

What's the difference between session classes and ongoing classes?

"Session" classes are not held for the full quarter, and their schedule may not coincide with the start and end of the quarter. Check the class description for exact dates. Ongoing classes are held every week all quarter.

How do I sign up for a class? You can sign up for a class on the Web site (www.balanced-movement.com), or call us at 919.942.0240. You can usually just show up for an ongoing class, but it's best to reserve a space ahead of time.

How do I pay for ongoing classes? You can drop in on an ongoing class at any time and just pay the drop-in fee. If you'd like to attend a class regularly, buy six or more classes and get a discounted rate with a Class Pass. The class descriptions list the drop-in fee and the Class Pass fee for all ongoing classes.

How do I pay for session classes? You can join a session class at any time. Because session classes work best when people attend regularly, instructors will usually ask students to pay for the remainder of the session the first time they attend the class.

What if I can't make it to all of the classes in a session class? Session classes are best enjoyed if you can make it to all of the sessions. If you can't, though, call us and we'll help you work out an arrangement with the instructor.

What forms of payment do you accept? We accept cash, checks and credit cards.

What other services does Balanced Movement Studio offer? Balanced Movement Studio's goal is to create an overall environment that promotes healthy movement and healthy living. In addition to classes, we offer personal training in our private gym, and physical therapy through Balanced Physical Therapy. We also hold workshops and other events — for the most up-to-date information, visit our Web site.

304 W. Weaver St.
Suite 103
Carrboro, NC 27510

919.942.0240
www.balanced-movement.com
classes@balanced-movement.com

Sunday

Fundamentals of Contact Improv (registration required)	12:30 pm	2:00 pm	Erika Bhirchanna
Contact Improv Jam	2:00 pm	4:00 pm	Group Led
Feldenkrais-Awareness Through Movement: Finding Your Center (no class Sept 30)	4:30 pm	5:30 pm	Susannah Savage
Capoeira	6:30 pm	8:30 pm	Força Unificada

Monday

Lunch Break Yoga	12:00 pm	1:00 pm	Brandon Thomas
Hatha Yoga (Intermediate/Beginner's Welcome)	5:30 pm	7:00 pm	Scott Campbell
Prenatal Yoga	5:30 pm	6:45 pm	RoseMarie Roth
Language of Tribal Bellydance	7:30 pm	9:00 pm	Suzanne Kennedy
Advanced/Maidan Hooping	7:30 pm	8:45 pm	Jonathan Baxter

Tuesday

Mind Body Circuit Training (class begins Sept 4)	9:15 am	10:15 am	Amy Vitt
Pilates Mat (Beginner / Intermediate)	5:30 pm	6:30 pm	Sarah Honer
Yoga for Bodies that Don't Bend	5:45 pm	7:00 pm	Scott Campbell
Qigong: Practices for Internal Energy and Health	6:30 pm	7:30 pm	Jay Dunbar
Hooping-Fundamentals	7:45 pm	9:00 pm	Jonathan Baxter

Wednesday

Exploring Meditation	8:15 am	9:30 am	Kay Goldstein, M.A.
Open Studio Taiji & Qigong Practice	12:00 pm	1:00 pm	Self Led
Lunch Break Yoga	12:00 pm	1:00 pm	Jaime Powell
Feldenkrais-Awareness Through Movement: The Hidden Secrets of your Ankle and Knee	5:30 pm	6:30 pm	Candy Conino
FUNK (NEW day & time change begins Sept. 5)	6:00 pm	7:00 pm	Chris Newsome
Capoeira	6:30 pm	8:30 pm	Força Unificada

Thursday

Pilates Plus	5:30 pm	6:30 pm	Sarah Honer
Nia (no class Sept 6th)	6:30 pm	7:30 pm	Kate Finlayson
Women's Contact Improv	7:45 pm	9:45 pm	Erika Bhirchanna

Friday

Yoga Explorations	9:30 am	11:30 am	Molly Drake
Feldenkrais®--Awakening the Upper Ribs (no class Oct 5)	11:00 am	12:00 pm	Nancy Agnew
Lunch Break Yoga	12:00 pm	1:00 pm	Lizzie Jacobs
Laughing Meditation (2nd & 4th Friday)	6:00 pm	7:00 pm	Scott Campbell
InterPlay (2nd Friday)	7:30 pm	9:30 pm	Terry McCarthy
Carrboro Dance Jam (1st & 3rd Friday)	7:30 pm	11:00 pm	Ron Rudin

balanced movement studio
personal training & movement classes / carrboro, nc

Class Schedule
Fall 2007

Class Descriptions

Fall 2007

For the most up-to-date schedule and class descriptions, visit www.balanced-movement.com

