

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 website, 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 five or ten 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. We also accept online payment through our website.

What other services does Balanced Movement Studio offer? Our 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 website.

Sunday	starts	ends	
Mindful Yoga (Summer Break 5/23-9/12)	10:00 am	11:30 am	Lisa Lashuk
Ashtanga Yoga	4:00 pm	5:30 pm	Tracey Oliveto
Capoeira	6:30 pm	8:30 pm	ASCAB Capoeira NC
Monday			
Lunch Break Yoga	12:00 pm	1:00 pm	Jaime Powell
Hatha Yoga (Beginner / Intermediate)	5:30 pm	7:00 pm	Scott Campbell
Belly Dance: About, By, and For Women	7:30 pm	9:00 pm	Bambi Riggsbee-Smith
Advanced/Maidan Hooping	7:30 pm	8:45 pm	Jonathan Baxter
Tuesday			
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
Louhan Qigong	6:30 pm	7:30 pm	Jay Dunbar
Hooping: Fundamentals	7:45 pm	9:15 pm	Jonathan Baxter
Wednesday			
Embodied Yoga: Learning to Trust Your Body	9:30 am	11:00 am	David Beadle
Lunch Break Yoga	12:00 pm	1:00 pm	Jaime Powell
Feldenkrais®: Balance	5:30 pm	6:30 pm	Candy Conino
Healing Tao Qigong and Nei-gong (starts 4/28)	5:30 pm	7:00 pm	Steve Peterson
Capoeira	6:30 pm	8:30 pm	ASCAB Capoeira NC
Thursday			
Hooping: Fundamentals	12:00 pm	1:15 pm	Ann Humphries
Pilates Plus	5:30 pm	6:30 pm	Sarah Honer
Nia	6:30 pm	7:30 pm	Kate Finlayson
Triangle Bagua (Kung Fu)	7:30 pm	9:00 pm	Ethan Rasiel
Friday			
Yoga Explorations	9:30 am	11:30 am	Molly Drake
Feldenkrais®: Aging Gracefully (no class 5/28)	11:30 am	12:30 pm	Nancy Agnew
Lunch Break Yoga	12:00 pm	1:00 pm	Jaime Powell
Carrboro Dance Jam (1st Friday)	8:00 pm	10:30 pm	Ron Rudin
Carrboro ZoneDance (3rd Friday)	8:00 pm	9:30 pm	Ron Rudin
Laughing Meditation (4th Friday)	6:00 pm	7:00 pm	Scott Campbell
Saturday			
Laughing Meditation (2nd Saturday)	5:30 pm	6:30 pm	Scott Campbell

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Class Schedule
Spring/Summer 2010

Class Descriptions

Spring/Summer 2010

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 baxter@hoopath.com. Class pass \$13/drop-in \$15

Ashtanga Yoga

Sunday, 4:00 pm-5:30 pm

June 13 - August 29

Tracey Oliveto

Ashtanga Yoga is the Eight Limbs of Yoga, a 5,000 year old practice -- one of the few yoga methods that has maintained its roots in the West. It's progressive and productive. It's physically vigorous. It's mentally challenging. Spiritually speaking, it will wake you up. Tracey Oliveto owned Yoga Bliss Studio in Raleigh, and has been teaching yoga since 1996. She is trained in Iyengar and Ashtanga methods, and yoga therapy, and has studied with many senior teachers, including David Swenson, Tim Miller, Nancy Gilgoff, David Williams and others. Session \$135

*Belly Dance: About, By, and For Women

Monday, 7:30 pm-9:00 pm

Bambi Riggsbee-Smith

Belly Dance evolved as a folk art for women to pass on body awareness from one generation to the next. As belly dance styles vary greatly from country to country, we will discuss and learn techniques relevant to each culture and, as we use and learn new movements, we will create and express our own styles. All levels, techniques, genders, shapes, sizes, and ages are welcome! Class pass \$13/drop-in \$15.

Capoeira

Sunday, 6:30 pm-8:30 pm

Wednesday, 6:30 pm-8:30 pm

ASCAB Capoeira NC

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. ASCAB Capoeira NC is a Capoeira Group supervised by Mestre Doutr and taught by Instructor Cristal. All ages and levels welcome. \$40/Month. First class is free with no obligations.

Carrboro Dance Jam (1st Friday)

Friday, 8:00 pm-10:30 pm, Ron Rudin

Free-Style Dancing to eclectic, uplifting, and "wave" mixed music. Dance improvisationally or within the genre of music...with partners, alone, or collectively with friendly dancers. with Ron Rudin (aka DJ Rovnitsky). \$5-\$10 sliding scale.

Carrboro ZoneDance (3rd Friday)

Friday, 8:00 pm-9:30 pm, Ron Rudin

5-Rhythms Transdance meditation, 90 minutes of nonverbal dancing to changing rhythms and varied intensity (sounds, singing, and vocalizing is okay.) Dancers not required to dance continually, but to maintain the meditative space. With Ron Rudin. \$5-\$10 sliding scale.

