



CENTER of BALANCE UPDATES

Happy June! 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>

June Schedule

SCHEDULE

CLASS NOTES

- The Mon 12pm class is now taught by AnnaLena
- The Wed 6pm class is now taught by Evangeline

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

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

[See our class schedule](#)

Equipment Group - Openings!



Expand your workout options! We have temporary and permanent openings in some of our group equipment classes. Groups are a great way to practice Pilates and CoreAlign! You'll increase your awareness and ability, with a noticeable carry-over into your everyday life, and enhance your overall movement program. Each group is limited in size so you'll get individualized attention in the energy of a group setting. Here are our

current openings:

MONDAY

7am with AnnaLena (level 1)

8am with AnnaLena (level 1)

10am with Jocelyn (level 2)

11am with Evangeline (level 2)

1:15pm with AnnaLena (level 1)

1:30pm With Evangeline (CoreAlign 2-3)

TUESDAY

8am with AnnaLena (level 2)

1:15pm with Evangeline (CoreAlign 1)

2:15pm with Owen (level 2-3)

5pm with Tom (CoreAlign 2-3)

6pm with Katja (level 2)

7pm with Sue (level 2)

WEDNESDAY

7am with Owen (level 2)

12:30pm with Tom (level 3)

6pm with Amy (level 3)

THURSDAY

7am with AnnaLena (CoreAlign 1)

11am with Owen (level 2-3)

12pm with Evangeline (level 2)

FRIDAY

9am with AnnaLena (level 1)

SATURDAY

10:15am with Sue (level 3)

[See our Full group schedule](#)

CoreAlign 1: with Tom McCook - this weekend!



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! CoreAlign 1 introduces you to the biomechanical foundation of the HoffmanConcept method and to the essential components of full body standing stability and mobility training, as well as assessing and correcting alignment and weight transferal during functional full body movements from the standing position. 32 fundamental exercises are included for teaching these key principles to your clients and classes.

CoreAlign 1 includes an introduction to the CoreAlign unit including set up and safety, plus beginning exercises, program sequencing and teaching tips for group classes. By the end of the course you will be able to teach beginning CoreAlign classes or personal training sessions.

This CoreAlign teacher training program through Balanced Body University 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 our CoreAlign teacher training](#)

Passing the Torch Mentorship: with Tom McCook



JANUARY 2012 - NOVEMBER 2012

"My 10-month Passing the Torch program is designed to help Pilates instructors expand their ability to be skillful, compassionate and inspiring teachers. Students who mentor with me will dive deep into refining their understanding of the Pilates repertoire system and will be encouraged to develop a broader view, so they can be more effective with their clients and in their life. My goal is to encourage teachers to recognize that their personal balance best serves them in having a successful career. It will also give them the tools to ensure that they have rich relationships and healthy boundaries with their clients, peers, and people in their lives."

[Read More about Tom's Program](#)

Staff Transitions

We want to send a big "thank you" to Kim Boman and Jennifer Hughes for their excellent teaching at Center of Balance. Kim and Jennifer have left our teaching staff to spend more time with their families, yet we are happy that they continue to be part of our COB community as student, colleague and friend!

Quotation of the Month

"When one tugs at a single thing in nature, he finds it attached to the rest of the world."

- John Muir

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!

[Click here](#) to forward this email to a friend

Center of Balance
1220 Pear Avenue, Suite i
Mountain View, California 94043
650-967-6414

[Read](#) the VerticalResponse marketing policy.

