



## CENTER of BALANCE UPDATES

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### Train with Tom!

Tom's gearing up for another exciting year of workshops and trainings! We hope you will join him for some of these inspiring opportunities to learn and grow. For more information visit our web site at [www.centerofbalance.com](http://www.centerofbalance.com)

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### PASSING the TORCH™: Mentorship Program



October 2011 - August 2012

We're excited to announce Tom McCook's "Passing the Torch" mentorship program with Balanced Body! This program showcases the Master Pilates instructors who help shape the next generation of leaders in the Pilates community. Passing the Torch is designed for Pilates instructors who have been teaching Pilates for many years and long for a deepening of their work through a mentorship program with a master teacher.

[Read More about Passing the Torch](#)

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### Embodying a Balanced Life: 3 month course



*Tuesdays, 6:15 - 8:15pm*

**Starts March 15**

**1 spot left!** 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 Pilates, Yoga, Franklin Method, Resistance Stretching. [Read more about Embodying a Balanced Life](#)

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### PILATES TEACHER CERTIFICATION 2011-2012

We're excited to announce our 2011 - 2012 Pilates certification schedule of courses! The Center of Balance & Balanced Body Teacher Training Program offers courses that are modular and progressive, allowing students to build on their education and training. All courses are taught by Tom at Center of Balance. [Click here for our teacher training schedule!](#)

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## CoreAlign Teacher Training



CoreAlign 1- June 18 & 19, 2011

CoreAlign 2- July 30 & 31, 2011

CoreAlign 3- October 8 & 9, 2011

Learn the latest innovation in functional movement education! A significant addition to a Pilates studio or personal training practice, CoreAlign training aims to stimulate the central nervous system to govern challenging natural whole-body-movements while creating a blend of flexibility, stability, strength and control. This certification program through Balanced Body is recommended for Pilates instructors, movement educators and Physical Therapists who are looking to expand their skills and tools for working with different client populations. [Read more about CoreAlign](#)

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## EDUCATION WORKSHOPS 2011



**Phoenix - Seattle - Chicago**

Tom McCook joins other Master Pilates instructors at POT conferences around the world. Balanced Body's Pilates-on-Tour is an exciting forum for Pilates continuing education, bringing together the top educators in the field. [Read more about Pilates-On-Tour](#)

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## ITALY RETREAT: Instructor Continuing Education



July 14 - 17, 2011

Tom joins Marie Jose Blom and Anna Maria Vitale in leading this skills-enhancement retreat for Pilates teachers, held at the rejuvenating Montegrotto hot springs outside of Venice, Italy. [Read more about the Italy retreat](#)

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## Workshops at Awaken Pilates, Minneapolis MN



April 16 & 17

Tom teaches 2 all-day workshops at Awaken Pilates studio in Minneapolis, MN:

- *Advanced Mat*

- *Becoming Skillful on the Reformer*

[Read More about MN workshops](#)

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## Workshops at Core Conditioning, Studio City CA



April 30

Tom teaches 2 workshops at Core Conditioning studio:

- *Balance the Spine & Pelvis with the Franklin Method and Pilates Repertoire*
- *Balance the Shoulder Girdle & Neck with the Franklin Method and Pilates*

[Read More about CA workshops](#)

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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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