Advanced/Maidan Hooping

Monday, 7:30 pm-8:45 pm
Jonathan Baxter

This class is designed for those students that have progressed with us sufficiently along The Hoop Path to pursue more advanced movement techniques and in-depth Path philosophy and terminology. We will delve further into Samurai, Rolling, Point, Two-Point and Dynamic Stalling as well as going deeper into our understanding of the Hoop's connection to Body, Mind and Spirit. More challenging exercises will be introduced to take us all to higher levels of expression, connection and proficiency. Permission from the instructor is necessary to attend this class, for questions feel free to email Baxter at jlbaxter@fastmail.fm. \$13/\$11

Capoeira

Sunday, 6:30 pm-8:30 pm
Wednesday, 6:30 pm-8:30 pm
Força Unificada

Capoeira is a martial art created by African slaves in Brazil over 400 years ago. Over time, cultural elements of dance, fight, music and art merged to create what we call capoeira. Often referred to as the dance-fight-game, capoeira is a martial art that emphasizes dance, play, and music as heavily as martial aspects. In the art of capoeira, one learns to dance, one learns to play instruments and one learns a martial art, all the while with a smile on one's face, and a swing to one's step. Força Unificada: Força Unificada is a capoeira group based in Carrboro, North Carolina. All levels are welcome. \$36/month.

Carrboro Dance Jam (1st & 3rd Friday)

Friday, 7:30 pm-11:00 pm
Ron Rudin

Carrboro Dance Jam (1st & 3rd Friday of each month), \$5-8. Carrboro Dance Jam is a free-style dance, eclectic music mix played by DJ Rovnitsky. Shoe-free or wear only fully cleaned, non-marking shoes. Dance in group, with partner or solo. Feel free to try before paying.

Contact Improv Jam

Sunday, 2:00 pm-4:00 pm, Group Led

Drop-in cost: \$5

Exploring Meditation

Wednesday, 8:15 am-9:30 am
Kay Goldstein, M.A.

Learn techniques from a variety of traditions and about the elements of a spiritual practice. New meditators will learn methods and gain insights to help them develop their own meditation practice. If you are already an experienced meditator you will have an opportunity to explore ways to deepen your practice. There are opportunities for discussion, practice and feedback in a safe, confidential and non-judgmental environment with a lot of individualized instruction. As appropriate, students will be assisted with energy balancing and individual problem solving. \$15

Feldenkrais®: Awakening the Upper Ribs

Friday, 11:00 am-12:00 pm
Nancy Agnew
August 24, 2007 - October 19, 2007

The upper ribs play a vital role in carrying your neck and head, in supporting your breathing, in assisting the movement of your arms, in establishing your posture, in generating your voice, and in reducing the stress in your low back. In this series of lessons, you will awaken the movement of this often unknown and underused part of yourself. Feel the difference in the comfort of your neck, shoulders and low back. Listen to the changes in your voice, and note the improvement in your posture. \$72 session/\$12 drop-in. No class October 5.

Feldenkrais: Awareness Through Movement: Finding Your Center

Sunday, 4:30 pm-5:30 pm
Susannah Savage
September 9, 2007 - October 28, 2007

In Western culture, we often refer to the pelvic area as our "center". In other cultures

there are references to the dantian, tanden, hara, or sacral chakra. Whether referring to a mechanical center of gravity or a spiritual energy source, the pelvis is considered of high importance in movement throughout the world. Shaped like a funnel, the pelvis cradles many organs within it and has the strongest muscles of the body attached to it. In this ATM series, we will learn how, like the hub of a wheel, movement originates in the pelvis enabling coordinated, graceful and powerful actions. The lessons will benefit martial artists, dancers, athletes, people with low back, hip or neck pain, singers, people who sit or stand for long periods of time, and anyone who wants increased vitality and pleasure in their life. \$63 session/\$12 drop-in. No class September 30.

