

barre buzz

catch the pb buzz in ...
san diego magazine-jan edition
sign-on san diego tv show-dec
entrepreneur magazine- feb

san diego welcomes all pb studio owners for our
national conference feb 8th & 9th

It's finally here....

the pure barre dvd

the dvd will be shipped by the end of january to those
who pre-ordered

You can still pre-order the dvd on purebarre.com. for january
delivery....or order after it's release for shipping in february.....

you can have pure barre in your hometown by licensing
a pb studio or the technique to teach in an existing yoga/
pilates/fitness studio
contact info@purebarre.com for details

pb TEAM TALENT

Shannon Higgins

Shannon, a personal trainer and local San Diegan, became certified in
the Pure Barre
Technique in No-
vember 2007.

"What I enjoy most
about teaching
Pure Barre is not
only the innovative
and intensive
workout that PB
offers but also the
dedication that I
have witnessed
from the students
who are a constant
inspiration to me as



an instructor." Shannon currently lives in Carlsbad with her husband
Doug and their three sons Nicholas, Cooper and Joey. As a working
mother of three all of her free time is spent with her family enjoying
outdoor activities.

proper positioning
Abs- position 1

The set up for abs is very important. In position 1, bring your seat
towards the front edge of your mat. round back bringing the waist-
band of your pants towards the mat, then, contract your lower abs so
intensely that your tailbone lifts slightly off the mat. Make sure your
tailbone is lifting because you are engaging your abs (not tightening
your seat). The key to flat abs is maintaining this position through the
whole series. You'll rid your holiday excess in no time!

carrie's corner

Happy New year everyone. 2008 will be a
year of great change for Pure Barre-
starting with our newsletter. You will be
receiving a monthly newsletter from your
local studio and our national newsletter
will only be sent quarterly. We will also
be expanding our licensing program and
and offering more dvd's.



This year, one of my resolutions was to
slow down and not always be in such a
rush....to enjoy things a bit more. Ironi-
cally, as I was working on this newsletter, I
was standing at the counter with my computer while reviewing Ally's
column (below) about thinking before we eat, and at the same time I
was: eyeing my phone messages, telling myself I had to be out the
door in 30 minutes AND eating lunch with one hand. That is not what
I would consider progress on my resolution.

I started thinking- if you really want to change something in your life-
you have to make a change. Sounds obvious, I know. But most of us
wish for outside changes which won't happen unless we make inside
changes.

Make 2008 the year to make those inside changes. Maybe you had
an argument with a friend or family member and haven't spoken with
them in years- make the change- call them. Maybe you talk about
other people too much- make the change- stop engaging in the gos-
sip by switching the topic or simply exiting the conversation. Maybe
you want to lose those last 10 pounds- make the change by leaving
one bite of food on your plate every meal or add one extra workout
(like the new pb dvd!) to your week.

It really is that simple- we are the ones who make it so complicated!
So give it a try- change to change!

carrie ☺

Ally's Answers

by Ally Wheatley

Q: I am ready to make change in 2008. What is the best diet these
days?

A: How about letting 2008 be about diet evolution instead of the same
old resolutions? Many of us don't hesitate to put at least the me-
dium grade fuel in our cars so they run better. So why don't we give
our bodies the same respect? Don't we want our bodies & minds to
run at least as smoothly as our vehicles?

Think before you eat. Twenty seconds of immediate taste gratification
can also give you a night of fitful sleep, a less than powerful workout
and a concentration level that is sub-optimal as well. Embrace the
power and energy in healthy food. Think an apple with handful of
almonds for slow-releasing energy to sustain you mid-morning; a
small mixed greens salad with wild salmon for protein & omega-3's to
fuel your brain and help you concentrate for an afternoon meeting;
and a dinner omelet of egg whites and veggies to repair post-workout
muscles and provide balance for restful sleep. Also, remember to
stay hydrated with water! Start with a small exchange: trade in chips
for almonds or white bread for 100% whole grain. I promise you'll feel
better and "run" longer!