

Moving Balance

December 2009

equilibrium PILATES Studio Newsletter



A Note from Dagmar:

Season's greetings to all our valued friends, clients and colleagues. This year has been one of great change. The studio has moved into a new and larger space, Maggie moved back to Australia, and I finished my GYROTONIC® Level 1 certification. The studio offered its first PCI Mat certification workshops and one of the



Crowded in the old studio



Free to move in the new studio!

participants is planning to take the exam to become certified in the New Year! Our online group reformer booking system came online in March and congrats to all the clients who are taking full advantage of organizing their workout schedule with it.

Our upcoming year is sure to be busy as the teachers are beginning to offer small classes for current clients and new ones too. Check the program-mat page of the website to see what is coming up. I am also looking at some workshops for our clients, to help everyone get more out of their workouts and learn some new information.

Have a wonderful holiday season. We look forward to seeing everyone in the New Year.

-Dagmar Viberg, Founder, equilibrium PILATES

DATES TO REMEMBER AT EQUILIBRIUM:

Studio Closings: The studio will be closed from December 20 – January 3, 2010

New at Equilibrium:

Shona's Pilates on the Ball/Small Equipment Class

This one hour class will incorporate the use of a stability ball for a unique approach to the mat work! We will also work on the Wunda Chair or Spine Corrector (Small Barrel) for a complete body work out.

Session: January 13 to February 3 (4 weeks)

When: Wednesdays, 5:00 to 6:00pm

Cost: \$128(gst incl)

Teacher and contact to register: Shona Lealos, slealos@shaw.ca



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MindBody Online Update (Online Scheduling)

We really encourage you to get online and schedule your workout times for the New Year. Spots are filling up fast!

If you are looking for specific times and dates, you can now go online and put in all your workouts for the next 3 months.

If you would like to learn more, but are not computer savvy, please ask Shona or Dagmar. They can assist you on the computer at the studio. It is quick & simple and there are some shortcuts. Ask about a handout with steps to help out at home too.

Many thanks to all who came to our open house!

Auralie Gibson won the *Mika Skin Care* prize, and Val Campbell won the *Bumpy's* package. Congratulations to you both!



Christmas Recipe Chatting in the Studio...

Lori Lukey, a long time equilibrium client, and Shona were chatting in the studio and got to talking recipes. This is one recipe that Lori found in "An Embarrassment of Mangoes" by Ann Vanderhoof, and loves. She has modified it to make it a "little healthier, and a little less sweet!" Thanks Lori!

Spicy Island Gingerbread

- ¾ cup dark molasses
- ½ olive oil or ¼ cup olive oil and ¼ cup applesauce
- ½ cup ginger beer
- 2 Tbsp. grated fresh ginger root
- 2 eggs, beaten (ground flaxseed substitute see below)
- 2 Tbsp. dark rum
- 2 Tbsp. chopped crystallized (candied) ginger
- 2 cups flour (*whole wheat pastry or spelt light flour works*)
- 1 tsp. baking powder (*generous tsp. if using heavier flour*)
- 1 tsp. baking soda (*generous tsp. if using heavier flour*)
- ½ tsp freshly grated nutmeg
- 1 tsp. ground ginger
- ½ tsp. salt
- 2 eggs, beaten (ground flaxseed substitute see below)
- 2 Tbsp. dark rum

Egg substitute: 1 egg = 1Tbsp ground flaxseed mixed in 3 Tbsp water. Let sit in a bowl until gels together (5- 10mins)

Preheat oven to 350F. Grease muffin tins.

Combine first six ingredients in a bowl. Soak the chopped candied ginger in boiling water just to cover. Add this small bowl of ginger and water to the wet ingredients just before mixing the dry and wet ingredients together.

In a bowl, combine dry ingredients and spices.

Stir in flour mixture. Mix well.

Pour batter into prepared muffin tins and bake in preheated oven for about 30-40 minutes, until a toothpick inserted in the centre comes out clean. *Yields 12 muffins.*



Equilibrium wishes you and your family a happy, healthy and safe holiday season!



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