



Jewellery, Art & Design

About this issue:

ANNE ANDENÆS
Holistic Pilates -
positive health
and wellbeing

The second newsletter in a series of profiles - spotlighting interesting girls of all ages. I know them, admire them and want to lift them, show them and share them...

"Girls who go for it."

The **it** they go for is their passion, calling, a path, an urge or dream.

Whatever you call it - it's about determination and stamina and sometimes a bit of craziness.

The other thing they go for and have in common is they are all wearing **Grey Pearl jewellery**. That makes me very proud and happy.



Girls who go for it

Who are they? How do they do it?

What can I, or we all, learn from them? - Introducing girls that I obviously admire is not just to enthuse and tell, but also to understand what has brought them to this point where they make a difference.

Meet Anne Andenæs! She's one of these girls I like to learn from. As a matter of fact she's one who even teaches; so we can all learn. Anne's passion is coined in the term **Positive Health and Wellbeing** which she makes available to us all.

Aromatherapy, reflexology and Pilates are her tools to making a difference.

That's what she offers in classes, in her private sessions, and what she teaches her students. Then, she has one thing that probably cannot be taught - she has that "something" - hard to nail without reaching for words like "aura" or "energy field".

Mumbo jumbo - you may think - take my word or not. Or if you can, check for yourself - try being in Anne's presence.

I should stop now. But then again, this is just the kind of thing I'd like to learn more about: Why is it that certain people's energy field is so strong and positive that just being in their presence feels good?

- **You might say**, "Anne is just a really nice person". But she's more than that. She's passionate - but also mild. Sensitive *and* hard working. Laughs easily but is also extremely focused.

We can all be focused, but Anne's focus is on the essence of living;

breathing and movements, and evolving as a person. This seem to always have been her focus. Just like someone who eats food with cinnamon every day will emanate cinnamon, Anne radiates that which fills her days - focus and harmony. *That* describes her business as well!

This profile is a portrait. When I make a painted portrait sometimes the sitter has felt me come too close. In writing though, I can better control the result; as can the subject - so nothing here is written without Anne's consent. Enjoy!



About Anne



Master teacher in the Arts of Holistic Pilates, Reflexology and Massage Aromatherapy, International Federation of Aromatherapists accredited School and Principal Teacher.

Anne Wheeler Andenøes used to live in Oxford, England. At a tender age water became her natural element - by pleasure or necessity? Guess - or ask her! - But she soon swam and continued to do so with movements so precise and motivated that it took her to the British swimming team.

That's another story, but movements, as precise and focused as ever, are still the core of all her activities.



Anne's own story - movement and water

About learning from other brilliant girls; could it be so simple, that doing just one thing focused and right, will affect all other things we're doing? Spilling over into the other fields of life, so to speak. So that making really healthy food should lead to healthy thinking, or fluid movements lead to fluid thoughts? When I observe Anne who has done exactly that, I think I'm onto something.

Anne's early encounter with water was significant, and a lucky one. As a baby, just 18 months old, she was introduced to water. Instead of reacting with panic and the frantic movements that inevitably pull us down, baby Anne must intuitively have trusted the buoyancy; embracing the water with just the right movements, slow and harmonious enough to keep floating with ease. According to Anne she was "back home in water".

Water continued to support her; taking her to the swimming team of Great Britain, where she excelled, winning medals early on. Later, she also taught swimming. Then she married a Norwegian and the rest is better told in Anne's own words:

"I came to Norway in 1974 with a tiny baby. To avoid the isolation when moving to a new country not knowing anyone apart from partner and no language, I thought of what I could do to get into the society I had moved to - what could I contribute with?

Of course - baby swimming!

- There was none in Norway - being a swimming teacher and coach with my own baby - I started up, and hired warm water space in suitable pools - I put up handwritten notices around.

The "water babies"

Slowly a group formed and then it snowballed with the media and TV discovering the "water babies". I had waiting lists with mums-to-be registering - these were the only classes available for baby swim classes.

Wonderful days - I have still contact with those original mums. And some of the babies are now doing Pilates with me!"



About Anne the therapist:



I find that Anne's voice bypasses the control of the brain and speaks directly to the muscles in my body. A light correcting touch of her hands, and you have it.

(it = the movement)

Read on - and find out why I like to think that sharing Anne is like giving you a gift!

And guess what is Anne's Grey Pearl choice?

