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Welcome

Yes, September is here, August and sadly most of our summer is now behind us. What lies ahead however is a bright new term of Pilates classes!

I'm hoping that you feel refreshed and rejuvenated after your summer holidays and keen to get back to hollowing your abdominals and maintaining a strong supple spine

Of course I know everyone has been hard at their Pilates, practicing on the beach, balancing their glass of champagne on their tummy! But for those of you who have not been quite so zealous I will be starting back gently refreshing some favourite exercises and introducing some new ideas.

For those of you who have friends or family who would like to know what Pilates is all about I am running a beginners introduction to Pilates workshop on Saturday 13th September

Its easy to let activity levels drop off as the nights draw in so a gentle reminder that classes start back Monday September 1st. So dust off your leggings and blow up your ball for the new term. I look forward to seeing you all again.

Feeling good comes from the inside and the outside so this newsletter has some great autumn style tips from Fiona at Style 2 you. Enjoy!

Susanne

Pilates classes in Harpenden and St. Albans

Classes are kept small, with six to twelve people to ensure a high level of individual attention. For this reason booking is required. Classes are £51.00 for six sessions. Wear warm clothing, preferably close fitting so that I can observe your posture and movement. Shoes are not worn but you will need socks.

If you have not done Pilates before I hold a "Back to Basics" class on Wednesday evenings at 7.35 pm for beginners and refreshers. This will teach you the principles of Pilates.

Style Tips for your Autumn/Winter Wardrobe

by Fiona McClurg-Welland of style2you www.style2you.co.uk

With the greyer skies and temperatures dipping, is it any wonder we are checking our closets for cosier options to our summer clothing?

Where do you start? First things first...take stock. Before you even think about shopping, make sure you have done a thorough inventory of what you already have. Divide items into: work basics, weekend clothes, outerwear, going out attire, shoes, bags and other accessories, including jewellery, scarves and even glasses.

This exercise will allow you to see clearly where the gaps are. Depending on your lifestyle and working status, you may need to replace an old favourite or want to inject some 'wow factor'.

I'm a big fan of the capsule wardrobe, where you can create the maximum number of outfits from the minimum number of items. It's the tool of the savvy and the wise! It's so much easier to shop by your individual colour direction and styles that suit, in no time at all, your revamped workable capsule wardrobe will be one of your best assets!

Ideally it's made up of 2/3 tops and 1/3 bottoms. So, if you have 10 tops and 5 bottoms you can create at least 50 different outfits - that will enable you to wear a new look every day for over 7 weeks!

My 10 Top Tips

- Make sure your wardrobe is well organised. All tops together, all bottoms together on the best hangers. Group to colour if it helps you.
- Invest in a fab pair of jeans that are easy to wear, flattering and can be dressed up or down. Remember, the darker, the smarter.
- Have basic tops in a variety of colours that allow you to mix 'n' match with neutral bottoms. Layer different pieces together to keep your look 'current'. A knitted tank top or this season's re-emerging item, the gillet, can work wonders.
- Take care that your clothes show your silhouette and suit your bodyshape. Baggy items not only add extra pounds, but also project a sloppy attitude towards yourself. Chose more tailored items, such as corduroy blazers or collared boiled wool cardigans with darts to show your figure or to hide problem areas.
- Include skirts in your wardrobe! There are many styles that work for casual and are easy to wear and practical. Think denim, corduroy, tweed and even tartan - a key a/w'08 trend.
- Invest in some high quality fabrics - like cashmere, wool and silk blends. Not only will they signal 'classic' but will also be key when dressing up your fab pair of jeans in a hurry! A welcome alternative to the fleece.
- Wear nice shoes, pumps or boots to finish off an outfit. Simple touches of detail and texture will make a difference.
- Don't forget to add accessories to give you that 'finished' look. This is area that gets overlooked the most but it can be what makes you glow and memorable to others. Try putting different colour combinations together. Remember Trinny & Susannah's tv program last month? Colour brings confidence and compliments - trust me, I'm an

image consultant!

Finally, always wear lipstick or gloss. Even if you don't have time to apply a full make up, this along with some blusher and mascara will help make you look and FEEL refreshed and vibrant!

For more details on colour analysis, styling, capsule wardrobe dressing, personal shopping and this Autumn/Winter trends, visit www.mycapsulewardrobe.com and www.style2you.co.uk