

Moving Balance

Spring 2010

equilibrium PILATES Studio Newsletter



A Note from Dagmar:

I can't believe we are into April already! March is always a long month as we eagerly await spring. Fortunately it was a busy month at the studio as well as our teachers are looking to improve our studio offerings and we have seen a couple new classes: Shona's Pilates Ball and Small Equipment class and Gwen's Yoga and Pilates Fusion class. If you have some suggestions for class offerings please let us know!

equilibrium PILATES will also soon be hosting a Stella & Dot Jewelry Party, an Effortless Exercise Presentation by Grant Molyneux and a Stretching Workshop. Check out our website for details.

Have a Great Spring!

- Dagmar Viberg, Owner, Equilibrium Pilates



Staff Christmas Party 2009. L to R: Gwen Mackenzie, Dagmar Viberg, Shona Leakos, Lorissa Chan, and Shelley Hornett



Olympic Silver medalist Helen Upperton trained at Equilibrium Pilates!

Shona let us know in February that Helen has trained with us at the studio. Her email on the subject was so joyful and patriotic, we thought we'd share it with you all here:

I was so happy to get home tonight in time to watch both Canadian women's bobsleigh teams win Gold and Silver!!! How exciting!! Helen is such an amazing woman and I'm so happy that she has the "4th" monkey off her back.

Go Canada!!!!!! What a day!

Congratulations to Helen from all of us at the studio!

"Listen, can you hear it? Spring's sweet cantata. The strains of grass pushing through the snow. The song of buds swelling on the vine. The tender timpani of a baby robin's heart. Spring." - Diane Frolov and Andrew Schneider



Moving Balance Spring 2010

To resist the frigidity of old age, one must combine the body, mind, and the heart – and to keep them in parallel vigor one must exercise, study and love. "

Karl Viktor von Bonstetten, Swiss writer, (1745-1832)

MindBody Online Update (Online Scheduling)

Bill, the new techie, and Dagmar are off to a MBO conference April 13-15th, with the intent to upgrade and improve our online scheduling service. Let us know what you think.

To Flip-Flop or Not to Flip-Flop?: Choosing the Right Footwear for Summer!



"... A recent study which was presented at an annual meeting of the American College of Sports Medicine, included 39 college aged men and women who walked on vertical, force measuring platform wearing flip flops and then athletic shoes. "We found that when people walk in flip flops, they can alter their gait, which can result in problems and pain from the foot up into the hips and lower back, Shroyer stated in a press conference.

But don't give up on flip flops yet, says San Diego-based IDEA author and presenter Stephanie Hoffman, MS, PT, and creator of the Orthotic Sandal Company (www.orthoticsandal.com). "I have seen similar studies and don't find the results impressive, because I think people adapt their gait with all different kinds of shoes," adds Hoffman. She does concede that traditional flip-flops may not provide enough user support, a shortcoming that can initiate excessive pronation. However, Hoffman says, orthotic correction in the heel protects 80% of the population."

- Taken From IDEA Magazine

Sign Up for a class this Spring!

Gwen, and Shona are now offering sessional classes at the studio. The following sessions are coming up this spring:

Session: Spring Fusion Mat Class - Get Fit & Relaxed

When: April 16, 23, 30, May 7, 14, 28, June 4, 11

Time: Fridays, 12:15 - 1:30 pm **Cost:** \$176.00 (+GST)

Teacher and contact to register: Gwen McKenzie,
bodygarden@telus.net

Session: Stability Ball Mat Class/Small Equipment Class

When: April 28, May 5, 12, 19

Time: Wednesdays 5 - 6 pm **Cost:** \$128.00 (in advance)

Teacher and contact to register: Shona Leakos;
sleakos@shaw.ca



Generous Studio Christmas Donation!

Many thanks to everyone who donated to the Calgary Herald's Christmas Fund. We raised \$130!

DATES TO REMEMBER AT EQUILIBRIUM:

Studio Closings: May 24 (Victoria Day)

Workshops: Stretching Workshop Saturday, May 15, 10am to noon

Moving Balance Spring 2010

