



July 2011

Greetings!

Oh Boy! Oh Boy! We are overflowing with gratitude right now. We have two wonderful new teachers with many years of experience who fill out our staff beautifully and add lots of even evening and weekend hours AND we have three beautiful, healthy new babies! You can read the articles on the right to get to know our new teachers, Angela Campbell and Chad Etchison and our new babies, Rosie O'Halloran, Naomi Whitmore and Jake Hill.

Rachel has just completed her Gyrotonic certification. Congratulations Rachel! And I have completed my annual Gyrotonic re-certification. Michelle will be gone for the month of July traveling and researching in South America as she continues to work on her doctoral program in Spanish at Emory, and she has worked very hard getting schedules arranged so that Angela and Gigi will be able to see her clients during the month she is gone.

Lindsay, who has her own health and nutrition coaching business [Inhabit Health](#), has written an interesting and informative article on nutrition for those considering a vegetarian or vegan lifestyle. I have contributed a couple of easy recipes that are wonderful during the hot summer months - Oven Roasted Red Snapper and Rosemary Lemonade. Cynthia has given us a great strengthening Pilates exercise you can do at home and Rachel a Gyrotonic exercise to do at home which is especially opening and wonderful for shoulders. We've included some information provided by [Lotus of Life Chiropractic](#) on how to avoid toxins in your everyday life which have been linked to many health problems including cancer. And last but not least, I've recapped our studio policies on Substitute Teachers and Late Cancellations.

Sincerely,

Melissa Wirsig

"Often with my students I quote Suzuki Roshi's emphatic statement that "the most important thing is to find the most important thing." Said in other ways, "are you living your True life" and, "are you in alignment with your path?". Many of us are constantly putting out the fires of everyday life, at work and at home, so much so that the "urgent" can overwhelm the truly important. How vital it is that we regularly step back and freshly orient on the map of our life." [Russell Delman](#) 2011

A Healthy Vegetarian or Vegan Diet

Lindsay Harris Hill

"More people than ever are considering a vegetarian or vegan diet these days. While this is an individual choice that one might make for moral or health reasons, changing one's diet must be done carefully and thoughtfully. Too often, experimenting vegetarians and vegans will replace the animal fat in their diets with processed foods and refined carbohydrates higher in sugar and calories and lower in nutrients and satiating fat (therefore causing them to actually eat more calories and gain weight or feel tired and weak from missing nutrients). The key to becoming a healthy vegetarian or vegan is to stick to a whole foods based diet of vegetables, fruit, legumes, nuts and seeds as they are nutrient dense, high in fiber and fill you up, hence crowding out less healthy items in the diet like high-fat animal products and refined carbohydrates. So whether it's for moral or health reasons or just to look better in a bikini this summer, if you are thinking about eating less animal products, start by eating more vegetables, fruit, nuts and legumes. Chili and pasta don't need real or fake meat to fill you up - add roasted veggies tossed in olive oil to whole wheat pasta or make a 3-bean vegetarian chili -- you will be eating a healthy vegan meal without even realizing it! Soba noodles with edamame (and/or peanut sauce) and vegetables is a great high protein, naturally vegan meal. Avocado and hummus make tasty substitutes for mayo or cheese on a veggie sandwich. Adding more whole, fresh plant foods to your diet will allow you to transition into a vegetarian or vegan lifestyle, doing good for both your body and the planet, without increasing the processed foods in your diet and thus just replacing one problem with another."

Lindsay is a holistic health coach. She received her training from the Institute for Integrative Nutrition. Her website is [inhabithealth.com](#).

Recipes for the Hot Summer Months

Oven Roasted Red Snapper Fillets with Tomatoes, Basil, Onions and Olives

20 cherry or grape tomatoes cut in halves
 1/4 c. fresh basil leaves cut into silvers
 1/4 c. thinly sliced onions
 1/4 c. pitted and sliced kalamata olives
 4 (6 to 8 ounce) skin-on red snapper fillets
 Homemade Creole seasoning,
 12 thin slices lemon, seeds removed

Preheat oven to 400 degrees. Line a baking sheet with parchment paper.