- A Coco Chain with pale pink pearls like below - but on a stainless steel chain - I'm not surprised. - Soft and tough at the same time.....



Anne being there for me - a very personal tale

Anne had lived in Norway for 13 years when I first got to know her.

I know, I thought she was Norwegian too, until we met - it is 23 years ago. "Met" does not quite describe it, correction, "until I came into Anne's presence and something in me melted".

It took place in her friendly therapy parlor in Hegdehaugsveien in Oslo.

It must have been during winter, because I came in to have a selfish session and a rest from the heavy weight on my front - the very start of my first born. Back then, I came for Anne's reflexology skills, and as described, whatever had troubled me simply melted away. It felt so good I just wanted to find new little ailments so I could go see her again.



To pick up where I started,

I believe that Anne has more than skilled hands - she has "the touch". I like to think that this touch and her whole soothing presence comes from the way she thinks and breaths and holds her body.

It may sound gushy, but I find that Anne has a sublime serenity which is part of the package she offers as a Pilates teacher as well.

In a Pilates class, your logical brain may not grasp exactly what she explains - yet your intuitive body reacts directly to it, if you let it.

Just to finish raving; next thing I discovered back then, Anne did aromatherapy as well - and baby massage. Boy, was baby massage a great discovery. Just what my intense little chap needed. The baby too melted into her touch, you could just watch the tensions leaving the tiny body.

I was hooked. So, for all the big moments in my life Anne has been there for me with her soothing skills. - When my children came into life and when my mother left this life; she comforted my aching body after birth, brought relief to a baby in my womb and set another birth in motion. As for my mother, asking Anne to come to her hospital bed, is maybe the most deep felt gift I've given my mother, ever.

About Anne's Method:

Anne has a holistic focus based on her training and experience. Her method helps you to achieve the same holistic focus which is key to realise your inner potential and strengths.

Each participant will be encouraged to take responsibility and value their actions.

This is far more than just being fit - with Anne you are learning new skills which enable you to discover your hidden strengths and potential.



The Anne Andenaes-Method

A unique synergy of Pilates, Movement and Arts of Natural Healing

Guided by the needs at the time, Anne adapts her lessons or treatments intuitively, according to mood, time of day, and the changing seasons.

Anne helps you by providing the tools you need to concentrate on your personal goals, thoughts and values, and to be challenged to take control of these. As you become stronger both mentally and physically, you also become more able in making your own independent life choices.

Breathing, rhythm and coordination are integrated into the movements. Her method aims at combining natural movement with mental focus so the effect corresponds to fine tuning both instrument *and* performer.

Anne's method makes the exercises and sequences as natural as possible using body weight and gravity as resistance.



About Pilates:

Pilates is a method of fitness training, originally developed by Joseph Pilates during the years, from 1920 up to 1967.

Stretch your mind as well with Anne - and do some imagining - imagining is good brain exercise:

Imagine:

"walking tall with no pressure upon your shoulders."

Imagine:

"entering a training studio where you are at peace with yourself as you leave."

Imagine:

"feeling both your self esteem and your physique improving at the same time."

Imagine:

"training where the exercises taught are the very ones your body calls out for."

Imagine:

"your body and mind being tuned and balanced as you move with grace."



Anne's Pilates - a synergy of movements

Pilates exercises aim to strengthen the body from the inside

Toning the muscles of the inner abdomen, pelvic floor and back especially. At the same time the overworked, tight muscles of the body are stimulated to release and lengthen.

Age or sports background is irrelevant; Pilates is good for you whether you're young or old, professional, non exerciser or even if you have a back pain - on the contrary, back trouble is what led Anne to Pilates:

"I started this kind of training when I was swimming for GB and suffered a back injury - I fled from the gym work and discovered an alternative physical training - Pilates - which worked wonders for me - I never went back to the gym! I love developing new exercises or different ways of inspiring our body to move in a holistic and natural way - full of strength, flexibility and natural grace - something not found in a the gym."

Where does Anne teach Pilates classes?

Her studio classes take place in Oslo near Montebello station. In a very special space in a building inspired by Rudolf Steiner architecture, overlooking Oslo fjord - a pentagon with windows and nature views around. Morning and evening classes during the week on a term basis. Ages range from 13 - 80+ Various levels.



About Pilates in nature:

Stretch your mind with Anne and do some more imagining - then go try it!

