

barre buzz

NOW OPEN
LA COSTA, CA

OPENING SOON
ANN ARBOR, MI

We are thrilled to have Shannon Higgins bring PB to La Costa and Carrie and Cory Bristol opening in Ann Arbor. See purebarre.com for schedules and directions.

PB DVD

The dvd has received rave reviews and requests for more! Buy your copy on-line today and watch for more to come.

LEXINGTON, KY

Carrie will be visiting the Lexington, KY studio and teaching class on April 15th and 16th as well as signing copies of the dvd...please join us if you are in the area!

Read about PB in DC in the *Washington Post!*

You can have PB in your hometown by **licensing** a studio or the technique to teach in an existing yoga/pilates/fitness studio. Contact info@purebarre.com for details.

pb TEAM TALENT

Lisa Shapiro

Lisa Shapiro is our Pure Barre superstar. Lisa loves the challenging work out, awesome music and energy of the class. Lisa started taking class 2x per week and then moved up to 3x per week. When she started taking class 3x times per week she saw a lot of changes in her body. Lisa's arms became more toned and more importantly her core became a lot stronger and FLATTER!!! Lisa began teaching PB and loves teaching class as much as taking class. Recently, Lisa was appointed the Master Teacher Trainer for the West coast. She finds it very rewarding to help others in their transformation!



proper positioning
pretzel

Pretzel is one of the only ways to target the unwanted muffin top area but it must be done correctly. Sit on the floor and place your right leg at a 90 degree angle. Bend your left knee and align it with your hip or slightly behind- but NOT in front of the body. The work comes from squeezing the left side of your seat, hip and waist so intensely that your left hip rotates forward and your ankle lifts off the floor. It's not a big movement, but it's effective for narrowing up the "outer banks".

carrie's corner



I recently took a vacation and made the decision to leave my laptop and blackberry at home. Prior to my departure I was anxiety ridden and formulated many schemes.....maybe I could just take the blackberry and disable the email function or maybe I could take the laptop and leave it at the front desk of the hotel and tell them to only let me check it for 5 minutes every day. Seriously- how pathetic. I don't remember devising schemes on how to take the Apple Iie with me back in the day and the world didn't come to a screeching halt on our family vacation. So, I took a deep breath, left all electronic devices and headed to the airport.

I sat down to wait for boarding and immediately reached in to my purse to start scrolling, texting, calling....alas, no phone. I must have done that 5 times before take-off. During my rush plane change I had to jump on the little golf cart to make it- myself and 4 others all over the age of 85. The gentleman next to me said "well, where is your phone"? "Excuse me" I said. How could this guy know I was in phone withdrawal? "Well you're young and all young people have phones attached to their ears" he said. So as we sped along in the golf cart I looked out to see what he observed was true- almost every single person was on a phone or had one in their hand they were pre-occupied with.

During the first few days of my vacation I found myself reaching for my phone quite often- even thinking I heard it ringing. But on day 3 that all stopped and I found myself actually observing what was going on around me. I saw teenage girls giggling, I saw little old couples holding hands, I saw mothers with their kids in tow, I saw a young couples in love....I saw life happening.... and realized how much of life I have been missing because I am too busy with the devices that are supposed to simplify my life in order to let me enjoy all of these things. Ironic isn't it.

It's such an exciting time for PB with our new studios, growing team and dvd but at the end of the day it is the relationships with our owners, teachers and students that really matter...and those don't even require a charger! carrie☺

Ally's Answers

by Ally Wheatley

Q: What are good sweeteners & which are bad?
A: It is not enough to say honey is better for you than white, granulated sugar. It is more accurate to say that raw organic honey is good for you, and processed honey is not; or raw sugar is better for you than white, processed sugar. So here are some good options with their "pros" listed. One is not far superior to another, but taste-wise, you may prefer honey over agave nectar for making bran muffins and agave nectar over maple syrup for sweetening your beverage. The key with any sweetener is still moderation. Anything "good" becomes "bad" in excess.
Maple syrup: A good natural source of manganese and zinc - important allies of the immune system. Choose Grade B.
Agave nectar: a newly created sweetener, developed during the 1990's. It has the lowest glycemic index among all the natural sweeteners, and is suitable for diabetics and for vegans who avoid animal products like honey.