

## CoreAlign Teacher Training: with Tom McCook



CORE/ALIGN 1 - June 18 & 19, 2011

CORE/ALIGN 2 - July 30 & 31, 2011

CORE/ALIGN 3 - October 29 & 30, 2011

Learn the latest innovation in functional movement education! A great addition to a Pilates studio or personal training practice, CoreAlign is used for musculoskeletal rehabilitation, performance enhancement, and as a mind-body workout for a healthy lifestyle. The CoreAlign certification program 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.

Developed by Jonathan Hoffman of Tel Aviv Israel, the CoreAlign system helps improve posture, balance and functional movement patterns. It stimulates the central nervous system to govern challenging natural whole-body-movements while creating a blend of flexibility, stability, strength and control.

[Read more about our CoreAlign teacher training](#)

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

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

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