Imagine:

"Enjoying the fruits of the earth in all simplicity."



Imagine:

"Enjoying the shade of a tree as you meditate."



Imagine:

"A full rainbow starting in a meadow and ending in a lake."



Nature works

Pilates in nature - the total experience

As a part of the total experience Anne encourages and offers training with nature both in Norway and abroad. The places for these experiences are carefully and specially chosen for their natural beauty and landscapes, natural energy points, elements and culture.

The nature breaks may be an hour, a day, a weekend, a week, or a month. Anne takes you on nature breaks that encompasses a communion with a place, its nature, culture and even those who lived there before us. You will benefit from improved fitness, you will have also have fun and gain a heightened awareness of simple pleasures and wonders.

Imagine:

"in all humbleness being enthralled and amazed by the architecture and culture of those who lived before us."

Imagine:

"balancing with a wise and majestic one thousand year old oak tree."

Imagine:

"Folding your toes around pebbles on a beach and water running between them."

Imagine:

"The fragrance of an aromatic plant you have just picked in a meadow on a mountain plateau."

The full circle of experiences from Nature Breaks with Anne



About Sunrise Pilates:



"A crimson sunset slipping behind the horizon as your body gently stretches on an ocean beach..."

Sunrise Pilates is a title I borrowed from a film project Anne is about to finish, it has some absolutely sublime scenes with Anne's movements against the horizon, just like you see her on the top of the page.

I saw a snippet of the film, it is just beautiful. Something to look forward to - so sign up for Anne's newsletter - see last page!



Sunset and Sunrise Pilates

Wouldn't you just love doing harmonious exercises in a place that resonates with the movements?

Wild, beautiful and natural, where we combine nature, natural movement e.g. "Wild Pilates", or "Wild Aromatics" according to the type of course. Locally sourced and prepared food, culture etc... Invitations to those who are interested in participating are duly sent out.

The residential courses organised by Anne may happen one, two or three times a year - whenever she finds a very special place it happens! (Not hotels or Spa type retreats - just the real thing).

Anne does not advertise out to the masses.

Most importantly: The chosen places where the courses take place "hold" something very special: the nature, natural beauty, history, culture, the people, ancient significance, the trees and plants, the spirit and healing positive energies.....it can be seen, heard, smelt and felt!

Examples of "Nature Works" venues and themes:

Montsegur, French Pyrenees - Pilates, Cathar culture, Aromatherapy

Provence, France - Aromatherapy (therapists)

Provence, France - Aromatherapy and wild herbs (students)

La Gomera, Canary Islands - Pilates, Elements and Balance

Dartmoor, Devon, England - Pilates, Celtic culture

Oxford, England - Historical, Aromatics and Pilates (therapists + students)

Cotswold, Gloucestershire, England - Aromatics and Pilates (therap + stud)



About professional training with Anne:

- Anne has been an active teacher for more than twenty-five years.
- She enjoys teaching and sharing with others a long experience and a deep knowledge of aromatics.
- Other professionals say *"she teaches intuitively and understands fully the importance of the mind-body connection."*



Professional Training

Teacher/therapist courses in Pilates, aromatherapy and reflexology.

The mission of Anne's professional training courses is clear - she sees the teacher and therapist training as an art - and these are the teacher's roles:

Teacher workshops and training:

Anne teaches only small groups and you have to be genuinely passionate about it. Those who are interested contact Anne and she invites them on a preliminary course when she has an appropriate group ready to go!

The therapist/ teacher workshops and training are done periodically.



Health professionals; nurses and physios often take Anne's aromatherapy training. She also offers full training for those interested outside the health professions. Those who have a passion to learn massage, aromatics and who are interested in holistic training and natural and sustainable living in general.



[Please contact](#) for more information about professional training.



- a training method as pure and simple as nature itself

About the natural
healing arts:



Aromatherapy

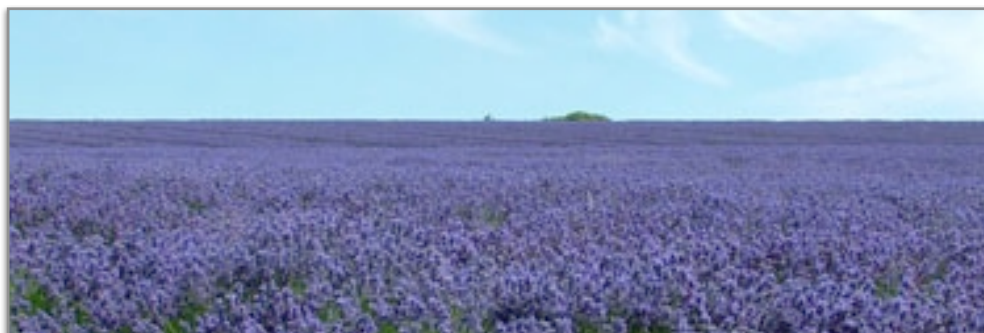
As long as humans have walked the earth, the healing power of plants and massage have been recognised and used.

