



Here at Core Balance Movement our goal is to help each individual move with greater ease and less stress on the body. We can help you stay in shape while exploring all the health benefits of a well rounded training program on-site in the comfort of your own space.

Why should I consider working with Core Balance Movement?

Like most health conscious people, you might have considered (or even explored) various options to stay in shape, including gym subscriptions, sports activities, yoga classes, pilates sessions, or simply following generic exercises from books or websites. But have you ever thought if you are doing the right thing for your body, if you can do it more effectively or if you should NOT be doing it at all?

All bodies are different, somebody's core strength might be your weakness. All too often we blindly push our bodies past what is considered the typical range of motion leading to injuries and doing more harm than good. Join us to learn how best to activate and strengthen your body with on-site training in your home or office space.

Why is Core Balance Movement different?

Core Balance Movement specializes in studying your body movements and helping you explore the benefits of multiple modalities, combining elements from Yoga, Pilates, Massage, Kinesio Taping, Strength and Conditioning and other sport-specific movements into a customized program built around your personal goals. Have you thought about enrolling in a yoga or pilates class but not sure if it's the right fit for you?

Our packages include One-on-One personalized training as well as a personalized online training portal that gives you access to follow up material when you're traveling and out-of-town. This unique method will help you adopt correct movement into every aspect of your lifestyle in order to effectively achieve the maximum benefit for your mind and body, avoid injury, reduce stress and have fun working out by seeing results!

For bookings and enquiries contact Melissa Poplaski on:

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How do I get started?

If you would like to explore various training modalities to better understand what best applies to your case, you may sign up for our **Discovery Package** which includes:

- **30 minute consultation** session with an expert/coach where you will discuss your health needs and fitness goals.
- **90 minute Full Body Assessment** session to help us (and yourself) understand your current fitness level, body limitations and weak points that should be addressed.
- **5 x 90 minute 1-on-1 sessions** where you can mix and match any of the following treatment modalities, choosing what feels right for you and your wellness needs:
 - Massage
 - Pilates
 - Yoga
 - Strength and Conditioning
 - Rowing and Erging Biomechanical Analysis

Package Cost

Our Discovery Package costs EUR570 plus travel fees and includes 9.5 hours of one-on-one on-site training with a specialized instructor. All fitness levels are welcome and no prior movement experience is needed to start feeling empowered.

What other services do you offer?

We offer on-site group classes, retreats, Kinesio Taping as well as personalized online training programs. Enquire for more details.

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