

barre buzz

PURIFY weekend retreat

Join Carrie and Ally for Pure Barre, Pure Edge and Pure Bliss at the Arizona Biltmore Resort & Spa April 24-27
Space is limited register by March 15th.
Go to purebarre.com/purify

Schedule Changes

starting **March 1st** due to numerous requests, we will be shifting our morning times to:
Monday-Friday 8:30a.m. and 9:35a.m.
Saturday - 8:00a.m. and 9:15a.m.
Everything else stays the same!

Have you tried Pure Edge?

Take your body to its' edge with the fusion of music, yoga, weights and balls.
Tuesday @ 6:30 pm
Thursday @ 12:30 pm
cost: same as pure barre

Are you interested in free pb class, discounts on clothing, a check and being surrounded by great people? We are looking for desk help M/W/F 8am-noon beginning April 1st. Please email megan@purebarre.com if you are interested.

PURE BARRE LA COSTA

Opening March 29th...

by our very own Shannon Higgins
more details to come!!

solana beach star student Becky Conger



Becky is one of PB Solana Beach Originals. A mother of four, Becky still manages to make time for PB! When asked what she loves about PB, other than what it has done for her seat and legs, "The technique gets to every part of your body, even muscles you didn't know existed. I enjoy the girls in the classes and I must say I love the music!" Becky has recently gone through surgery and is hoping to use PB to help strengthen her lower back so she can return to water skiing. Way to go Becky!

carrie's corner

In the past few weeks I have had three distinct conversations with different women whom each appear to be enduring the same struggle. The discussions have been with women who had professional careers before having children and are now at home taking care of their families. Each woman expressed the feeling that being "just a mom" is not fulfilling enough for them. However, they immediately followed up by professing how guilty that made them feel and that they truly enjoyed the opportunity to be home.

On the other side of the fence, but with equal feelings of guilt, I was recently at the park with my brother and there were a gaggle of kids running around us. I watched them for a little while and then said to my brother- "I'm not sure if I will ever have kids"- to which he responded "then all you will have is your career".

So I found myself wondering...can we, as women, have both? Is there a way to achieve balance in our lives without guilt? I think the answer is that achieving balance is a continuous struggle in all of our lives and we need to constantly be aware and working on our "life wheel".

Draw a circle(wheel) with different spokes- each spoke representing an important area of your life. For example, my wheel contains: career, friends/family, spirituality, health/fitness and charity. Work to balance the size of your spokes. My wheel tends to get lopsided with the career spoke dominating the rest of the wheel- and it makes for a rocky road. I am constantly checking in on my wheel to see how it is rolling.

I am so excited to unveil something to help all of you with your spokes. PURIFY, our weekend retreat at the Scottsdale Biltmore Hotel in April. It will be a good time to work on not only your Pure Barre body but on the "self spoke" of your wheel that has perhaps turned in to a sliver, or become non-existent, but is so important in each of our lives and the lives we affect daily.

Whatever you do, know that every single one of us battles for balance...it's like thigh work at the barre...sometimes we are gripping on for dear life (no balance) and other times we only need a finger tip. We just keep working at it.



Ally's Answer

by Ally Wheatley

Q: What's the deal with Omega-3s and 6s?

A: It is the ratio of Omega-6 to Omega-3 in the body that matters much more than simply taking in these good fats. Both fats are essential, meaning the body must get them via diet/supplements and both are indispensable to bodily function. But when out of proportion, problems can arise. An optimal ratio of Omega-6 to Omega-3 is 1:1. Thousands of years ago, it was. However, the increased consumption of grain fed (vs. grass fed) livestock, processed foods, hydrogenated fats & fast foods has thrown the average ratio way off. Most have a ratio more like 20:1, in favor of Omega-6s. More Omega-6s than Omega-3s in the body has been linked to, among other problems, an increase in degenerative conditions and heart related problems, chronic inflammation, depression, allergic hyper-reactivity and accelerated aging. Your goal? Increase intake of Omega-3s while decreasing intake of Omega-6s. Most experts recommend a minimum intake of at least 800 mg (while many recommend as much as 2 g) of Omega-3s per day. That roughly translates to 3 servings per week of salmon, herring, sardines or mackerel. For vegetarians, a daily dose of kelp or flaxseed oil will work.

What happened to those New Year's Resolutions?

Use the **Pure Barre DVD** to add help you get back on track when you can't make it in to the studio.

On sale at the Solana Beach Studio and on purebarre.com.