•

The healing arts of aromatherapy, massage and reflexology are some of the most ancient forms of "positive healthcare".

•

Combining aromatics with massage is a wonderfully efficient and soothing way of relaxation.



Natural Healing Arts

Aromatherapy • Reflexology • Massage

"Positive health care" is a great term for the ancient practices that Anne follows and honours through her therapy and products.

Anne blends and creates her own products; with full control of every addition, whether oils, butters or aromatic essential oils.

Skilled by years of practice she masters the art of creating a blend of aromatic plant oils to suit the requirements of the individual in "the moment". Her work with plant aromatics is inspired by a fascination with nature's healing plants - a fascination nurtured since childhood.

A glimpse into Annes's universe; the way she talks about aromatics draws me in. I can't wait to test it! Listen to these excerpts from a recent mail from Anne:

"Yesterday I had an aromatic day blending new creams, oils and fragrances - and suddenly I was closer to the season waiting around the corner - full of vibrance, colour and joyful fragrance - wonderful..."

Shea butter, jojoba, sweet almond oil, seabuckthorn oil and raspberry seed oil, to carry the pure aromatic essential oils of sandalwood, ylang ylang, rose, jasmine, frankincense for the face, body and hair (as well as for the emotions and the soul).

- The colours of the organic jewellery designs inspire the fragrances and are evocative of the season and every emotion...

It's like setting the little bird in you free!

And then the free flowing movements of the spine are inspired to follow through - weaving a tapestry of life through the senses... - I think you understand well Tittin!"

I do understand Anne! But raspberry seed oil makes me curious - never thought those dry seeds could yield any oil? So I ask, and Anne, ever patient, informs me:

"I love using seed oils as base ingredients to my creams, balms and massage oils. The seeds are full of life, protection and energy - just think of the potential contained in each little seed waiting to emerge! Raspberry seed oil for example has a high content of vitamin E, A, omega 3 and 6 fatty acids. It is calming and moisturising for the skin and has anti-inflammatory properties. It is a natural sun screen, and may act as a shield against UVA and UVB."

Oh, how I love having confirmed that nature provides for all our needs!



About the natural
healing arts:



Reflexology

Massaging the power points on your feet with exquisite blends of oils will strengthen your whole body.

Little known fact about

Anne: She makes her own skin creams and balms because she's also a qualified skin therapist!

Imagine

"a synergy of pure organic plant oils created to feed your body, mind and soul"

Imagine

"a unique fragrance blended entirely for You in "The Now"



Natural Healing Arts

Aromatherapy • Reflexology • Massage

Aromatics, creams, balms and oils are individually made. They are very personal. No preservatives or binders are used so each product has to be made to order.



For a personal blend Anne asks for details of requirements, or you can have a questionnaire filled out. You can of course take inspiration from all her ideas here too - just ask her! See last page.

Music for the feet - Anne imagines a winter rhapsody of fragrances:

"Cedar wood, tea tree, rosemary, ginger and peppermint on a bed of shea and mango butter, jojoba and Manuka honey for happy winter feet!"
- Something to order for next winter, girls! Or maybe even now?

Anne paints with aromatic plants. Reading the plant names, I'm thinking; this is another form of portrait! - But in order to decipher an aromatic composition in the written form, like here, you'd have to be familiar with the individual plants, like Anne is.

