Mamiel, aromatherapist*



Arugula with Parmesan

Serves 6

1/2 pound fresh arugula (3 large bunches)

Lemon Vinaigrette

1/4 cup freshly squeezed lemon juice (2 lemons)

1/2 cup good olive oil

1/2 teaspoon kosher salt

1/4 teaspoon freshly ground black pepper

1/4 pound chunk of very good Parmesan cheese

If the arugula has roots attached, cut them off. Fill the sink with cold water and toss the arugula for a few minutes to clean. Spin-dry the leaves and place them in a large bowl.

In a small bowl, whisk together the lemon juice, olive oil, salt, and pepper. Pour enough dressing on the arugula to moisten. Toss well and place salad on individual plates.

With a very sharp knife or vegetable peeler, shave the Parmesan into large shards and arrange them on the arugula.

Since this recipe has very few ingredients, it depends on using the best for its flavor. Choose aged Italian Parmesan (Parmigiano-Reggiano) cheese, and a very high quality olive oil.

From “Barefoot Contessa Family Style” by Ina Garten