

Movement Classes

We have two movement studios for classes, workshops and retreats. These warm, inviting spaces overlook downtown Carrboro and are the perfect place to take a break from your day, connect to your body and community, and feel better for doing it.

Our Movement Classes Include...



For more information about our services, personnel, and classes, visit our website:

www.balanced-movement.com

304 W. Weaver Street, Suite 103
Carrboro, North Carolina 27510
919-942-0240

info@balanced-movement.com

Become a fan on Facebook!

Create a New Relationship with Fitness...

Balanced Movement Studio offers a private setting where each client feels a part of a **supportive and caring** community.

Our holistic approach enables us to help our clients feel more **connected** to their bodies.

We believe your body was meant to move

and see it as a key to bringing more

JOY into your life.



Personal Training

Movement Classes

Life Coaching

Personal Yoga

Health, Exercise & Sport Psychology

Massage & Bodywork

Your body was meant to move



balanced movement studio

personal training & movement classes / carrboro, nc

304 W. Weaver St, Suite 103 | Carrboro, NC
919.942.0240

www.balanced-movement.com

Build a New Relationship with Fitness

Health, Exercise, and Sport Psychology

Movement and Life Coaching



Experience life coaching as a stand-alone service, or enhance your experience by joining it with movement training. This powerful combination of movement with life coaching is driven by the parallels we see between the body and the mind. Just as inefficient movement patterns can cause discomfort or restrict us from doing certain activities, limiting thoughts or feelings can lead to self-sabotage, anxiety or frustration.

With this style of Coaching, we ask: 'If your body feels tight and rigid, how are you being this way in your daily life?' As we create flexibility and openness in your body through breathing or stretching, you will physically experience a new perspective, and are invited to carry this new learning into other aspects of your life.

With this combination service, we allow the body, mind and emotions to work together to unravel behaviors that no longer serve you. We offer a setting where this relationship can be explored, and together create new tools that will shift outcomes in your physical, mental and emotional life.



Personal Training

Create a partnership with your trainer and embark on a new fitness and wellness path toward improving your life. Your trainer will actively listen to you and offer accountability as you create a fitness plan together.

Your fitness program will emphasize proper functional movement patterns based on an initial movement assessment and incorporate exercises that support your daily needs and activities. To further enhance your experience, your trainer will guide you to notice the subtle cues the body gives. This is a tool you can use for the rest of your life to prevent future injuries and achieve balance in your body.

Whether you are a beginner or a world class athlete we can:

- Create an overall fitness strategy to fit your lifestyle
- Fine-tune specific pieces of your training plan to enhance performance
- Guide you in your first running event, triathlon, charity walk, tennis tournament, etc!
- Rejuvenate your old, tired workout routines

Want to feel or perform better? Let our Licensed Psychologist and Sport Psychology Consultant help you overcome your hurdle, achieve your next goal, and improve your satisfaction in all areas of your life. Services provided to adolescents and adults, from the non-exerciser to the elite athlete, either in-office or on a walk. Common concerns include: Injury recovery, healthy lifestyle behavior changes, sport performance enhancement, sport/life transitions, stress management, and body-image/weight management



Personal Yoga

Organically explore the many benefits of yoga in a private, safe setting. Your personal yoga instructor can help create a home practice, enhance your current self-practice, or find and unwind the root of pain that may arise in certain yoga poses.

Massage & Bodywork

Whether for relaxation, pain relief, or preparation for an athletic event, massage and bodywork therapy can be very beneficial. Structural integration, deep tissue, sports massage, and other modalities are offered by our licensed NC massage and bodywork therapists.