Combine the tomatoes, basil, onions and olives in a bowl. Season with salt and pepper to taste. Season the fillets with the homemade Creole seasoning. Arrange the fillets skin side down on the lined baking sheet. Cover with the tomato mixture and then lemon slices.

Bake for 15 to 20 minutes or until the snapper is cooked through. To serve, place a portion of rice or quinoa on a plate. Slide a spatula between the fillet and the skin to remove the fish, tomato mixture and lemons and place over the grain. Garnish with more fresh basil.

The best part is that left overs are at least as good as the first time. Use in an omelet with goat cheese or as a cold fish salad of greens with vinaigrette with fresh tomatoes, cucumbers, steamed green beans and potatoes. Serve with a dollop of mayonnaise if desired and fresh lemon juice.

Creole Seasoning

Combine:

2 1/2 t. paprika
 1 t. salt
 2 t. garlic powder
 1 t. ground black pepper
 1 t. onion powder
 1 t. cayenne
 1 t. dried oregano
 1 t. dried thyme

Rosemary Lemonade

Rosemary Infusion:

1 c. water
 3/4 c. honey
 4 sprigs rosemary 3" long
 1 c. lemon juice (4 - 6 lemons)
 Optional - grated rind of one lemon

Additional Ingredients:

4 c. water or club soda
 Ice cubes
 Small sprigs of rosemary or mint and slices of lemon for garnish

Combine water and honey in saucepan and heat to boiling, stirring to dissolve. Remove from heat, add rosemary, cover and let infusion cool to room temperature. Discard rosemary. Pour infusion, lemon juice and optional lemon rind into glass jar and store in refrigerator.

When ready to use, to prepare a whole pitcher, pour into pitcher and add additional water or club soda. Stir well. Fill pitcher with ice cubes, pour into chilled glasses and garnish each glass with a lemon slice and a sprig of rosemary or mint. To prepare by the glass, place 5 to 6 ice cubes in a drinking glass. Fill the glass about a third full with the lemon rosemary infusion, add water or club soda to the top of the glass, stir and drink.

variations:

lavender Lemonade. Use four 3" sprigs of lavender instead of rosemary.

Mint Lemonade. Use 10-12 mint sprigs instead of rosemary.

How to Avoid Toxins in Daily Life

Provided by [Lotus of Life Chiropractic](#).

Most of us have heard about the dangers of chemical toxins found in many sources we encounter in our daily lives. Scientists are finding that many modern childhood illnesses may be linked to certain chemicals that are present in the world around us. So what are some of the common sources of toxins that could be affecting you and your family?

- Chemicals found in make-up, lotions and hair products
- Phthalates found in some toys, shower curtains, rain coats and even medical devices
- Teflon and other PFCs found in some cookware, food package lining, space heaters, and flame retardants
- Anti-bacterial substances found in some soap, toothpaste, sponges and other products
- BPA occurring in CDs, water bottles, kitchen appliances and baby bottles

What can you do to avoid some of the toxins listed above?

- Avoid products containing fragrance or "parfum".
- Replace your shower curtain with one made of natural fibers.
- Don't use air fresheners or stain treatments for furniture and carpet.
- Stay away from coated cookware.
- Don't use antibacterial soaps, try to use organic shampoos and conditioners.
- Try to buy organic sheets and towels.
- Baking soda and vinegar can take the place of dangerous cleaning chemicals in your home.
- Use glass containers whenever possible instead of plastic.
- Buy local organic food whenever possible to avoid pesticides and save the environment from pollutants caused by shipping.

And, here's a rhyme to remember which plastics to avoid. "4, 5, 1 and 2, all the rest aren't good for you."

"The news about plastics has been pretty alarming lately, causing some of us to go dashing for the water bottles to see what kind of plastic they are—and find out if we've been unwittingly poisoning our children and ourselves with chemicals leaching into the water from them.

