

Moving Balance

Winter 2008

equilibrium PILATES Studio Newsletter



A Note from Dagmar:

By the time this edition "hits the press" winter will have hopefully arrived. The past months have been busy here at the studio, with teachers off training and workshops being held. The July evening Pilates Feet Workshop, run by Shirley McMillan and myself, was a great success. The workshop combined Yoga knowledge and Pilates practice to give participants a holistic understanding of how feet center our bodies. In September, we were also delighted to host Karen Angelucci's professional Hip and Pelvis weekend workshop. The group, which included Pilates professionals from as far as Edmonton and Saskatoon, had a blast and came away with many new ideas and techniques.

I am very pleased to announce that Equilibrium is now a mentoring studio for Virginia Nicholas's *Pilates Core Integration (PCI)* method, and will offer mat and equipment certifications. More information on our first certification class, to be held in June 2009, will be available on the website soon.

And finally, I send my best wishes to you and your families this holiday season – Merry Christmas!

-Dagmar Viberg, Founder, equilibrium PILATES

Spotted in the Studio...

In September Equilibrium hosted Karen for a Hip & Pelvis professional workshop. Here, she demonstrates her secret tool...



New at equilibriumpilates.ca:

- As a new mentoring studio, our website has recently added links to the Virginia Nicholas PCI site, based out of Tempe, Arizona. The site is full of great information on professional development
- Check out the "About Equilibrium" page for information on all of our new staff

DATES TO REMEMBER AT EQUILIBRIUM:

Studio Closings:

The studio will be closed from December 20 through January 4 for the holidays.



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Pilates... It's a Workout! By Dagmar Viberg

Shona and I had an inspirational time at the Pilates Method Alliance (PMA) Annual Education Conference in Phoenix at the beginning of November. I took in a session on FLOW from Shari Berkowitz that left me with a lot of food-for-thought, particularly in regards to Pilates history. This historical background will hopefully shed some insight and understanding into your own Pilates workouts.

In the FLOW theme of the Shari's presentation, she discussed Joseph Pilates beliefs that individuals needed to do their Pilates workout in a continuous manner for 55 minutes to get the most out of improving muscle stamina and tone. He also believed in independence - that clients should learn and practice their program to the point of knowing each exercise, executing each exercise well, and confidently transitioning to each exercise throughout the workout. In our studio, FLOW and independence give credence to the concept behind our Group Reformer Workouts. With this in mind, I know we will see even more results as we focus on creating a meaningful FLOW.

As a teacher, Shari also gave me some more instructor tools that will enable clients to achieve flow in their workouts with the use of voice, teaching cues, and imagery. I look forward to coaching everyone on their exercises and incorporating all of these new ideas.

NuSkin Galvanic Spa Treatment Check out these amazing results!



Before



After 6 months of
Galvanic spa

For a free 1/2 face demo contact Dagmar
or check out New.AgelessWay.com

Living Pilates – Walking in a Winter Wonderland

When it snows, ain't it thrilling? Though your nose gets a chilling, winter is an excellent time to "frolic and play the Eskimo way", while walking in a winter wonderland. Here are a few tips to make your winter walking workout more effective:

- 1) Posture – Great posture is the key to good walking. Keep your head up, shoulders relaxed, and tummy engaged. This will aid your balance and optimize muscle recruitment and breath.
- 2) Footwork – While walking, try to think about allowing your feet to go through the ground to place them firmly and confidently. Always watch for icy patches!
- 3) Breath – Breathing in and out through the nose will help to keep the moisture content high, before it hits the lungs.
- 4) Clothing – To keep it simple just remember the three layers: wicking (to keep you dry), insulating (to keep you warm) and protecting (to brave the elements).



*Merry Christmas and Happy New Year
from all of us at the studio!*

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