

# JANUARY 2012 Newsletter



Happy 2012 to you all!! Wow I can't believe that it is already the New Year! Firstly, all of us at Maggie & Rose would like to say a HUGE THANK YOU for all our lovely gifts, cards and the mountain of chocolate that we received for Christmas, we felt very spoilt indeed!

It looks like 2012 is going to be a rather massive year – we have the Olympics coming up as well as all the usual chaos that comes with having a club full of young members! We have been busy getting the new term ready, Belles and Aideen are prepped and looking forward to introducing the little ones to a Rainbow of colors, Some Super Chefs and nursery Rhyme inspired recipes. We really had a great 2011 so we have put together a selection of some of our favorite images from 2011 and looking forward to many more in 2012.

Lots of Love Maggie xXx

## Maggie & Rose's 2011 Wall of Fame



# What's on this January (+ February)

Not a lot really!!! Hmm, so it seems that Christmas has knocked the socks out of Everyone! However we have a few fun things coming up in February and a few of you have been telling us that we do not give you enough advance notice, so Here we go!

## stella & dot.

Wednesday, 18th January 7.30pm - 9.30pm

We are super excited about Stella and Dots trunk show at the club - come and see us after hours and check out the range. Stella & Dot is a boutique-style jewellery and accessories line, designed in New York, and available exclusively through in-home 'Trunk Shows' by Independent Stylists, and online. One of our members is hosting this event and you are all welcome! Stella & Dot jewellery has been featured in InStyle, Vogue, Glamour, and there are will be fabulous finds for under £40! -

[www.stelladot.co.uk](http://www.stelladot.co.uk)



ADVANCE  
NOTICE

## Belles Super Supper Club

Thursday, February 2nd 7.30pm

Inspired by our recent adventures to Supper clubs in the East of London and requests to do something adult friendly (aka no kids!) we are hosting our very own after hours Maggie & Rose Supper Club. Our very fabulous chef, Belles, will be devising a delicious menu for us to feast on.

More details to come.

Come along to the fab  
**Hospital Club** in Covent Garden for our  
movie exclusive!

Woo Hoo it's The Muppets new movie - I mean could this be any cooler??! Drop them with us for 4 hours, we will feed them a delicious lunch, watch the movie in the super private cinema at The Hospital Club and keep them creatively entertained as only we can. All of this while you sip wine, eat lunch and catch up with your other half in peace!!

Saturday 28th January, 12.30 - 4.30 pm,  
£45 per child, ages 4 - 10yrs

Grown ups - £25 for a scrummy 2 course  
meal and a glass of wine.



**h.**  
The Hospital Club

Contact The Hospital Club for  
bookings -

Tel: 020 7170 9100  
[www.thehospitalclub.com](http://www.thehospitalclub.com)

# January Weekends

Saturday / Sunday  
7th & 8th January

For all things blue and Smurf like come along and see the newest version of the Smurfs movie (plus some old classics). Make Smurf masks as well!



Saturday / Sunday  
14th & 15th January

This children's series is inspired by the likes of Beethoven and Van Gogh. For an injection of culture, we will be playing classical music and painting Van Gogh Masterpieces.



Saturday / Sunday  
21st & 22nd January

Lucky dip movies and crafts all weekend. Get in first and pick the movie of the day - we have them all! Aideen has made up a special box of lucky dip crafts to get messy and creative with.



Saturday / Sunday  
28th & 29th January

It's a Muppet weekend! We are at The Hospital club on Saturday watching the newest Muppet movie, so in the club we will be playing the old ones. Let the little ones get familiar with the Muppets and paint their favourite characters.



Open Art Sessions are a free, non-supervised session in our lovely Art Studio or cafe for members to be creative with their children. Materials are supplied and themed to the topic of the day and aprons are provided for both munchkins and grown ups!! Please call us on 020 7371 2200 in advance to double check timings as this schedule may change slightly.

# M&R MEMBER REVIEW

It is that time of year where, after indulging over the festive period, we all make New Years Resolutions to get back into shape! There are a good few Pilates and Yoga studios in the area. I have tried a few myself, but I am not the best judge of them as I am rather bad at seeing things through! So one of our members, the very lovely Andrea, offered to test them out. As she had a Pilates studio of her own in the States, we think she is a pretty good judge!



**TEN  
PILATES**

## TEN PILATES:

Located in Notting Hill, 10 Pilates has been a staple in the dynamic Pilates scene for over 4 years. In addition to Pilates, 10 offers personal training, spinning and physiotherapy. What I appreciated about my workout at 10 was the attention to detail. The instructors all have exercise science degrees and want to give you not only a great workout, but one that is technically based. The instructor certainly gave hands on cues and was able to help all 8 of us in class (up to 10 allowed in each class). I really liked that there were different level classes offered from beginner to advanced. A light-filled, large studio was enveloped with pumping music and an entire class of shaky legs by the end of the workout! 10 is a solid choice for your workout needs. Please check Maggie & Rose for some discount cards that can be applied to your first class.

