

# Moving Balance



equilibrium PILATES Newsletter: March 2008

## A Note from Dagmar:

Spring will soon be here and equilibrium is busy as usual! I just returned from my second Gyrotronics course this year and Shona is off to Italy for the last two weeks of March. You may have noticed a new face in the studio so I would like to take this opportunity to welcome **Shelley Creedy**. She has been teaching yoga and Pilates mat classes for a number of years and is apprenticing in the studio as she takes her Core Dynamics course. She has completed level 2 and is enjoying the addition of all the equipment to her movement repertoire.

Speaking of movement, I always find March to be a very busy month. Squeezing a bit more into the ski season, Easter holidays with family, and trying to finish my winter projects in time for spring usually leaves me out of breath, wondering where the month has gone. With so much motion in our lives it can be hard to find our balance, and when I came across this quote the other day, I paused for a minute to remark on its truth, both in Pilates and life. I hope it inspires you as much as it has me.

-Dagmar Viberg, Founder, equilibrium PILATES

**"Happiness is not a matter of intensity but of balance, order, rhythm and harmony."**

- Thomas Merton, Trappist Monk, Poet, Social Activist

## News from the Studio...

Where has Dagmar been? She spent the last two weeks of February studying Gyrotronics with Celia Hulton in Santa Fe, New Mexico. See the next page for more information on Gyrotronic. Below is an example of gyrotronic movement equipment.



## March is Nutrition Month!

Read up on the Canada Food Guide at [http://www.hc-sc.gc.ca/fn-an/food-guide-aliment/index\\_e.html](http://www.hc-sc.gc.ca/fn-an/food-guide-aliment/index_e.html)

Ever heard of the 100-mile Diet? Find out how you can eat locally for global change! [www.100milediet.org/](http://www.100milediet.org/)

## Dagmar and Shona's Spring Drop-In Classes! Intermediate Mat and Small Equipment

- 1st and 3rd Friday of every month
- 10:15am to 11:30am
- \$25.00/class (including GST)
- Register at 478-9099



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## Living Pilates – “When should I eat!?”

Knowing when and how much to eat and drink before you exercise can make a big difference in how you feel during and after your workout. Here are some tips on how to get the most out of your energy from food. Wake up early enough to eat a full breakfast. If you plan to exercise within an hour after breakfast, eat a smaller breakfast or drink something to raise your blood sugar, such as a sports drink.

Time your meals - Eat large meals at least three to four hours before exercising. If you're having a small meal, eat two to three hours before exercising and don't skip meals. Skipping meals may cause low blood sugar, which can make you feel weak and lightheaded.

Finally, eat after your workout. To help your muscles recover and to replace their glycogen stores, eat a meal that contains both protein and carbohydrates half an hour after exercise to maximize reenergizing the body.

(Taken from “Eating and exercise: Time it right to maximize your workout;” [www.mayoclinic.com](http://www.mayoclinic.com))

### A Reminder about Cancellations

Please note that the cancellation contact number is **478-9099**. Equilibrium has a **telephone only** cancellation policy. Email cancellations are not always reliable. Cancellations made without 24hr telephone notice will be charged for sessions missed.

### *NuSkin Galvanic Spa Treatment*

Nuskin's Galvanic Spa gives you professional facial treatments right in your own home. Free demos Wednesday nights – your house or mine! For more info ask Dagmar, call **478-9099**, or check out <http://New.AgelessWay.com>

## The Skinny on Gyrotonics...



Gyrotonic® explores a wider range of movement than Pilates. Gyrotonic® movement is circular, not linear, so you use the fullest range of muscles available. The circular, spiraling and undulating movements that characterize the **GYROTONIC EXPANSION SYSTEM®** helps increase the functional capacity of the spine, contributing to spherical and three-dimensional awareness, and resulting in increased equilibrium.” ([www.gyrotonic.com](http://www.gyrotonic.com))

“This licensed system allows users to stretch and strengthen muscles, while simultaneously stimulating and strengthening connective tissues in and around the joints of the body. These exercises are synchronized with corresponding breathing patterns, thus enhancing aerobic and cardiovascular stimulation and promoting neuro-muscular rejuvenation.” ([www.gyrotonic.com](http://www.gyrotonic.com))

Soon to be the only Gyrotonic® facility in Calgary, the studio will be acquiring new equipment. Privates will be available starting in April 2008.

### DATES TO REMEMBER AT EQUILIBRIUM:

#### Studio Closings:

March 21 and March 24 (Good Friday and Easter Monday)

Coming May 10- Relating Feet to your Pilates workout with Shirley McMillan

Check us out online at [www.equilibriumpilates.ca](http://www.equilibriumpilates.ca) for more details



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