

Stretch Your Life

Volume 1, Issue 3

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Part 7 of 7 Pilates Principles

Routine

Making a commitment to better health using the Pilates Method will enable both your mind and your body to develop. It will require patience and persistence as you learn the fine arts of Concentration, Centering, Breathing, Control, Precision, Isolation and Routine.

It may take 10 weeks, 20 weeks, or more before you start to see the deeper benefits of Pilates. It is an internal procedure as you focus your mind on feeling muscles you never knew you had and relaxing muscles you regularly overuse.

Just a friendly reminder that it is time to sign up for your favourite class.

Classes start at the

Brightupt Centre Jan. 7/05

ARKaufman YMCA Jan. 17/05 (poster will be up in the next day or 2)

My Home Studio Jan. 3/05

Check times and dates

http://www.stretchyourlife.com/Pilates_classes_large.html

I will only be missing Feb. 4-14, 2005
While in California for my training with Anat Baniel

<http://www.anatbanielmethod.com/>

I would like to thank you all for attending classes throughout the year and wish you all A Merry Christmas and A Happy, Healthy New Year

Looking forward to seeing you all again in the New Year!

As the New Year approaches you may be interested in

Goals 2005: Goal Setting that works taught by masters like Jim Rohn, Brian Tracy, Bob Proctor and others.

<http://goals2005.com/?KBID=2299>

I wish for you a life of wealth, health and happiness; a life in which you give to yourself the gift of patience, the virtue of reason, the value of knowledge, and the influence of faith in your own ability to dream about and achieve worthy results.
Jim Rohn

I have completed Jim Rohn's one-year pillar of success course. It is a must for anyone interested in self-improvement in any personal, relationship, career or business area of your life.

<http://www.jimrohn.com/default.asp?kbid=4665>

Remember to stretch your mind and your body daily... Karen

<http://www.stretchyourlife.com>

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