[www.tenpilates.com](http://www.tenpilates.com)



## VITA PILATES:

Vita Pilates is the new kid on the block conveniently located in Knightsbridge near Walton Street. Vita's studio is amazing!! There is a warm, family-friendly feeling here that was rather refreshing. The instructor I experienced gave a well-paced, challenging workout. She was spot-on from a technical perspective as she is the studio's in-house physiotherapist (pretty rare to find a physiotherapist that is part of the workout, too). Vita also offers



massage and aromatherapy services and I loved the aromatherapy products throughout the space. Vita is co-owned by one of our very lovely M&R members Frederica and she is offering you all an amazing offer for the New Year. You can try a small group session for free!! And if you like, there is a special rate of £120 for 6 classes. Call and mention Maggie & Rose.

[www.vita-pilates.com](http://www.vita-pilates.com)



**pi studios**

## pi Studios:

Pi Pilates is the ONLY studio in London that I went to that teaches the traditional Pilates method as it was intended to be taught by Mr Joseph Pilates himself. While the other dynamic Pilates studios only have reformers, Pi has the full range of Pilates equipment including the reformer, Cadillac, wunda chair, ladder barrel and ped-o-pul. Pi has locations in both Chelsea and Battersea. I had the pleasure of visiting the Battersea location and working with the studio owner, Holly Murray. Holly is an extremely qualified instructor and amazingly precise with her cues and hands-on spotting. I enjoyed a smaller workout group here, too (2-4 people for reformer-based classes). I left the workout feeling challenged, energized and was certainly sore in my abdominals, arms and legs the next day. I could go on and on about Pi, their quality teachers and program, but will end with telling you that, overall, my workout here was top-notch and I certainly left the studio feeling taller and had that inner workout glow!

[www.chelseabatterseapilates.co.uk](http://www.chelseabatterseapilates.co.uk)





# evolve

wellness centre

## Evolve Wellness Centre:

With a fresh and eco feel to this South Kensington studio, Evolve Wellness Centre delivered on their website's promise of an urban sanctuary for healthy living. I love that Evolve has it's own rooftop garden, access to many innovative wellness workshops, retreats, homeopathy, massage, ayurveda, life coaching, a room for private yoga sessions, a variety of yoga and pilates classes and an on-site acupuncturist all under one roof (filled with lovely foliage). The studios here are clean and well - lit and the larger studio has a lovely outdoor view of the news street. The studio has ample changing and shower facilities to accommodate your needs. My instructors here were both fabulous with cueing, alignment and creating flow in the classroom. Rachel Okimo is the best Vinyasa flow instructor I have worked with in years. Be sure to check out her classes on Mondays and Thursdays! **Evolve is offering 3 classes for £25 - Bargain!**



[www.evolvewellnesscentre.com](http://www.evolvewellnesscentre.com)

## triyoga:

I had the pleasure of visiting triyoga's beautiful Chelsea studio, which is a modern, clean space with a welcoming ambiance. I found the staff there very warm and friendly and ready to help me get acquainted with all the studio offerings. The class list is extensive here - everything from Anusara, to Mummy and Me and Vinyasa Yoga. The classes serve beginners to advanced students. The studio itself was the best of all the Yoga studios I visited. The vaulted ceilings and sound proof windows made for an ideal Om environment. The treatments brochure at TriYoga was the most comprehensive one I have seen. Reflexology, La Stone facial, qi gong and Thai Yoga massage are just a few to help you gain optimal wellness. There are also a number of workshops that are available to both students and teachers at all of the studio locations. My teacher, Mimi, was brilliant with her pose description and yoga philosophy. Hit the studio's fresh juice bar/cafe with healthy, delicious offerings on your way out (or stop and shop their yogi clothing gear) and figure out how and when you can get back here sooner than later. Trust me, you'll like it here.