If you've been concerned, [here](#) is a handy chart that identifies the good, bad, and OK plastics and where they are found."

from [Care 2 Annie B. Bond](#)

Studio Policies

We develop policies for the studio only when we find we really need them. The policies for *substitute teachers* and *late cancellations* are the two that come up the most and have needed to be specific. We have them available for you to read in the studio as well as on our website at <http://aboutmovement.com/studio-policies.php>. Below I've summarized them.

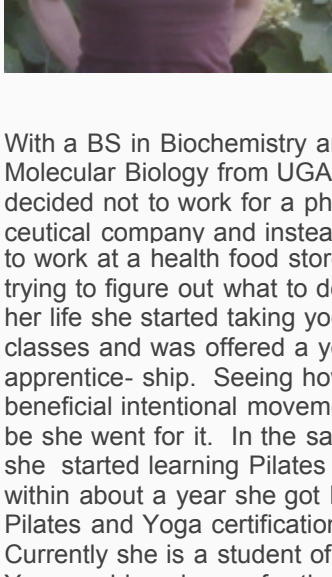
If you have any questions about either of these policies, please contact me. I would be happy to discuss them with you.

Melissa

Substitute Teachers. When we have time, as we do with Michelle's absence, we work closely with you to find a substitute teacher. However, when one of us has to miss due to some unavoidable last minute circumstance, we may set up the substitution without being able to contact you. In that case, if you are not satisfied with the substitute teacher, please call me and I will be glad to compensate you for the cost of the session.

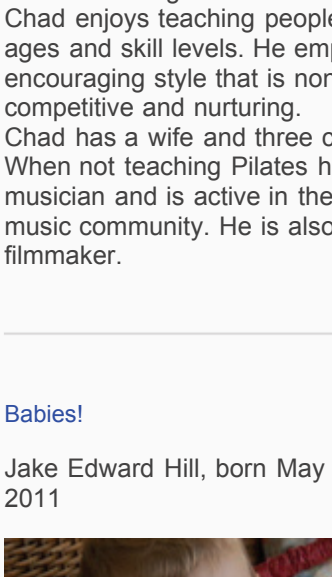
Late Cancellations. For late cancellations we ask you to call the cell phone of the teacher you are scheduled to see, not the studio. We do not have a front desk staff and messages left at the studio can be delayed in getting to the teacher. For a late cancellation when there is a duet partner involved, we've found that if one partner cancels just at 24 hours, there is not time to contact the other partner to find out if s/he wanted to come in for a private or would also like to cancel. Therefore, we have asked you to give us 48 hours if you must cancel a duet appointment in order to give your duet partner plenty of time to be contacted and decide before the 24 hour cancellation deadline.

Angela Campbell



With a BS in Biochemistry and Molecular Biology from UGA Angela decided not to work for a pharmaceutical company and instead went to work at a health food store. While trying to figure out what to do with her life she started taking yoga classes and was offered a yoga apprentice-ship. Seeing how beneficial intentional movement could be she went for it. In the same year she started learning Pilates and within about a year she got her first Pilates and Yoga certifications. Currently she is a student of Iyengar Yoga and is going up for their first certification. She feels lucky to have had a very supportive community during this process. When she is not saving the waters off the horn of Africa from the trespasses and perils of pirates she spends time with her husband, also a yoga teacher, and three dogs (whom she entertains constantly), and two kittens.

Chad Etchison



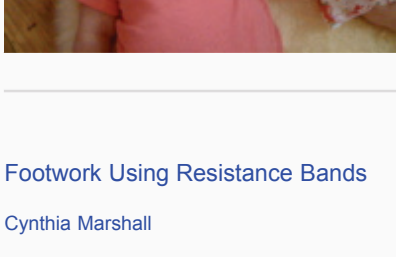
In late 2002 Chad Etchison completed his apprenticeship training with the Pilates Studio of NY. In addition to receiving instruction from Romana Kryzanowska and Sari Pace, Chad apprenticed under the tutelage of Zoë Hagler of Studio Zoë in Pasadena CA. Zoë was the first teacher of teachers appointed by Romana on the West Coast.

In 2004 Chad became a Level 5 instructor with Romana's Pilates and continues to keep a beginner's attitude about Pilates endeavoring to learn new things about the method. Chad enjoys teaching people of all ages and skill levels. He employs an encouraging style that is non-competitive and nurturing.

