

What is the Mind Body Balance Transformation?

“It takes committed, high energy, full-tilt boogie participation to have the kind of life you want” –Nicholas Lore

Look, we all receive countless health and movement information. The real question is whether it was good information or bad information.

Most people fall victim to spending thousands on unused health and movement products, mostly purchased during a period of self-deprivation. Often, the primary questions are: How did I get here? How do I get back to my best self? How do I stay motivated; taking baby steps toward a healthy lifestyle? There is a lot of unexpressed emotion, stiff joints and overwhelming physical pain.

These are all great questions, but ask yourself this question:

Why are you really pursuing this health transformation?

Usually, people associate a healthy lifestyle change with participating in a group class on occasion and then make a trip through the drive-thru for their reward!

However, Growing your healthy lifestyle or what our community of clients likes to call the “Mind Body Balance Transformation” is more than participating in one activity or service. The Mind Body Balance Transformation is about intentionally pursuing your best self. Ultimately, The Mind Body Balance Transformation is the process (over at least two years) of learning to live with compassion, empathy, sweat, tears, hard work, your personal motivators and strengths ...self-nurturing and building self-efficacy.

At Mind Body Balance, we define The Mind Body Balance Transformation as:

Taking you to higher levels of health, energy, consciousness, knowledge and purpose. It is an integration of all aspects of body, mind and spirit, allowing you to take a *transformational journey* using components of cognition, breathing and physical movement. This is not just an exercise studio, we provide the whole package for your body and your mind in a *balanced, rational approach* in-order to enhance your goal to become the fit person you can be. Using Yoga, Pilates, Intuitive Eating and Personal Training, your fitness coach at Mind/Body:Balance will inspire you into movement and wellness. We invite you to take the Mind/Body: Balance adventure. Learn! Love! Serve! Share Your Success Story By Inspiring the World To Movement!

“Many of our fears are tissue paper thin, and a single courageous step would carry us clear through them.” –Bendan Francis