



## CENTER of BALANCE UPDATES

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Happy February! Here's what's coming up at Center of Balance. As always, you can visit our web site for up to date information at <http://www.centerofbalance.com> or call us at 650-967-6414.

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### A Message from Tom

I want to thank you all for your well wishes, positive energy and helpful contacts in dealing with my shoulder surgery. Karen and I both feel blessed to be part of such a kind and caring community. I'm 1 week out of surgery and still quite uncomfortable but seeing progress each day. Even though it's going to be a slow process, I feel confident in the surgeon and the work that was done and am doing my best to trust the healing process. Thank you all for your messages and great energy, I'm looking forward to being back at Center of Balance soon.

Lots of love,

Tom

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### WELCOME PACKAGE - *A great way to get started!*

#### SCHEDULE

\$365 - 5 Staff Privates & 3 Mat Classes (\$75 saving)

\$280 - 5 Associate Privates & 3 Mat Classes (\$75 saving)

[Click here for our class schedule](#)

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### Welcome Katja!



A warm welcome to Katja Simona! Katja is a Pilates instructor, certified personal trainer and Aikido black belt. She was introduced to Pilates as a way to recover from an Aikido injury and quickly realized how it helped her to heal faster, move more efficiently and develop a better understanding of connections within her body. Katja received her formal Pilates training with Tom McCook at Center of Balance and found her path to teaching

by integrating her skills as a former teacher in the Swiss school system, her fitness background, and her 12+ years of Aikido experience. She believes that Pilates helps the body to move in a healthier,

more functional way, expressing its natural strength and beauty. In her teachings, Katja is patient, kind, precise and observant.

Katja is now scheduling appointments for the following days & times (more days and times to follow). Please call the studio at 650-967-6414 to schedule:

TUESDAYS & WEDNESDAYS: 5pm, 6pm, 7pm, 8pm

SATURDAYS: 11am, 12pm, 1pm

[Read More](#)

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### Level 1 Equipment Groups - starting soon!



Tuesdays, 5pm - 6pm with Katja Simona

Wednesdays, 7pm - 8pm with Amy Moore

Learn Pilates on the Equipment! Whether you are new to Pilates equipment work or are looking to get back into a practice after time away, this is a great way to do it! You'll learn the fundamentals and essential Pilates exercises using the Reformer, Wall Unit and Chair, each week building on the previous weeks' lessons. Beginner groups are open to students with movement experience, preferably Pilates equipment experience, who are willing to commit to an ongoing schedule. Call us to sign up!

[Read more about Equipment Groups](#)

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### PILATES MAT ESSENTIALS: Workshop with Evangeline Kochanek



Saturday, March 5, 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](#)

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### 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](#)

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## The NEMEROV METHOD: Workshop



Saturday, April 9, 2011

1pm - 9pm

Move your clients beyond persistent limitation. The Nemerov Method enhances your ability to provide the quickest, most comprehensive resolution to your clients' persistent functional limitations. In many cases, you will see results after the first treatment. You'll learn how to help your clients experience increased balance, coordination, and strength using this method. [Read More](#)

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## PILATES TEACHER CERTIFICATION with Tom McCook



REFORMER 3: March 11 - 13, 2011

Our Pilates certification courses continue with Reformer 3! 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!](#)

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## Quotation of the Month

"Live your questions now, and perhaps even without knowing it, you will live along some distant day into your answers."

- Rainer Maria Rilke

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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!

650-967-6414  
[www.centerofbalance.com](http://www.centerofbalance.com)

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