

HAPPY NEW YEAR!

We hope 2011 brings you inspiration, expansion, and renewal! May you find more joy in your life, and share deeper connections with yourself and others. As always, we are here to support you and to help you reach your goals! For more info, you can always visit our web site at <http://www.centerofbalance.com>

FREE CLASS! Buy 10pass and get 1 class free!

CLASS SCHEDULE

Throughout the month of January, when you buy a 10-pass of mat classes you get an additional free class!

WELCOME PACKAGE - Start the year off right!

\$365 - 5 Staff Privates & 3 Mat Classes (\$75 saving) [Click here for more information](#)

[Click here for our class schedule](#)

PILATES MAT ESSENTIALS: Workshop with Evangeline Kochanek



Saturday, January 22, 2011

11:30am - 1:30pm

Get the most out of the mat! In this workshop, you'll learn the fundamentals and proper technique of Pilates mat, focusing on body connections, breathing, alignment and awareness. Experience how Pilates can help you increase the flexibility of your spine, get stronger, and improve your posture. Learn how to move with more ease and fluidity, and to help your body be more capable for physical activity.

[Read more about Mat Essentials](#)

EQUIPMENT ESSENTIALS: 5-Week Intensives



Wednesdays, 7pm - 8pm with Amy Moore (Starts 1/26)

Fridays, 12pm - 1pm with Sue Meadows (Starts 1/28)

Learn the fundamentals and essential Pilates exercises, on the mat and using specially-designed equipment — the Reformer, Wall Unit and Chair. Each class is limited in size, so you'll get individualized attention for optimal learning.

[Read more about Equipment Essentials](#)

INTRO to CORE/ALIGN: 5-Week Intensives



Mondays, 8am - 9am with AnnaLena Thilderkvist (Starts 1/24)

Fridays, 10am - 11am with Jocelyn H Saiki (Starts 1/28)

Step into functional fitness at its best! Experience the CoreAlign system in a small group setting, where you'll focus on conditioning, core stability and alignment during a full body workout. The CoreAlign system is the latest innovation in mind-body exercise for a healthy lifestyle. Intro to CoreAlign is a great way to supplement your training, as well as enhance your other movement practices.

[Read more about Intro to CoreAlign](#)

PILATES TEACHER CERTIFICATION with Tom McCook



APPARATUS 2: January 28 - 29, 2011

Our Pilates certification courses continue with Apparatus 2! The curriculum emphasizes the principles underlying each exercise. Courses are modular and progressive, allowing students to build on their education and training in the way that works best for them. These courses are also a great opportunity for certified instructors to learn new teaching tools and for renewed inspiration. All courses are taught in weekend modules, helping students who live outside of the Bay area an easier opportunity to study with Tom.

[Click here for our 2010 - 2011 certification courses!](#)

EMBODYING A BALANCED LIFE: 3-Month Course



with Tom McCook

Tuesdays, 6:15 - 8:15pm

2011 Meeting Dates: 3/15, 3/29, 4/19, 4/26, 5/3, 5/10, 5/24, 5/31, 6/14, 6/21

Using movement and meditation as a foundation to get focused and present, we'll look at what it means to be balanced in our individual lives. We'll look at the specific areas of work, play, inspiration and body care and the importance of establishing a personal plan in these areas every week. We will take time each week to identify ways to create freedom and to experience momentum in our lives. We'll learn how to ask for what we want and need in order to move through life with more balance, freedom, clarity and grace. The format includes movement practice, meditation and coaching. Movement practices will incorporate Franklin Method, Pilates, Yoga, Resistance Stretching. Requires a 3 month commitment.

[Read more about Embodying a Balanced Life](#)

Quotation of the Month

"We need 4 hugs a day for survival. We need 8 hugs a day for maintenance. We need 12 hugs a day for growth."

- Virginia Satir

Center of Balance specializes in Pilates, Yoga, Franklin Method, CoreAlign, BodyCode System, Resistance Stretching and Body Therapy.

Voted BEST PILATES STUDIO in the Bay Area by San Francisco magazine!

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