

Moving Balance

Spring 2009

equilibrium PILATES Studio Newsletter



A Note from Dagmar:

April 24, 2009

This edition of Moving Balance has lots of exiting news including the PCI Teacher Certification workshops with Virginia Nicholas in June, exciting new steps into the online scheduling world, and some great stretching tips for gardening muscles.

I am also pleased to announce that while Virginia is here she will be offering a non-professional workshop on Floor Barre movement. Floor Barre combines dance, Pilates, and Yoga in relaxing movements that also strengthen the deep abdominal muscles and open your shoulder/hip joints. I encourage you all to come and try this new movement on June 17.



Carlo Petrini, the founder of the slow food movement, once said, *"It is useless to force the rhythms of life. The art of living is about learning how to give time to each and every thing."* I was struck by this inspiring truth, and wanted to pass it on. It reminded me to give my self time – time to stretch, time for my body, time for my family, and time to stop and watch my garden as the tulips grow. I encourage you to do the same. Have a fresh and invigorating spring!

-Dagmar Viberg, Founder, equilibrium PILATES

New at equilibriumpilates.ca

Equilibrium is pleased to announce we have introduced online scheduling for reformer group sessions! The system is a simple and user friendly way to connect to clients, and it will ensure accurate and immediate scheduling is maintained.

To register and use this new program, go to our home page and click on "online scheduling" (in the right hand side bar). This link will take you to the scheduling homepage. At the top left corner is a link to follow which explains how to register and use the online system.

We encourage you to try out this new service. If you have any questions or feedback, please let us know.

DATES TO REMEMBER AT EQUILIBRIUM:

Studio Closings:

- The studio will be closed May 18 and July 1 for the long weekends. Summer holiday schedules will be available later this spring
- Virginia Nicholas PCI Mat Teacher Certification Workshops:
 - Level 1-2: June 13&14
 - Level 3-4: June 20&21
- Virginia Nicholas Floor Barre Workshop Wednesday June 17



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On June 13&14 and 20&21, Virginia Nicholas will be in town to host a PCI Mat Certification workshop for pilates professionals. These weekend workshops will include Pilates exercises, lecture, practice, reading assignments, homework, and anatomy. This aspect of the training covers material from fundamental to advanced levels on mat and how to teach a Pilates Mat Class. For more information check out our website.

Please note that to attend both workshops and make it worthwhile, you need to know 75% of the mat work. If you have any questions please contact Dagmar Viberg at 403-478-9099.



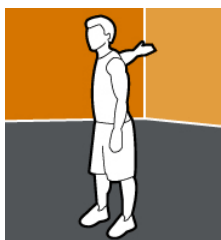
Stretches for Gardening

Gardening season is just around the corner. Often times the muscles used in the garden have been out of practice through the winter and you may find yourself surprised at some areas of soreness. Stretching your "gardening" muscles groups will help you to prepare for the season and prevent this unexpected soreness!

The chest, biceps, hamstrings and low back muscles get a lot of use when digging around in the garden. Using the following stretches will ensure these muscles are warm and ready to go! Inhale through your nose, and exhale through your mouth, as you complete each stretch and remember to hold each stretch for at least 15 counts, releasing slowly.

Chest - Place arms behind your back. Clasp your hands together, extending your arms behind your back and hold this position.

Low Back - Start by sitting on a strong, secure chair. Lift your arms up in front of you and slowly bend down and gradually reach for your feet. Try to feel for the stretch in the lower back area while holding this position for about 20 seconds.



Biceps - Position the arm from the hand to the inner elbow against a wall and turn the body away from it, exhaling slowly. This allows the stretching to occur in the biceps as well as the pectoral muscles. This stretch also works well for the chest muscles (see picture).

Hamstrings - Sit on the floor with one leg out straight. Bend the other leg at the knee and position the sole of that foot against your opposite inner thigh. Extend your arms and reach forward over the one straight leg by bending at the waist as far as possible.