Embodied Yoga: Learning to Trust Your Body

Wednesday, 9:30 am-11:00 am

David Beadle

Begin each class simply-gently settling in and listening to your body. Short discussion may bring up areas of special interest, then dive in. This guided practice gives freedom to explore, branch out and weave together individual concerns in a group setting. Familiarity with yoga is helpful--open mindedness is essential! Suggested donation: \$10-\$20

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. Drop in \$15 / New drop-ins please call in advance (919-942-5523)

*Feldenkrais® -Balance: Without It, Life is Precarious

Wednesday, 5:30 pm-6:30 pm

June 2 - July 21

Candy Conino

In this series, we'll focus on standing balance. Whether you dance and want to be more stable in your turns, or you want to be secure perched on a ladder, whether you want to hike easily on rough terrain, walk safely on sore feet, hips, knees, or perch elegantly on high heels, these 8 weeks are for you. Session \$80/drop-in \$15

*Feldenkrais® -Aging Gracefully: Learn to Move Younger as You Get Older

Friday, 11:30 am-12:30 pm

May 14 - July 9 (no class 5/28)

Nancy Agnew

What is the difference between a 70-year old who moves as if she was 40, and a 70-year old who moves as if he were 70, or 90? Our habits of movement, thinking, and feeling create how old we feel. When we unlearn these habits and make new ones, we make our bodies and minds younger, stronger, and more flexible. Come learn to enjoy qualities of ease, exploration, variety, and joy in your movements that will de-age your muscles, your joints, and your brain. The habits you create as a 30-, 40-, or 50-something year old have a tremendous impact on your quality of life as a 70-, 80-, or 90-year old. You can learn to move with greater agility, balance, and coordination and feel younger again! Session \$50/drop-in \$15

*Hatha Yoga (Beginner/Intermediate)

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. Class pass \$13/drop-in \$15.

*Hooping: Fundamentals

Tuesday, 7:45pm-9:15 pm, Jonathon Baxter

Thursday, 12:00pm-1:15 pm, Ann Humphries

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. Class pass \$13/drop-in \$15.

Laughing Meditation (4th Fri & 2nd Sat)

Friday, 6:00 pm-7:00 pm

Saturday, 5:30 pm-6:30 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!

*Lunch Break Yoga

Monday, 12:00 pm-1:00 pm

Wednesday, 12:00 pm-1:00 pm

Friday, 12:00 pm-1:00 pm

Jaime Powell

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! Class pass \$13/drop-in \$15.

*Louhan Qigong

Tuesday, 6:30 pm-7:30 pm

Jay Dunbar

Join us for this series and let movements such as "Immortal's Greeting," "Gold Dragon Stretches Its Claws," "Swallow Sips Water," and "Hang the Jug on a Golden Hook" add life to your daily routine! The 18 Luohan Qigong is an ancient set of meditative calisthenics involving body, mind, breath and spirit to cultivate energy and internal balance. Attributed to Bodhidharma, a bodhisattva (luohan) of the 6th century, they are the traditional basis of both Chinese yoga and martial art. Invigorating yet calming, challenging yet fun, they are excellent for stress relief, stretching, toning, and overall well-being. Class pass \$13/drop-in \$15.

*Mindful Yoga (Summer Break 5/23-9/12)

Sunday, 10:00 am-11:30 am, Lisa Lashuk

Mindful Yoga combines hatha yoga and mindfulness practices. This class blends gentle and deep yoga stretches with breathwork and meditation to create a sense of peacefulness and ease within your body and mind. Open to all levels of students who wish to experience moving meditation and a mindful practice. Class pass \$13/drop-in \$15.

*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! Class pass \$13/drop-in \$15.

*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. Class pass \$13/drop-in \$15.

*Pilates Plus

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

Pilates with props. Class pass \$13/drop-in \$15

*Healing Tao Qigong and Nei-gong

Wednesday, 5:30pm -7:00 pm

Steve Peterson

Better Health and Greater Vitality -- Many practitioners feel more energy, get sick less often, and reduce or heal chronic illness. Longer-term benefits are a new sense of mental, emotional, and spiritual strength and balance. Learn the practices passed on by Mantak Chia that can improve your health, enhance your love life, and increase your happiness. Starts April 28th. Class pass \$13/drop-in \$15.

Triangle Bagua (Kung Fu)

Thursday, 7:30 pm-9:00 pm, Ethan Rasiel

Jiulong Baguazhangis authentic internal kung fu for health and self-defense. Visit www.trianglebagua.com for more information. \$40/month

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. Class pass \$16/drop-in \$20.

*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! Class pass \$13/drop-in \$15.

*PLEASE NOTE:

New price structure on astericked classes effective June 1st. We would like to thank all of our loyal class participants over the last seven years for being a part of our community.



Your body was meant to move.