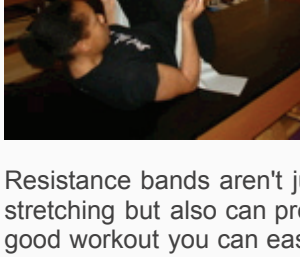
Chad has a wife and three children. When not teaching Pilates he is a musician and is active in the DIY music community. He is also a filmmaker.

Babies!

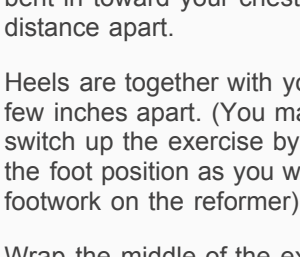
Jake Edward Hill, born May 19th 2011



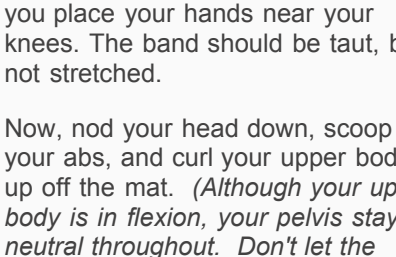
Rosie Francis O'Hallaran, born March 23rd 2011



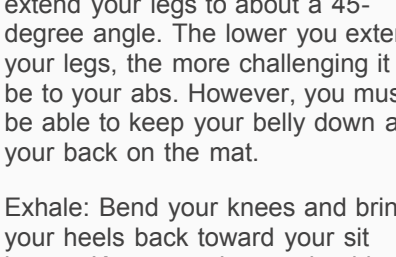
Naomi Wryn Whitmore, born May 14th 2011



Naomi and Rosie are already making friends and telling secrets!



Cynthia Marshall



Resistance bands aren't just good for stretching but also can provide a good workout you can easily do at home. Below is a Footwork variation done with the bands. It works the core, arms and legs.

Lie on your back with your knees bent in toward your chest, shoulder distance apart.

Heels are together with your toes a few inches apart. (You may also switch up the exercise by changing the foot position as you would with footwork on the reformer)

Wrap the middle of the exercise band across the balls of your feet.

With your head down on the mat, adjust your grip on the band so your chest and shoulders stay wide as you place your hands near your knees. The band should be taut, but not stretched.

Now, nod your head down, scoop your abs, and curl your upper body up off the mat. (Although your upper body is in flexion, your pelvis stays neutral throughout. Don't let the band pull your legs in to the point that your tailbone starts to roll up off the floor.)

Inhale: Keep your heels together and extend your legs to about a 45 degree angle. The lower you extend your legs, the more challenging it will be to your abs. However, you must be able to keep your belly down and your back on the mat.

Exhale: Bend your knees and bring your heels back toward your sit bones. Keep your knees shoulder-width apart.

Repeat, doing 6 to 8 extensions. Put your head down if there is too much strain on your neck.

Gyrotonic® Upper Body Openings

Rachel Hovey

With the intention of mobilizing and massaging the shoulder joint, the upper body openings are a great way to strengthen the muscles surrounding the joint as well as decompress and relieve tension in the shoulders, neck and upper back.

Sitting on a chair, place your arms up and to the side in a "hold 'em up" position, with both hands stretched open.

#1 Shoulder Mobilization:



Squeeze both shoulder blades in and up; then out; then down - moving your upper arm in your shoulder joint. Both arms move at the same time. Repeat 4 times.

#2 Shoulder Circles:



Move your shoulder blades in a circular direction, first bring them forward and apart; then up to the ears; then back and together; then down - massaging the shoulder joint. Repeat 4 times.

#3 Overhead arm circles:



Interlace your fingers, place arms over head, elbows bent to the side, turning palm of hands toward the sky. Rotate your arms around the top of your head, as if you are polishing your halo. Repeat 4 times. Reverse direction and repeat 4 times.

Remember the idea is to mobilize your shoulders and upper back so allow your body to move freely without being rigid.