



CENTER of BALANCE UPDATES

Happy Fall!

We have many exciting events happening this Fall to help you continue on your path of learning - join us! As always, you can visit our web site for up to date info.

[Visit our new web site!](#)

October Schedule



WELCOME PACKAGE - A great way to get started!
\$365 - 5 Staff Privates & 3 Mat Classes (\$75 saving)

[See our class schedule](#)

Franklin Method: 5-Week Intensive with Tom McCook



Tuesdays, 6:15pm - 7:45pm
Meets: 10/25, 11/1, 11/8, 11/15, 11/29

Let your body teach you how to move better! In this 5-Week Intensive, you'll discover the benefits of mind/body connection through imagery, experiential anatomy, movement and touch. In an energizing group setting, you'll learn how imagery provides the brain with the feedback it needs to create ease of movement, flexibility and strength. You'll expand your understanding of the human design by learning how bone rhythms lead the muscles in movement. We will

also explore how our internal organs move in relationship to each other and through breathing.

[Read more about the Franklin Method Intensive](#)

S-T-R-E-T-C-H for Health: Workshop with Tom McCook



Friday, October 28, 2011
4pm - 7pm

Learn how to stretch effectively! In this workshop, you'll expand your understanding and image of stretching through a variety of approaches. You'll learn the importance of alignment, joint mobility, opposition, mental focus, breathing, and awareness. This experience will help you become a better mover as well as bring more integrity to your Yoga, Pilates, athletic pursuits, and overall health.

[Read more about the Stretch workshop](#)

Level 1 Pilates Groups - starting soon!



Thursdays, 12pm - 1pm with Evangeline
Fridays, 11am - 12pm with Michiko

Feel energized with an ongoing Pilates group practice! Whether you are just 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. **This is a great option following your Welcome Package!**

[Read more about joining a Pilates group!](#)

Mat 2: Pilates Teacher Training



October 14 - 16, 2011

Join Tom McCook with Evangeline Kochanek for the next module of the Balanced Body Pilates Teacher Training. 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. Also covered is Pilates for sports specific activities.

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

Reformer 1: Pilates Equipment Teacher Training



November 11 - 13, 2011

Our Pilates Teacher Certification program continues with Reformer 1, taught by Tom McCook with Evangeline Kochanek. Reformer 1 offers Pilates Movement Principles, an introduction to the Pilates Reformer 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 a beginning Reformer class or personal training session.

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

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](#)

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](#)

Quotation of the Month

"We are love, and there's nothing we can do about that. Love is our nature. It's what we are without our stories."

- Byron Katie

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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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