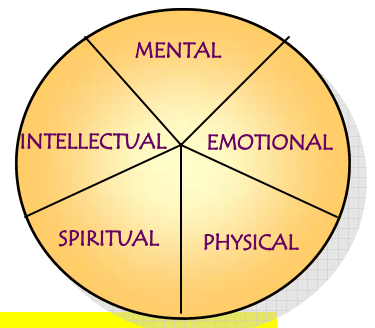


# The Core Chronicles



## The Wheel Of Balance

Balance, according to Webster, is **1.** stability produced by even distribution of weight on each side of a vertical axis, **2.** an aesthetically pleasing integration of elements, **3.** a means of judging or deciding or **4.** a counter balancing of weight, force or influence. When we look at the work that we do in neuromuscular re-patterning through Pilates, GYROTONIC®, or other alternative exercise methods, we see that all of the definitions Webster uses ring true. But, for all of the physical elements of balance to integrate into our body we must also fully balance other areas in our life. Using a counter balance of influence in our lives to find peace in who we are. I have used in my practice over the years the WHEEL OF BALANCE. The WHEEL integrates five aspects of our physical, emotional, mental, intellectual and spiritual wellbeing. By balancing all the aspects of this wheel in equality we can find stability in who we are. We experience peace through our balance. In defining balance you will find that one portion of the wheel will lead into others. It is truly a synergistic effect in how we become whole.

**Physical** balance is defined by the pure strength and flexibility of how our bodies move. This is not only how we move and relate to ourselves in gravity, but how our movement creates balance in how our physical systems perform to keep us alive. We have our senses to give us proprioception of where we are in space and how we will move about in efficiency. The efficiency of that movement defines how the other parts of our physical body are concerned with its needs for survival. When the physical body is in balance we feel balance of stability and mobility produced by equal distribution of weight on each side of the body's movement and we feel the aesthetically pleasing integration of our physical body. But, most importantly the equality is what makes our heart pump suitably for the lungs to expand and allow the brain to function properly, and so on it goes. If we stop or slow physical movement we are stopping or slowing all the systems of the body. Stagnation and imbalance then set in.

**Emotional** balance is learning to touch ourselves from the inside out. We see balance in this aspect of the wheel when we are able to properly experience and process the affects of our consciousness. Feelings are another name for emotions. We feel happy, sad, angry and peaceful in the balance of emotion. If we have prolonged feelings of, say, sadness or depression we know that we are not in balance. Our emotional balance is what touches us and moves us to laugh, cry or scream. It is the expression of our experiences throughout life.

The balance of the **mental** aspect comes from our psychological health and wellness. It is our ability to meet passions in life with determination and dedication. Our mental capacity helps us find resolve of the past to be able to have purpose for the future. Mental balance is our consistency in will power. This balance allows us to have allegiance to ourselves.

Learning to use the brain for balance is an art. The use of our **intellectual** power to stay balanced comes from a curiosity to know and see new things. Balancing our intellect keeps us from becoming stagnated in what we know. Rational and logical thinking come from putting our intellectual balance to work. The more we know the more we can understand how to put the puzzle pieces of our lives together. Intellectual balance comes in learning something new everyday.

**Spiritual** balance comes from having faith, trust and acceptance of the unknown. We find this in respectful responsibility to the reverence of God as well as ourselves. Spiritual balance comes from knowing what you hold holy and sacred in your life. Balance this aspect with a devout belief of things that touch your heart and soul. We are put in our lives for a reason and must find through our spirituality what that course is through faith in what we cannot see. Discovering the truth in your spirit can stabilize and equalize the balance of your life like no other aspect.

Striving towards equality in all of the aspects of the wheel can move us to a place of balance. Consciously experience ways to keep each aspect of the wheel in balance by pushing in one direction and pulling in another for each dimension of the wheel to be balanced. Working to keep the portions equal by using the physical body for strength in life, touching yourself through your emotional health, using determination in life to find your full potential, learning something new everyday, and being dedicated to the essence of what you hold most sacred in your soul.

Take the aspects of the BALANCE WHEEL and use it to balance your own life. Stretch and mold each area of the wheel in your life and see how you can work to discover, experience and observe changes in your own balance. It takes time and you may want to journal your progress. If you get stuck on one aspect that you are unable to conquer on your own seek outside help to meet your balance goals. The studio has a great list of network professionals that can help you discover balance in each area of your life. Have fun and begin in the newness of this spring season with balancing out your life.

## **SEEING GREEN IN MARCH \$\$\$!**

We are continuing our boost to Studio Dollars accounts with a referral of a new client that purchases a Newcomer package of private lessons. Each existing client will **receive a \$25 boost** for telling your friends and family about us! We are putting movement into motion!

Take advantage of the SPRING SPIRAL CARD. When you purchase this card for \$120 per person you will receive an **unlimited pass for 30-days of SERIES classes**. This includes Pilates MAT, Small Apparatus, GYROKINESIS®, and all other scheduled series classes. We are offering this to our clients so that you have the opportunity to spring forward with a strong and flexible body. All series class policies apply to this purchase. If you have questions about this special offer please see us at the front desk or call the studio at 821-9881.

## **BASIC MAT WITH BODY ROLLING**

Phillip will be instructing a MAT series that will use a technique that penetrates deep into the neuro-muscular system for stretching and stimulating length in the body as he guides you through a Pilates MAT class. This is a highly effective format for those individuals needing to add “more lengthen to their strengthen.” When utilized regularly BODY ROLLING can greatly increase flexibility in areas that are chronically stiff and dysfunctional. Class meets on Wednesdays at 4:30 and is a 4-class series. We are offering a discount for this class in March. **The series of 4-classes is \$60.**

## **SATURDAY REFORMER STUDY GROUP**

We have space available on Saturday mornings for basics in Reformer work. This is a level I technique class that is appropriate for the novice newcomer as well as for the integrated seasoned client that needs to refine their knowledge of Pilates. You will learn new ways to approach Pilates work to make each exercise flow from deep in the core system. We will break down exercises to help the body better understand the “why’s and how’s” of the original work of Joseph Pilates from both the traditional form as well as the evolved form. You will learn how to go deeper into the core to get more out of your Pilates class. **Class meets from 10:30-11:30 on Saturday mornings.** Please call the studio to register ahead of time.

## **GYROKINESIS IN MARCH**

We are adding a GYROKINESIS® class to our evening schedule in the month of March. This class is appropriate for all levels of clients. If you have not participated in this work yet, this is a great opportunity to reap the benefits of the unwinding and releasing techniques of GYROKINESIS®. This method of rhythmic, “spinal yoga” movement incorporates movements of arching, curling, bending, twisting and spiraling of the spine. Breath patterns help to stimulate the nervous system, open up the energy pathways and oxygenate the blood. Techniques are used to invigorate and re-educate the body to move with fluidity, relaxation and power. **Special March discount \$60 4-classes.**

## **NOTES FROM THE FRONT DESK**

Please note that we have a **48-hour cancellation policy** and to keep our front desk processes organized we do adhere to this policy. If you know you will be out of the studio please let the front desk know **at least 48-hours prior to your lesson**. Please make sure you are not just telling the instructor out on the studio floor but giving that information to us at the front desk where we can record it in our rosters. Thank you for honoring our requests.

To follow up with our client request we are **condensing our schedule** a bit this month to keep our equipment group numbers up and affordable for all. You may receive an email or phone call polling your availability to alternative times or days for your lessons. Please help us out by returning these calls quickly and promptly so we can implement our changes smoothly to accommodate each of your requests. **Thanks for helping us out on this task.**