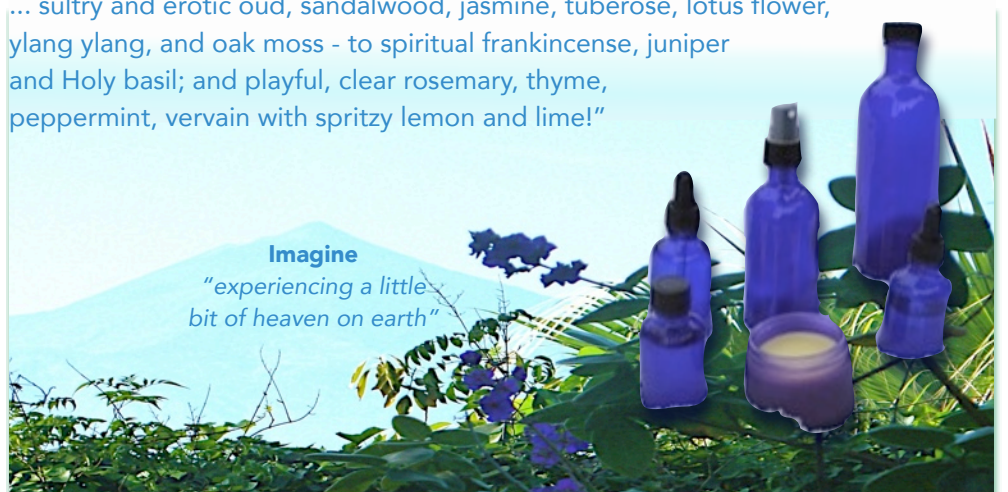
Like a musician who delights in tunes on paper, I imagine Anne delights in a perfume just by seeing a list of aromatic plants. That's her gift. However, since we today barely relate to a handful of them, the significance of her exciting symphony of plant names below may unfortunately be lost on us.

A true artist, Anne finds inspiration everywhere, like in Grey Pearl jewellery:
"With your vibrant energy giving pearls and designs my mind is evoked and inspired towards associated fragrances.." - writes Anne, and shows me how:

"From fresh and vibrant petitgrain, neroli, sweet orange, mint; ... sultry and erotic oud, sandalwood, jasmine, tuberose, lotus flower, ylang ylang, and oak moss - to spiritual frankincense, juniper and Holy basil; and playful, clear rosemary, thyme, peppermint, vervain with spritzly lemon and lime!"

Imagine

"experiencing a little bit of heaven on earth"





ABOUT:

I'm Tittin Rinde, freelance designer, visual artist and writer; designer by degree and artist by practice.

With a passion for colour I express and communicate my ideas through art and design. Writing ties it all together.

I live and work in France and was educated in Norway at Oslo National Academy of the Arts, KHIØ.

My work includes design for jewellery, printed products, collection work, teaching, interiors and interior related products, catalogs, writing and presentation.

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For jewellery website:
www.greypearlstudio.com

For artwork: Portraits -
see albums on art blog:
[Backtracking slowly forward](#)

Jewellery photos, text &
layout: Tittin Rinde

Photos of plants by courtesy
of Linda Cartridge
All other photos: Anne's
private property



Cartoon by [HUGH MACLEOD](#)

Anne's courses

- Anne's studio classes take place in Oslo near Montebello station.
- Morning and evening classes during the week on a term basis.
- Various levels - from introductory to advanced classes.
- Maximum 12 participants per class - ages range from 13 - 80 +
- Participation is by registration only.
- Private teaching is available by appointment. See all contact info below.

Anne's teacher workshops and training

- The therapist/teacher workshops and training is done periodically.
- Anne teaches only small groups and only for those genuinely passionate.
- You can contact Anne for an invitation to a preliminary course that will happen when she has an appropriate group ready to go.

How to order Anne's products

- Aromatics, creams, balms and oils are very personal.
- They are individually made with no binders or preservatives.
- For a personal blend Anne will ask for your requirements or you can have a questionnaire filled out. Don't hesitate to contact Anne for further details.

Stay in touch with Anne

You can sign up for Anne's newsletter to keep informed of any workshops, courses, themes and/or general information relating to any of her topics. Please, don't hesitate to use the contact info below to connect with Anne.

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CALL: + 47 951 57 253 • SKYPE: [anne.andenaes](#)

About these profiles

The featured girls have agreed to let me spotlight both their work and the fact that they have chosen to adorn themselves with [Grey Pearl jewellery](#). When they have one and let me, I will show a photo of them wearing the piece.

Tips and ideas

If you have something interesting going on that I don't know about that you'd like to share right now - for next issue, or later, please contact me.

I hope you all enjoyed this as much as I did making it,
and of course both Anne and I would love your feedback!

With a whiff of the seasons mimosa - Tittin @ GREY PEARL