

Physio|Balance Pilates

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*Your Unique Needs:
Assessed, Analyzed &
Addressed with Heart*

No exercise or nutrition program is one-size-fits-all. Each of us has a unique structure, and unique nutritional needs.

The **Physio|Balance Pilates** process helps you learn about your own body through comprehensive assessments, and then teaches you stretching, exercises and nutrition plans that are tailor-made just for you.

Physio|Balance Pilates supports you in your wellness goals, whether you simply want to tone up and lose a few pounds, improve your appearance through better alignment, increase energy, or be free of chronic pain.

Take the guesswork out of your wellness program, save time in the long run, and give your body what it really needs!

Detailed Physical Assessment

- Length/Tension Muscle Testing, Skeletal Alignment Measurements in standing and movement, Postural Assessment to discover what YOUR body needs to restore optimal alignment.
- Movement Pattern Assessment including primal patterns and gait, analysis of weak links in the movement patterns and exercises to correct them.
- Detailed Health History.
- Diet and Lifestyle Exploration. Assessing Biodynamic Health.
- The assessment fee includes analysis, any additional research necessary to complete the programming, and a detailed written Personalized Corrective, Strengthening and Optimizing Exercise Program.

Corrective, Strengthening and Optimizing Exercise Program

Designed to strengthen your weak links while keeping you interested in the process, your program may include:

Mat and Apparatus Pilates • Yoga • TRX Suspension Training • TRX Rip Training • Kettlebells • Body-weight Training • Swiss Balls • Medicine Balls • Free Weights • Exercise Bands and Tubing • and many other options!

Holistic Lifestyle Consulting

Each being is metabolically unique, and therefore requires a unique ratio of macro- and micro-nutrients to best fuel their body. Imbalanced nutrition results in loss of energy, loss of the body's ability to support healing, improper sleep, weight gain and a cascade of other symptoms.

Equestri|Balance™ Programming

Customized programming utilizing a variety of modalities, and creative, unique, original exercises developed by Gwen. This blend of modalities has been successfully field-tested by equestrians and results in improved seat, alignment and ride.

Spinal|Balance™ Programming

Individualized stretch and exercise programming for spinal pathologies including but not limited to scoliosis, stenosis, disc pathologies, spondylosis, and spondylolisthesis. This programming educates you about your spine so that you learn to take care of your body in all situations, while teaching you a customized blend of modalities that will help you manage, reduce and often eliminate pain.