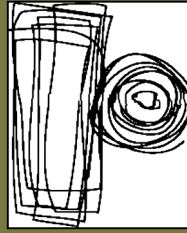


November 2006

Newsletter



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Happy November!

We hope that you are well and enjoying the chill in the air and the opportunity to wear sweaters again. We are happy to be celebrating the beginning of our fourth year here at InsideOut. Of course, we have had our ups and downs over the years, but honestly and truly, we get up in the morning because of the joy, delight, and satisfaction we have working with you. Thank you so much for all your support over the last three years. We are so grateful.

Along those lines, we wanted to remind you of our referral policy, which we haven't publicized as well as we should have. If you bring a friend to class and they buy a package, please let us know. We want to give you a free class for all your efforts. Though many folks find us on the internet, nothing compares to the recommendation of a friend. Thank you so much.

Important Studio News:

- Deborah, Mischa, and Anna are headed to beautiful Palm Springs the first weekend of November for the Pilates Method Alliance annual conference. They will schmooze with the Pilates elite as well as take Continuing Education courses from some of the most respected and innovative teachers in the field. We assume that they will be presenting at the conference next year. **Please keep in mind that classes may be limited while they are away.**
- Toby is raising the rates for Rolfing sessions in the New Year. As of January 1, 2007 a Rolfing session will cost \$100. Toby has not raised his rates since he was certified over six years ago. Since that time, he has taken hundreds of hours of Continuing Education with some of the best bodyworkers in the world. Even at \$100 his rates will still be very competitive and he hopes to be able to continue studying with his teachers, leading more workshops, and writing more about our work here at the studio.

Check out our new schedule and sessions:

www.insideoutbodytherapies.com

(available November 1st)

Free Class:

Saturday, November 18th 11:00 – 12:00 pm

Hatha Yoga: Level 1-2

Instructor: Heather

Sign up soon!

Studio news cont'd...

- Amy was recently fully certified by the Body Precision Pilates Studio in Philadelphia. We are so happy for her and so happy to have her here teaching with us. Congratulations Amy!
- Mischa recently attended conference of the American Academy of Orthopaedic Manual Physical Therapists in Charlotte. She took courses taught by Shirley Sahrman, an internationally recognized expert in movement disorders, therapeutic exercise, and pain management. We understand that Mischa is (as always) inspired to bring the latest and most time-proven techniques to her Pilates-Based Physical Therapy Practice.
- Though many of you may have heard through the grapevine, Heather has taken a full-time position at NC State in the Physical Education department. She is combining her education from New York University and her love of movement to teach pilates yoga and dance. She also continues to present her modern dance choreography locally.

We are bound to have a lot more news before the New Year arrives. We will be in touch!

Have a peaceful Thanksgiving,

Deborah and Toby