



## CENTER of BALANCE UPDATES

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Happy August! And a warm welcome back to many of you who are returning from the Summer break! We are gearing up for a great Fall at the studio and look forward to supporting you and your movement practice. 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>

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### August / September Schedule

#### SCHEDULE

#### - LABOR DAY CANCELLATIONS:

- No classes on Monday 9/5 - Happy Labor Day
- There will be class on Saturday 9/3 - *Join us!*

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

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

[See our class schedule](#)

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### Level 1 Pilates Group: with Katja Simona



Wednesdays, 6pm - 7pm

**Practice Pilates on the Equipment!** Whether you are learning the details of Pilates equipment work or are looking to get back into a practice after time away, this is a great way to do it! Level 1 groups are open to students with some Pilates experience, who are willing to commit to an ongoing schedule. You'll practice the fundamentals and essential Pilates exercises using the Reformer, Wall Unit and Chair, each week building on the previous lessons. Because each group is limited in size (max 5), you'll get individualized attention. You'll increase your awareness and ability, with a noticeable carry-over into how you approach your everyday life.

[Read More about Level 1 group](#)

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### Mat 1 & 2: Pilates Teacher Training with Tom McCook

 **balanced body™** *September 9 - 11, 2011*  
*October 14 - 16, 2011*

Mat 1 includes an introduction to the history and principles of Pilates, beginning and most intermediate level exercises with modifications, lectures on class order and programming in a group setting, and guidelines for teaching seniors, pre-, and post-natal classes.

Mat 2 includes the remaining intermediate and advanced level exercises as well as essential movement principles and training tips for advancing clients to the higher levels. Pilates for sports specific activities are also covered.

[Read More about the Pilates Teacher Training](#)

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## Intro to CoreAlign: 5-Week Intensives



**Tuesdays, 7am - 8am (Amy) Starts 9/20**

**Fridays, 10am - 11am (Jocelyn) Starts 9/30**

**Step into functional fitness at its best!** Experience the CoreAlign system in a small group setting, where you'll focus on conditioning, core stability and alignment during a full body workout. The CoreAlign system is the latest innovation in mind-body exercise for a healthy lifestyle. Intro to CoreAlign is a great way to supplement your training, as well as enhance your other movement practices.

[Read More about the CoreAlign 5-Weeks](#)

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## Pilates Mat Essentials: with Evangeline Kochanek



**Saturday, September 24**

**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 the workshop](#)

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## CoreAlign 3: Teacher Training with Tom McCook



**CORE/ALIGN 3 - October 29 & 30, 2011**

**Learn the latest innovation in functional movement education!** This course teaches a repertoire of 60 unique and practical CoreAlign 3 exercises, covering a wide variety of human

movement aspects. The purpose of this course is to consolidate the concept and broaden the range of exercises which can be used with the CoreAlign unit. Participants will receive access to informative text, image and video files of each exercise for future reference and practice. This course is similar in format to the CoreAlign 2 course however different exercises are covered. There is no preference in attending CoreAlign 2 before CoreAlign 3 or vice versa.

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](#)

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## **The Orbit: Workshop with Tom McCook**



November 18, 2011

Super fun and super circular, the Orbit™ rolls into your classes or personal training sessions to enhance flexibility, stability, strength, balance and coordination. This 6 hour course includes standing, seated, all fours, plank, prone and supine exercises creating a full body workout for any client. Workouts are included to teach you how to format a group class.

[Read more about the Orbit](#)

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## **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](#)

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## **New Web Site - coming very soon!**

We're very excited to launch our new web site in the coming days - stay tuned! It will be a welcomed upgrade to our current site with an attractive format for easier navigation, more photo galleries, videos, FAQs and more!

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## Quotation of the Month

"A single sunbeam is enough to drive away many shadows."

- St. Francis of Assisi

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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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