Feldenkrais: Awareness Through Movement: The Hidden Secrets of your Ankle and Knee

Wednesday, 5:30 pm-6:30 pm
Candy Conino, September 5 - October 24

Check the web site for class details!
\$72 session/\$12 drop-in

Fundamentals of Contact Improv (registration required)

Sunday, 12:30 pm-2:00 pm
Erika Bhirchanna

Contact Improvisation is a moving massage. It is a partner dance where one moves in and out of physical contact while rolling, spiraling, lifting, falling, and playing. It fine tunes your senses and wakes up your ability to listen and respond to what is happening in the moment. In this class we will explore the fundamentals of contact improv through weight sharing and support, following each others movement, playful improvisation, and basic safety. No experience necessary. Email: bhirchanna@hotmail.com for registration. \$10/\$8

FUNK (NEW day & time change begins Sept. 5)

Wednesday, 6:00 pm-7:00 pm
Chris Newsome

FUNK [pronounced fuhngk] ? noun: the state or quality of being funky. Get a high energy workout, while learning fun and funky dance moves choreographed for your viewing and doing pleasure to the some of the latest/hottest pop/hip-hop tracks around. An upbeat and exciting class that you definitely don't want to miss for dancers both experienced and just starting out or exploring, both young and old, male and female. \$12/\$10

Hatha Yoga (Intermediate/Beginner's Welcome)

Monday, 5:30 pm-7:00 pm
Scott Campbell

Learn the language of asana, breath, meditation, and embodiment through deepening awareness. A class for any physically active person. \$12/\$10

Hooping - Fundamentals

Tuesday, 7:45 pm-9:00 pm
Jonathan Baxter

Today's hoop is more than a children's toy from yesterday. Our hoops are adult-sized, making them easier to use, thereby opening up possibilities of dance and meditation- as well as fitness- for both men and women. Hooping provides an excellent aerobic workout that strengthens the core, increases flexibility, balance, rhythm and body awareness, and clears the path to creative self-expression. For some, Hooping is dance with resistance. For others, Hooping is a rhythmic exchange of grace and strength. In this class, students will learn the fundamental movements and theories of Hooping from two instructors. Hoops will be provided for class, custom hoops available for sale. \$13/\$11

InterPlay (2nd Friday)

Friday, 7:30 pm-9:30 pm
Terry McCarthy

Come as you are for play that refreshes and reconnects body and spirit. We'll explore InterPlay's simple yet powerful forms based in movement, voice, story and stillness. Indulge in a creative process rooted in affirmation and ease. All levels of experience welcome. Meet the second Friday of the month. For more information about Inter-

Play please visit <http://www.interplaync.org/>. "Play keeps us vital and alive. It gives us an enthusiasm for life that is irreplaceable. Without it, life just doesn't taste good." ~ Lucia Capocchione

Language of Tribal Bellydance

Monday, 7:30 pm-9:00 pm
Suzanne Kennedy

Tribal belly dance interweaves elements from various dances and practices on top of a belly dance foundation that highlights the strength of the feminine. Different presentations of similar tribal movements from some of the leading tribal troupes will be covered in this class. Movements will be broken down by shape, sound, and speed. From these movements you will be encouraged to develop your own personal style while maintaining proper technique and dance posture. All levels, genders, and shapes and sizes are welcomed. \$12/\$10

Laughing Meditation (2nd & 4th Friday)

Friday, 6:00 pm-7:00 pm
Scott Campbell

Led by certified yoga instructor Scott Campbell, this class consists of laughing meditation, gentle yoga and guided deep relaxation. You will feel energized as well as relaxed -- relieve stress and start your weekend with joy! Come with an open heart and a willing mind. Suggested donation: \$3 -- but don't let money stop you! Look for this on the 2nd & 4th Friday each month from 6 to 7 p.m.

Lunch Break Yoga

Monday, 12:00 pm-1:00 pm
Brandon Thomas
Wednesday, 12:00 pm-1:00 pm
Jaime Powell
Friday, 12:00 pm-1:00 pm
Lizzie Jacobs

Revitalize and renew your body-mind and spirit at noon with this energizing and restorative yoga class. After meditation and asana, go back to the office with a spring in your step! \$12/\$10

Mind Body Circuit Training (class begins Sept 4)

Tuesday, 9:15 am-10:15 am, Amy Vitt

Talk about variety...start with settling the mind and setting an intention for the class with a short meditation. Next move the body with this intention through a few yoga flows or a dynamic flexibility series. Jump into the more intense, high energy portion of the class: circuit training, which offers 30 minutes of strength training alternating short periods of rest and effort. Close with a deep stretch, short meditation and a life coaching thought to keep you thinking differently through the week. This class offers a balanced approach to a high intensity workout. It will be adventurous, exciting, mind and body opening! Come work out with Amy Vitt, one of Balanced Movement Studio's personal trainers, and get that workout you can only get from a personal trainer, in a group setting - for the cost of a yoga class. \$12 for drop ins, \$10/class for 6 classes if you purchase a \$60 class pass.

