From: Shelbourne Studio
To: clinic@shelbournephysio.ca
Subject: Shelbourne Spring Newsletter
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Spring Registration Notice

To Our Valued Clients,

Hard to believe spring is just around the corner!

This year has been off to a great start at the studio, and we hope it's been great for you as well!

We would like to extend our sincerest thanks to all of you for your continued support and dedication to your health and wellness goals.

Registration has begun for our Spring 2014 session. This session runs **March 1 - April 30 2014** with ***no classes held on Friday April 18th***, we will be closed for Good Friday.

Click here for the Spring 2014 schedule

Give us a call at the studio to reserve your space and ensure the best class selection as spaces are filling up quite quickly!

Welcome Jackie

We are so excited to introduce to you the newest member of our team, Jackie Reeves!

Jackie is joining our team of Pilates & Rehabilitation Coordinators and feels like a part of our studio family already! If you haven't had the pleasure of meeting Jackie, introduce yourselves the next time you're in!

Jackie was born and raised in Toronto, ON., moved to the west coast, and is loving it! While living at home, Jackie completed an Honours BA in Business Communications with a concentration in Marketing.

Jackie enjoys maintaining a healthy lifestyle; Pilates, yoga, running, hiking, swimming, volleyball and strength training are just a few

of her many hobbies. Jackie believes that health and balance is the greatest goal to strive for.

Jackie is looking forward to assisting in all health and wellness goals here at Shelbourne Pilates and Rehabilitation.

Jacqueline's Advanced STOTT Certifications

Our instructors are constantly participating in continuing education courses in Pilates, Yoga, and Fitness to provide you with the most up-to-date repetoire, clinical strategies, and the safest and most effective workout possible! This month we are highlighting the achievements of our full time Pilates instructor **Jacqueline Sloan**.

Jacqueline has recently obtained her advanced certifications in all areas of **STOTT** Pilates for Mat, Reformer, Cadillac and Chair! Way to go Jacqueline - we are so proud of you, and lucky to have you on our team of incredibly talented instructors.

Shrimp Spring Rolls & Lettuce Wraps

What you'll need
1 pound frozen shrimp, thawed
4 ounces uncooked thin rice noodles
2 carrots, grated & 5 green onions, chopped
1 medium cucumber, peeled, seeded & cut into thin matchsticks
1 cup mung bean sprouts
Generous handfuls fresh basil, mint and cilantro leaves

1/3 cup peanuts, chopped
1 head green leaf lettuce
1 Thai chile pepper or jalapeño, finely chopped
1/4 cup lime juice
1 tablespoon sugar
3 tablespoons fish sauce
2 tablespoons shredded carrots
2 cloves garlic, finely chopped
1 package spring roll wrappers

What to prepare
1.) Boil, steam, grill or broil the shrimp until cooked through. Set aside to cool, then peel, de-vein and halve the shrimp.
2.) Meanwhile, bring a medium pot of water to a boil. Remove from heat, add rice noodles and set aside to let soften for about 10 minutes. Drain thoroughly.
3.) Set 2 tablespoons of the carrots aside. Arrange remaining carrots, green onions, cucumbers, sprouts, basil, mint and cilantro on a platter. Put shrimp, noodles and peanuts in bowls. Stack lettuce leaves on a plate. Set aside.
4.) Put chile peppers, lime juice, sugar, fish sauce, reserved 2 tablespoons carrots and garlic into a bowl and stir until the sugar dissolves. Transfer to small bowls for dipping and set aside.
5.) For lettuce wraps, pile some of each ingredient on a lettuce leaf. Roll or fold the leaf around the ingredients, forming a package. Serve with dipping sauce.

For spring rolls, dip a wrapper in hot water for about 10 seconds. Spread on a cutting board or plate and layer ingredients on bottom third of wrapper. Fold the bottom of the wrapper up over the ingredients. Fold in sides, then continue rolling up. Place seam side down on plate. Serve with dipping sauce.

We found this on www.thedailygreen.com and had to share it with you! This recipe serves 4 and won't stay around for too long. Let us know what you think!

New Foundations Classes and More!

Mat & Combo Foundations

New Mat Foundations Classes
Wednesday 10am **Mat Foundations** - Leslie
Wednesday 4pm **Mat Foundations** - Sharon
Friday 1pm **Mat Foundations** - Sharon

New Combo Foundations Classes
Monday 5pm - **Combo Foundations** - Debby
Friday 5pm - **Combo Foundations** - Sharon
Tuesday & Thursday 12pm - **Combo Foundations** - Karen

Specialty Class & New Levels

New Specialty Classes
Monday 8am - **Rise & Shine** Power Mat
Monday 9am - ***pfilAtes*** - Leslie
Monday 3pm - **Plus Size Pilates** - Sharon
Tuesday 8am - **Restorative Yin Yoga** - Tara
Tuesday 7pm - ***pfilAtes* Reformer** - Leslie
Wednesday 4pm **Strength & Stretch** - Sydney

For a detailed description of our specialty classes, **click here!**

Upcoming pfilAtes Workshop

Bladder leakage is not a normal part of aging, you can do something about it!

pfilates is a pelvic floor specific Pilates program developed by a board certified gynecologist,designed to help you:

- understand the muscles of the pelvic floor, where they are and how they function
- educate you about the weakness in the pelvic floor muscles, resulting in disorders like incontinence & pelvic organ prolapse

- teach you the specific exercises to condition the appropriate muscles focusing not only on strength, but endurance and coordination.

Run by our **STOTT** & **pfilAtes** certificed Pilates instructor **Leslie Hopkins**, the next pfilAtes workshop is on **March 29th from 2:30-4:30pm.**

The workshop will include an informational interactive presentation as well as an exercise portion. If you do not have a Pilates/yoga mat we do have a limited amount at the studio.

The cost to participate in this 2 hour interactive workshop is **$45 + gst.** Pre registration is required, space is limited so please contact us at the studio to reserve your space!

Gordon Head Recreation Centre

Did you know that we have a growing team of experienced Kinesiologists at our local Recreation Center providing services in the gym and pool? Our Kinesiologists create inidvidualized programs specific to your needs and goals. Whether you are recovering from an injury, or just looking for an updated strength training program, we will find the option for you!

We are offering private sessions as well as daytime and evening group sessions in the gym and in the pool.

Upcoming class schedule

Aquatherapy Classes
Monday/Wednesday/Friday 10am Shallow
Monday/Wednesday/Friday 11am 11am Deep

Seniors Exercise Therapy
Monday/Thursday 1pm
Tuesday/Friday 1pm

Small-Group Aquatherapy

Small-Group Gym Exercise Therapy for Functional Movement
Monday/Wednesday 5pm
Tuesday/Thursday 10am
Thursday 8am & 5pm
Tuesday 3pm

If you are looking for a customized exercise program to help you through an injury or chronic condition - Call us today! We can help!

Tuesday/Thursday 11am
Monday/Wednesday 7pm &7:30pm
Thurs 3pm

Rehabiliation Coordinator - *Erin Lamb*
250-595-5858
ghrehab@shelbournephysio.ca

Like us on Facebook!

Have you liked our Shelbourne Pilates, Yoga and Exercise Rehabilitation Studio Facebook page yet? We are constantly updating the page with studio news, articles, videos, recipes and more! It's a great way to stay connected with us and be part of our online community.

From all of us...

Wishing you health, happiness, love and laughter this Spring season and always,

Your Shelbourne Pilates and Rehabilitation Team

Thank you for taking time to read our newsletter!

www.pilatesvictoriabc.ca

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