[www.triyoga.co.uk](http://www.triyoga.co.uk)

## The Life Centre:

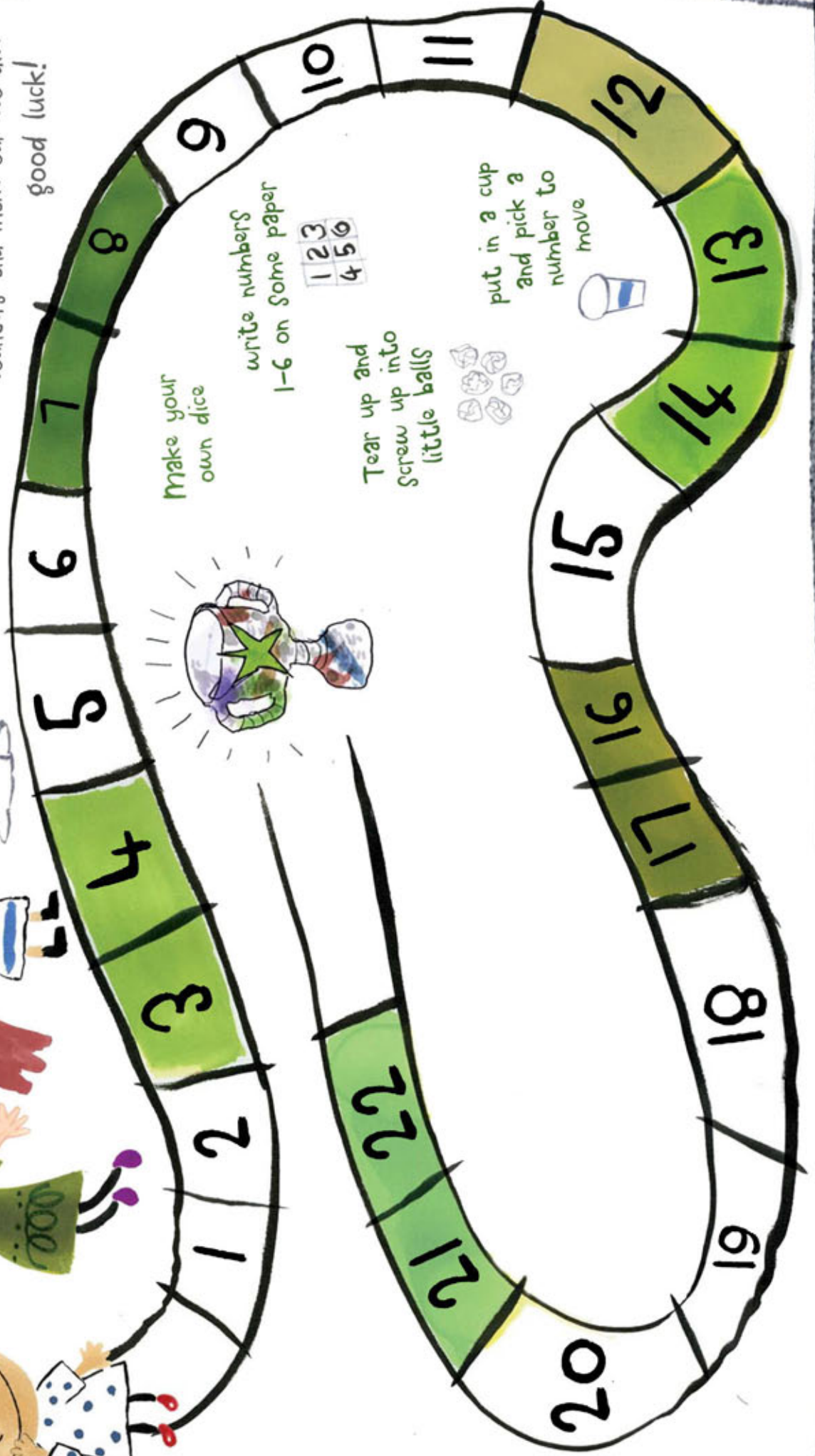
Located in Notting Hill, The Life Centre has been a yoga studio landmark in London for years (you can sense this place has been on solid foundation for over a decade). There are two large studios in Notting Hill and I love the skylight feature on the lower level. Who doesn't want to glimpse the clouds rolling by during their sun salutations?! Both instructors that I worked with were solid in their instruction, hands on cueing and flow. If you are pregnant or have a baby, Tara is your go-to yoga guru gal - she rocks! She will take you sensibly and safely through prenatal yoga and mummy/baby class. There are a slew of other offerings here including massage, acupuncture (Dr Zhu is great for many female related health issues), reiki, pregnancy massage, nutritional therapy, homeopathy, cranio sacral therapy, aromatherapy and MORE.



[www.thelifecentre.com](http://www.thelifecentre.com)



Turn our newsletter into a board game and play our Super eco game and see who is the greenest of you all. Being green doesn't mean that you might be a frog. It means that you are particularly good at helping to save the Earth. Use old bottle caps for counters and make our eco dice good luck!



Make your own dice

write numbers 1-6 on some paper



Tear up and screw up into little balls



put in a cup and pick a number to move

