



## CENTER of BALANCE UPDATES

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Happy (early) Spring! We have many programs and classes happening at the studio to help you stay connected to your movement practice and grounded in healthy activity. Here's a look at 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>

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### MARCH SCHEDULE

#### SCHEDULE

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

**\$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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### PILATES MAT ESSENTIALS: Workshop with Evangeline Kochanek



Saturday, March 5, 2011

11:30am - 1:30pm

This Saturday!

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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### PILATES TEACHER CERTIFICATION with Tom McCook

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 2011 - 2012 certification courses!](#)

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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. Level 1 groups are open to students with some Pilates equipment experience, who are willing to commit to a ongoing schedule. Call us to sign up!

[Read more about Equipment Groups](#)

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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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### EMBODYING A BALANCED LIFE: 3-Month Course (Full!)



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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### Quotation of the Month

"There are no extra pieces in the universe. Everyone is here because he or she has a place to fill, and every piece must fit itself into the big jigsaw puzzle."

-Deepak Chopra

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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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