

## Finding Balance



"In today's society we sometimes forget to balance our hearts and our heads; this is the reason we stop laughing." ~Yakov Smirnoff

We have so many things to juggle these days: career, family, friends etc., that balance can, at times, seem like an elusive concept that is not attainable in reality. Who has time for rest, relaxation, self-care, and all of the things that are necessary for optimal health?

Balance can be easier to find than you might think. Sometimes it is as simple as changing an attitude. Perhaps you have already made small changes to move towards balance, like coming to your Pilates lessons! Congratulate yourself for each little step and be grateful for those moments you do have.

If you are feeling out of balance in an area of your life, start small and look at little things you can do to allow five or ten minutes of whatever you would like more of in your life and really make those moments count.

When you begin by finding balance in your body, as happens through your Pilates workouts, you just might be surprised to see that glimpses of balance begin appearing in the rest of your life too.

**Source: Gina Axelson Pilates Instructor and Studio Owner**

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