Nia

Thursday, 6:30 pm-7:30 pm
Kate Finlayson

We invite you to experience the pleasure of Nia, a body-mind-spirit fitness and lifestyle practice that combines dance, martial arts, yoga and self-healing. Through expressive movement, The Body's Way, Nia empowers people to achieve physical, mental, emotional and spiritual well-being. Uplifting universal music guides your body to move in a way that is natural for you with no comparison or competition. Nia delivers cardiovascular and whole-body conditioning and creates one of the most exhilarating, dynamic, creative, playful and fun classes ever! \$12/\$10

Open Studio Taiji & Qigong Practice

Wednesday, 12:00 pm-1:00 pm, Self Led

Join members of the Magic Tortoise Taijiquan school for practice of various taiji and qigong forms. This self-led practice is open to anyone interested. There will be no

formal instruction, but co-operative learning for all participants.

Pilates Mat (Beginner / Intermediate)

Tuesday, 5:30 pm-6:30 pm, Sarah Honer

A series of floor exercises designed to facilitate spine alignment, strengthen core abdominals, and develop flexibility. These exercises are suitable for any body type, and appropriate for any age or skill level. \$12/\$10

Pilates Plus

Thursday, 5:30 pm-6:30 pm, Sarah Honer

\$12/\$10

Prenatal Yoga

Monday, 5:30 pm-6:45 pm, RoseMarie Roth,
August 13, 2007 - September 10, 2007

Session cost: \$50

The mindful practice of gentle yoga postures can help to strengthen the uterus and pelvic muscles, improve digestion, and exercise the spine - all of which increase comfort for expectant moms. The breathwork and relaxation components of class teach focus and centering skills which greatly benefit moms during labor and delivery. In addition, the relaxation at the beginning and end of each class help the mom tune into her own body wisdom and allow her the time and space to connect with her baby. To register: www.NCHealthyWoman.org or call 843-8463.

Qigong: Practices for Internal Energy and Health

Tuesday, 6:30 pm-7:30 pm, Jay Dunbar

Qigong (18 Luohan) & Zhan Zhuang (Standing Meditation) We begin this class with quiet sitting to clear away superficial stress, then stand in various postures from the ancient discipline of zhan zhuang (standing meditation) for structural and energetic alignment. Class then focuses on the 18 Luohan Qigong, a 1500-year-old set of dynamic movements involving breath, visualization, stretching, strengthening, and personal empowerment through awareness of our connection to universal energies. The next time the class will meet will be September 5, 2006. \$12/\$10

Yoga Explorations

Friday, 9:30 am-11:30 am, Molly Drake

Yoga Explorations offers the student an internal, creative, and exploratory approach to hatha yoga. The unhurried atmosphere of the class encourages one to slow down and to let go of pre-conceived notions of what yoga is about. Students are encouraged to relax and nurture a keen curiosity about what they are feeling. Guided inwardly to organically explore their rich inner world of energy, breath, and movement, students make new discoveries about themselves and find that their poses begin to unfold with less effort and worry about technical precision or correctness. The poses become living, breathing creatures and authentic expressions of self rather than habitual positions. Therein lies the challenge of this class. Open to all levels of students who wish to connect more deeply with themselves and the world in which they live. \$20/\$16

Yoga for Bodies that Don't Bend

Tuesday, 5:45 pm-7:00 pm
Scott Campbell

Have you wanted to try yoga but thought "I could never do all those strange poses...I can't even touch my toes!" If this sounds like you and you'd like to increase your flexibility, build core strength, and relieve stress, then try Yoga for Bodies That Don't Bend. This class is a safe space to explore your body, breath, and mind through yoga with out worrying about what you can or can't do, or how you look trying to do it. You'll never know how good you can feel until you try. Yoga is for everyone! \$12/\$10

Women's Contact Improv

Thursday, 7:45 pm-9:45 pm,
Erika Bhirchanna

2nd & 4th Thursdays. For more info call 919-384-6092. Drop-in cost: \$5.