



CENTER of BALANCE UPDATES

Hooray! New Web Site!

We are very excited to launch our new and improved web site! Created by Karen deMoor and designer Yvonne Tang, our new site is informative and fun - be sure to play with the "floating words" - with photos, videos and memories of the past 14 years of Center of Balance! Let us know what you think!

[Check out our new web site!](#)

"Like" us on Facebook!



Along with our new web site, we have launched a Center of Balance page on Facebook. Stay current with studio happenings by liking us. Just click our link and become a fan!

[Like us on Facebook](#)

September Schedule



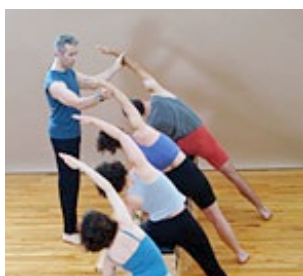
Welcome back to your practice! As we head back to school and focus on Fall schedules, now is the time to renew your commitment to your movement practice! And we are here to support you!

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

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

[See our class schedule](#)

Repertoire Integration: 5 Week Pilates Immersion



Fridays, 3:30pm - 5:30pm (Starts 9/23)

Integrate the Pilates equipment repertoire where it matters most ... your body! In this Immersion program, we'll review and refine the fundamentals, essential and intermediate exercises on the Reformer, Chair and Wall Unit. This course is for students who are preparing to take our Pilates equipment



teacher training, or for those who are interested in expanding their understanding of the equipment repertoire.

[Read More about Repertoire Integration](#)

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](#)

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](#)

Mat 2: Pilates Teacher Training

 **balanced body™** 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 Teacher Training](#)

CoreAlign 3: Teacher Training with Tom McCook



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](#)

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

"So as long as a person is capable of self-renewal, they are a living being."

- Henri Frederic Amiel

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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