

Fundraising

If you don't know by now, Second Wind is usually raising money for one thing or another because as the owner of Second Wind, I feel that gathering a few dollars towards a local cause is the least we can do to support our community besides huffing and puffing ourselves into fitness and perfect alignment! Giving back is also a very direct way of reminding ourselves how much we already have and how little we really need. Although most don't believe it, Less-Is-More! See our website www.secondwind.net to read more about our fundraising initiatives to date!

Our most recent fundraising initiative is in honor of Sara's marriage. Sara's charity choice is **LOVE: Leave Out Violence**, a not-for-profit organization that reduces violence in the lives of youth and communities by building a team of youth who have been touched by violence only to become community leaders of violence prevention. See www.leaveoutviolence.org

Studio News

LADIES AND GENTLEMEN! WELCOME TO SECOND WIND'S FIRST E-NEWSLETTER. As Second Wind Pilates Plus moves towards the completion of its ninth year of practice as the first Pilates studio to open west of Toronto in February 1999, we promise that our quarterly newsletters will be informative, brief and respectful.



First news of the day is that Danielle and Sara have recently been married. No, not to each other! So exhale gently, but to their respective partners, Dave and Chad.

Danielle was married in her home on the auspicious day of July 7th, 2007 (7,7,7) and Sara was married on September 29th, 2007 at Muskoka's Taboo Resort.

For those of you who have not been to our studio recently or at all, Sara Yamada-Johnson is studio manager and Danielle Bélec-Van Zeyl is owner/Director.

Our second news of the day is to share with you how much I have enjoyed my studio in all its colors and shapes over these past few months. Not only have I had the opportunity to train new and budding studio and certification students with joy and satisfaction once again, but I have also had the opportunity to train Yoga certification students at Oakville's Moksha Yoga studio in Functional Anatomy. Collin's students were wonderful and the experience a delight. I have recently completed an extensive Functional Anatomy training manual and two equally comprehensive Reformer Training Manuals, both of which are for sale through Second Wind.

Teacher's Corner

JANET DOURIS STRINGER: Along with teaching and practicing Pilates for some four years, my recent in-depth study of Yoga through teacher-training has furthered my realization of profound personal changes in terms of how I relate to the world. By exploring my body, mind and spirit through meditation, yoga, and breath work, I am deeply embracing my inner strength and making conscious choices throughout my day instead of living by reacting. Staying connected to the breath, moving through my day with mindfulness and staying present has resulted in a more productive and less stressed happier me. For this I am grateful.

SIMONE VALERE: I'd like to say how exciting it is to be part of Second Wind. Danielle and everyone here do such an amazing job of providing you with an environment filled with love, knowledge and skill. Some of you may not know that along with being a Yoga Teacher I am also a Registered Massage Therapist practicing up the street from the studio. To contact me, call (905) 566-5433 or email at simone@performanceevolutioninc.com. You can find my cards at the studio entrance.

SARA YAMADA: The wonderful world of Pilates! When I started Pilates six years ago I never imagined that I would find confidence and a greater sense of 'Self'.

I entered the Pilates world after suffering 16 years of depression, ready to give up. Rather than taking a Pilates class at Second Wind, I started directly in their Certification program with no intention of teaching, but only to help feel productive and hopefully peaceful. Through this training and my connection to the power of movement, intensity of breath work, practice and conscious awareness, I have found myself and more! Now six years later, I am senior instructor, manager of Second Wind, and co-director of our teacher-training Certification program. Pilates is my priceless and everlasting gift to myself and to everyone I gladly serve through the work.

Schedule + New Classes

Our Winter 2008 Class Schedule is ready for registration. In addition to our Pilates training, our Yoga program is also growing for which we offer three kinds of yoga and numerous classes: See www.secondwind.net for details and contact Second Wind directly to register for all classes

CERTIFICATION TRAINING
Our next Certification program begins in January and March 2008. Please take a look at our website for more information.

New Teachers

FAHMIDA BHABHA is Second Wind's new Administrative Assistant and key instructor at the studio. Having certified through Second Wind® in Pilates and Movement Therapies (IMT)®, she comes to Second Wind with a diverse background that includes Holistic Lifestyle Coaching and professional freelance photography.

MEAGHAN O'NEILL has been a competitive figure skater since the age of 10 and National Synchronized Skating team member from 2001-2007. Meaghan is also a certified Pilates instructor through Second Wind and figure skating coach to boot!

MARLENE HOPE As a graduate of Ryerson's Fashion Design, Marlene worked in the clothing industry in retail and design for many years. She is now an associate Broker with ReMax Realty with her husband Michael Hope, and mother of three amazing children. Her recent claim to fame is becoming an Auntie to her brothers' twin girls.