

Moving Balance



equilibrium PILATES Newsletter: December 2007

A Note from Dagmar:

Fall has come and gone so fast! I can't believe I'm already looking into my calendar for the New Year. We have had a very busy and exciting fall and it looks like that will carry over into the winter. Virginia's weekend workshop in September went very well with 25 people participating, traveling from as far as Edmonton and Saskatoon. Virginia left us with some valuable knowledge and many new friends.

New at the studio in January, Shona and I will be offering a "combination" class, which will incorporate elements of mat work and some small equipment. Ask either of us about if you're interested. I am very excited to announce that **ONLINE SCHEDULING** will be up and running soon! You will be able use our website to book and change your appointments. More information will be in our next issue.

Finally, a note of encouragement to you during this busy season - remember to keep your body happy and healthy by staying active! Merry Christmas and Happy New Year to you all!

-Dagmar Viberg, Founder
equilibrium Pilates

DATES TO REMEMBER AT EQUILIBRIUM:

Studio Closings:

- December 21, 2007 -
January 6, 2008

At Calgary Sports Therapy:
NEW! Friday Small Eqpmt. Class

*Call 478-9099 to book a spot!
See website for more info*

Osteoporosis Workshop:
September date was postponed -
watch for a new date in 2008

News from the Studio...

The Virginia Nichols workshop was held the last weekend in September and it was a great success. Many thanks to all who joined us! Keep an eye out for updates about other exciting workshops in the new year.



New Developments at equilibriumpilates.ca :

- Our website always has the most up to date information on training options and upcoming workshops
- **ONLINE SCHEDULING** is arriving in December!!! Find the start date and how to access appointments at www.equilibriumpilates.ca

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So What Exactly is Core Dynamics?

Core Dynamics Pilates is a comprehensive Pilates curriculum based on sound bio-mechanical movement principles. The Core Dynamics Teacher Training Program is based upon the work of Joseph Pilates with additions made by Eve Gentry and Michele Larsson to facilitate the technique and enhance efficient movement patterns. This direct link to Joseph Pilates, through Eve Gentry, gives Michele a unique insight into the method, which she has incorporated into Core Dynamics Pilates.

Dagmar and Shona have both participated in Core Dynamics training over the last two years and completed their exams September 28th, 2007. While Shona is going to let the work sink in and participate in some shorter workshops, Dagmar is jumping into new work on a Gyrotonics certification over 2008. Lorissa is hoping to start the Core Dynamics training in 2008 as well. Equilibrium would also like to welcome Shelley Creedy, who is joining us for her Core Dynamics apprenticeship!

Great Christmas Gift Idea!

Give the gift of good health
- ask Dagmar, Shona or
Lorissa about equilibrium
gift certificates

NuSkin Galvanic Spa Treatment

The hottest anti-ageing tool on the market - Nuskin's Galvanic Spa gives you professional facial treatments right in your own home. For more info ask Dagmar, call 478-9099, or check out <http://New.AgelessWay.com>

What Clients are Saying:

"My balance has increased 100% and I am no longer falling. My abdominals are strong and I am much more limber. As a regular golfer, I can now hit ten to twenty yards further with any club!"

Susan Ross,
10 years of PILATES with Dagmar



Living Pilates:

Fitting in a workout over the holidays can be tricky! Try to set some time aside for yourself every day to do some exercises and rest your mind from the hustle bustle. A good exercise to do on the floor beside the tree is **the Hundreds!** If nothing else, get outside and enjoy the snow with your kids, grandkids or someone you love.

With lots of parties and Christmas cheer to spread, it is also important to think about food choices during the holidays. It takes 24 minutes of intense exercise to burn off that 179-calorie mug of mulled wine and 20 minutes to work off the 142 calories in one shortbread cookie. With that in mind, try to go for the antioxidant qualities of dark chocolate and red wine or opt for a mandarin orange instead of cookies. If "it's the holidays" and you're sticking with that, throw caution to the wind and eat those cookies, but really challenge yourself next time you are in the studio.

*Equilibrium wishes you and your family
Peace and Joy this season... Merry Christmas!*

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