



CENTER of BALANCE UPDATES

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](#)

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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